

Summer 2010



Obesity Solution's



My Success Story

By Lisa Holland

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"I rapidly starting gaining weight after graduating high school and continued to gain even after the birth of my children. I tried every diet, every pill only to regain even more weight than before I started. The scale was my worst enemy and I thought I was fighting an endless battle.

July 20th, 2009 changed my life. I decided to have gastric

bypass to lower my blood pressure and hopefully avoid a second knee surgery, I did not expect is the amazing success that followed. In only 9 months, **I have lost 106lbs** and have reached my goal weight! I am currently taking no blood pressure medicine and my knee pain is non-existent, even my teenage children struggle at times to keep up with



Weight Loss Success!

me! I encourage everyone to make the decision to start a new life..."

Special points of interest:

- Surgical Specialists of Georgia PC joins The Longstreet Clinic.
- Are you interested in non-surgical weight loss? Read on....

Non-Surgical Weight Loss with a degree of difference. A medical degree.

Obesity Solutions offers a physician supervised non-surgical weight loss programs in addition to bariatric surgery. Our medical professionals are dedicated to helping you lose weight quickly and safely. Through our non-surgical approach, we help you lose

weight the right way. Your program will be customized to your needs. We offer a professional staff trained in medical weight loss, including a registered dietitian and fitness expert. We analyze your metabolic rate, your body's water, muscle and fat composition.

Our goal is to make sure you lose body fat and maintain your muscle. Learning to healthy life habits are the core of our program.

To take the next step, Call 770-531-2433 today.

Non-Surgical Weight Loss continued....

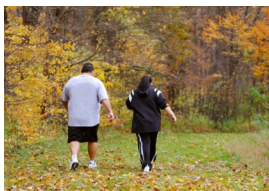
Step 1. Schedule Your Consultation.

Call 770-531-2433 today.

Your consultation *lays the foundation* for your program. Your provider will learn all about your current weight loss goals and other factors such as your medications, individual body composition, and personal motivations that make you different from everyone else.

The 30" initial consultation is only \$25.

There is no obligation.



Learn how to eat right and increase your daily activity.

Step 2. Get A Personalized Weight Loss Plan

Your provider will give you a personalized plan at the end of your consultation. There is *no obligation* to proceed, but you will see that there is an approach for you to lose the weight you want in a safe and effective way with medical professionals.

Our program is committed to lifestyle modifications.

Your consultation will include:

- 1-Weight in and 4 page Body Composition Analysis (BCA) and review.
- 2-Explanation of Behavior Modification process.
- 3-Review of program plans.

Call 770-531-2433 today.

Do you know your BMI?

What is BMI?

"Body Mass Index (BMI) is a number calculated from a person's weight and height.

BMI is a fairly reliable indicator of body fatness for most people. BMI does not measure body fat directly, but research has shown that BMI

correlates to direct measures of body fat, such as underwater weighing and dual energy x-ray absorptiometry (DXA).¹

² BMI can be considered an alternative for direct measures of body fat. Additionally, BMI is an inexpensive and easy-to-perform method of

screening for weight categories that may lead to health problems.

How is BMI used?

BMI is used as a screening tool to identify possible weight problems for adults."

http://www.cdc.gov/healthyweight/assessing/bmi/adult_bmiindex.html#Definition

BMI Categories:

- Underweight = 18.5 or less
- Normal weight = 18.5 – 24.9
- Overweight = 25 – 29.9
- Obese (class I) = 30 – 34.9
- Obese (class II) = 35 – 39.9
- Obese (class III) = 40 or more



Do you have questions about our programs? Call 770-531-2433

Support Group Dates

Tuesdays at Lanier Park -Saturdays at Gainesville Civic Center

Tuesday 7 pm -8:30 pm

June 15, 2010

June 22, 2010

June 29, 2010

"Recipe Exchange"

July 6, 2010

July 13, 2010

July 20, 2010

July 27, 2010

August 3, 2010

August 10, 2010

August 17, 2010

August 24, 2010

August 31, 2010

Saturday 11 am -12:30 pm

June 5, 2010

July 10, 2010

August 7, 2010

September 11, 2010

October 9, 2010

November 13, 2010

December 4, 2010

Ask The Experts!

Question: What type of carbohydrates do I need to eat while trying to lose weight?

Non-Starchy Vegetables

To lost wt. keep carbohydrates at 60 g per day.

Vegetables come in many shapes and sizes. Non-starchy vegetables contain only small amounts of carbohydrate and calories, but

they pack an important nutritional punch.

One serving of a non-starchy vegetable usually contains 5 grams of carbohydrate, 2 grams of protein, no fat and only 25 calories.

For most non-starchy carbs, one serving equals 1/2 cup cooked vegetables or 1 cup raw vegetables.

Examples: broccoli, cauliflower, carrots, celery, spinach, asparagus, brusselsprouts, cabbage, cucumber, okra, peppers, tomato, onions, greenbeans, lettuce, mushrooms, radishes Bariatric Patients!

If you are having **weight regain**—Watch the carbs.

To lost wt. aim for carbohydrates- 60 g per day.



Eat fresh!

Obesity Solutions ... “Our Practice”

Long-term weight loss is a life-long journey. And after more than 4,000 surgeries, Obesity Solutions knows that the journey's outcome depends on far more than a successful surgery.

Our approach to treating morbid obesity is not a "quick fix," but rather a long-term commitment of emotional and psychological help. For our patients, who have committed to changing their lives, we provide a comprehensive program of pre- and post-

operative education, therapy, nutrition counseling, and lifelong follow-up support.

If you are considering this life-altering surgery, know that Obesity Solutions is a designated bariatric Center of Excellence committed to helping you from the beginning and will not stop helping you once your bill is paid. We're looking for the weight-loss victory that comes with time, new choices, and the support of others. Learn more about

our caring and experienced surgeons:

Obesity Solutions

1250 Jesse Jewell Parkway,
Suite 300

Gainesville, GA 30501

Phone 770-534-0110

Toll Free 877-921-0110

www.obesitysolutions.com

“Long-term weight loss is a life-long journey. And after more than 4,000 surgeries, Obesity Solutions knows that the journey's outcome depends on far more than a successful surgery.”

Summer Recipe “Grilled Vegetables”

1 squash
1 zucchini
1 cup broccoli florets
1/2 cup red pepper
1/2 cup cherry tomatoes
1/2 cup onion –chopped
2 tbsp extra virgin olive oil

2 cloves fresh garlic, minced
1 tsp minced fresh herb of choice
Cut vegetables to 1 inch thickness. Place in a large mixing bowl. Mix olive oil, garlic and fresh herb of choice in small bowl. Let rest for 5 minutes . Add the olive oil mixture to

mixed vegetables. Let mixture rest 5 to 30 minutes. Coat grill cooking basket with cooking spray.

Place grilling basket on grill for approximately 20-30” or until tender.

Enjoy!



Fresh grilled non-starchy vegetables.

Obesity Solutions

Obesity Solutions
1250 Jesse Jewell Parkway, Suite 300
Gainesville, GA 30501
Phone 770-534-0110 Toll Free 877-921-0110

www.obesitysolutions.com

We're on the web...

www.obesitysolutions.com

Call 770-531-2433
Register for one of our Public Information Meetings
at our website www.obesitysolutions.com



Public Information Meetings

Gainesville Civic Center "Saturdays":

8:30 registration 9:00-10:30 am meeting

July 10, 2010

August 7, 2010

September 11, 2010

October 9, 2010

November 13, 2010

December 4, 2010

Lanier Park Campus of NEGA Medical Center "Wednesdays"

6:00 registration 6:30-8:00 pm meeting

June 16, 2010

July 21, 2010

August 18, 2010

September 22, 2010

October 20, 2010

November 17, 2010

December 15, 2010

Center for Bariatric & Vascular Surgery at The Longstreet Clinic



C. Daniel Procter, M.D., FACS
Robert L. Richard, M.D., FACS
Charles D. Procter, Jr., M.D., FACS

The Longstreet Clinic, P.C., (TLC), ranked the ninth largest medical practice by the Atlanta Business Chronicle, continues to grow and expand its services with the April 1 merger of **Surgical Specialists of Georgia, P.C.**, physicians Charles D. Procter, Jr., M.D., Robert Richard, M.D., Dan Procter, M.D.

"We're excited about adding the physicians from Surgical Specialists and their successful surgery services to our team of physicians and health care professionals," said Dr. Eugene Cindea, TLC president. "Their combined experience, skills

and training will be a real asset to TLC."

Board certified in vascular and general surgery with special interests ranging from minimally invasive laparoscopic and endovascular procedures to weight loss surgery, the surgeons are able to provide patients with the most up-to-date treatment options available.

"We are very pleased and proud to be joining the outstanding physicians and healthcare providers at The Longstreet Clinic, P.C.," said Dr. Dan Procter.

"We share the same commit-

ment to delivering the highest quality healthcare services and serving the needs of the community, so our partnership can only strengthen that commitment."

Source:

<http://www.longstreetclinic.com/Health-Centers/HS.aspx?ServiceID=35>

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