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New Year, New You: Weight Management

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### *New Year, New You!*

#### **Weight Management Program\* and Meal Replacements**



2011 is finally here and we are once again faced with new years resolutions. If you are serious about weight loss, see our team of wellness specialists and let them personally design your weight loss plan and work with you to meet your goals.

#### **Your team of wellness specialists:**

**Dr. Jillan Rowbotham**, Internist & Program Director

**Jacqueline Wojciechowski**, RD Nutritionist

**Dr. Joanne Perilstein**, PhD Psychologist

**Eve Gordon & Shannon Feck**, Personal Trainers

To personalize our program for our patients, we now offer *two* program options to choose from:

#### **Option #1 : Significant Weight Loss and Meal Replacements**

This medically managed meal replacement program is designed for significant weight loss. The program is made up of 3 phases; Weight Loss, Transition and Maintenance.

*Weight Loss phase:* (6 weeks) Includes a 1 hour consultation with our Internist and two follow up appointments, which include assessment of medical history and any necessary lab testing. Also, in this phase of the program you will receive at least 2 sessions with a registered dietitian\*, in which your nutrition history and daily eating habits will be assessed and 1 hour session with our licensed psychologist\*\*\*. You will begin a six-week 1,000-1,200 calorie diet using a combination of meal replacement products and everyday foods to initiate rapid weight loss. You and the registered dietitian

will also work on lifestyle changes to focus on positive food related behaviors and attitudes. This stage can be extended depending on your weight loss goal.

*Transition phase:* (4 weeks): In the transition phase of the program you will have the option of continuing sessions with the registered dietitian, a minimum of 2 sessions are recommended in the transition phase\*. You and the dietitian will develop a personalized meal plan that gradually reintroduces everyday foods and eating patterns into your diet. Also, food label, portion size and healthy recipe education will be provided. In addition, you will have the choice to include 6 personal training sessions based on your goals and fitness abilities with our exercise specialist and one hour session with our licensed psychologist\*\*\*.

*Maintenance phase:* (6 weeks): After you have reached your weight loss goals you will take part in a six-week Maintenance Program. The Maintenance Program, which is highly recommended for continued weight maintenance, is made up of private home visits from our registered dietitian\* and exercise specialists to assess your home environment.\*\* Your maintenance phase can also include phone calls made by our weight management team to monitor your continued progress and as well as a super market shopping trip.

*Additional services:* Appetite suppressants will be administered if applicable.

\*Distribution of 6 sessions with an RD will be determined with individual patients needs.

\*\*Check with our front desk to see if you live within our home visit radius.

\*\*\*Psychological visits during each phase is optional.

## Option #2 : Moderate Weight Loss without Meal Replacements

This program is designed for patients seeking moderate weight loss through a medically managed weight loss program without the use of meal replacements.

*Weight-Loss Phase:* (6 weeks) Incorporates a 1 hour consultation with one of our board certified internists and 2 follow up appointments. The Internist will assess your medical history and will include all necessary lab testing. This phase also includes at least 2 sessions with our Registered Dietitian\* and a 1 hour session with our licensed psychologist\*\*\*. You and the dietitian will develop a personalized meal plan that teaches you to modify eating habits gradually. Also, food label, portion size and healthy recipe education will be provided. In addition, you will have the choice to include 6 personal training sessions based on your goals and fitness abilities with our exercise specialist.

*Maintenance phase:* (6 weeks) After you have reached your weight loss goals, you will take part in a six-week Maintenance Program. The Maintenance Program, which is highly recommended for continued weight maintenance, is made up of private home visits from our registered dietitian\* and exercise specialists to assess your home environment \*\*. Your maintenance phase can also include phone calls made by our weight management team to monitor your continued progress and a super market shopping visit.

*Additional services:* Appetite suppressants will be administered if applicable.

\*\*Check with our client service managers to see if you live within the home visit radius.

\*\*\*Psychology visits during each phase is optional

**Meal Replacements:** We now offer our patients meal replacements such as: pancakes, shakes, snack bars, soups and desserts in all different flavors!

To learn more about our Weight Management program please call our office to speak to one of our client service managers about the program. Please call 215-735-7992 ext. '0'.

\*A portion of this program may be covered by your insurance plan.



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Rittenhouse Women's Wellness Center and DermaCenter have their own Facebook and Twitter pages. These websites will help keep everyone up-to-date on upcoming events, specials that are only offered through these sites, blogs and more!

- To become a fan of Rittenhouse Women's Wellness Center on facebook, click facebook fan page.
- To follow Rittenhouse Women's Wellness Center on Twitter click Twitter
- To become a fan of DermaCenter Medical Spa on facebook, click facebook fan page.
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