



Sound Clinical Medicine PS

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Personalized, Medically Oriented Weight Loss Program

*We look forward to helping each individual patient
to achieve successful weight-loss,
which will allow them to feel better and have improved health!*

This Personalized Weight Loss Program Includes:

- Weight-loss evaluation and consultation with
Julia Cathcart-Chang, PA-C (physician Assistant-Certified)
- Nutrition and exercise counseling
- Development of a Personalized Weight Loss Plan
- Medication that assists with weight-loss by minimizing hunger
- Injections that help metabolize fat and increase energy

This Medically Oriented Program is appropriate when:

- Body Mass Index (BMI) is greater than 30
- BMI is between 27-30 with associated health issues such as diabetes, hypertension, or sleep apnea
- Patient will benefit from personalized motivation

This program is not appropriate when BMI is lower than 27.

To calculate your BMI, search the internet for “BMI Calculator,” or go to

https://www.cdc.gov/healthyweight/assessing/bmi/adult_bmi/english_bmi_calculator/bmi_calculator.html

Benefits of participating in this Program:

- Improvement in health—lower cholesterol, reduce blood sugar, reduce cardiac risk factors, reduce fatigue, have more energy
- Patients can expect to lose 4-8% of weight per month, safely
- Medical management provides support and motivation

What is your weight loss goal?

What would you like to improve about your health?

Call 253-857-6166 to enroll!

The Flow of the Program:

This individualized program typically lasts 3-6 months.

Initial Visit with Physician Assistant:

- Medical Assessment:
 - o Review of the starting medical condition(s)
 - o Measurement of baseline vital signs
 - o Blood tests and an electrocardiogram (EKG), may be necessary
- Develop a Personalized Plan for successful weight-loss
- Receive supportive counseling on nutrition and exercise
- Receive a prescription for weight-loss medication
- Receive one fat-burning injection

Once a week, for three weeks, following Initial Visit:

- Receive one additional fat-burning injection per week

Monthly Visit with Physician Assistant:

- Motivational review of progress
- Review and update the Personalized Weight Loss Plan
- Receive additional supportive counseling on nutrition and exercise
- Receive a refill of the prescription for weight-loss medication
- Receive one fat-burning injection

Once a week, for three weeks, following each Monthly Visit:

- Receive one additional fat burning injection per week

Success:

- Many patients have successfully lost weight following this program
- For many patients, the weight loss achieved in this program has led to improvement of their associated health conditions
- This is our third year of offering this Medically Oriented Weight Loss Program

Costs:

- These individualized services require cash payment at the time of service
- Health insurance does not cover this elective program
- Discounted "All-Inclusive" monthly package deals are offered