

The logo features a blue square on the left containing a white stylized 'P' with a curved line through it. To the right of the square, the word 'PARKER' is written in a large, bold, serif font. Below 'PARKER', the words 'MEDICAL WEIGHT LOSS' are written in a smaller, all-caps, serif font.

# PARKER

## MEDICAL WEIGHT LOSS

## FAQs

### **What is Dr. Parker's philosophy on weight loss?**

Dr. Parker treats weight gain as a chronic disease and knows that it needs to be managed long-term. Dr. Parker will NEVER tell you to “eat less and exercise more” to lose weight. Additionally, Dr. Parker will never judge you for your weight gain. Weight gain is not a character issue or an issue of “willpower.” Weight gain is a complex medical condition.

### **Is Dr. Parker board-certified?**

Yes, Dr. Parker is board-certified in both family medicine and obesity medicine. He is board-certified by the American Board of Family Medicine as well as the American Board of Obesity Medicine. He is the only board certified medical bariatrician in the area.

### **Is Dr. Parker's weight-loss program safe?**

Not only is the program safe for weight loss, but the goal is to improve and even cure the medical problems associated with obesity such as: arthritis, diabetes and insulin resistance, hypertension, sleep apnea, cholesterol problems, GERD, chronic swelling/edema, and chronic fatigue.

### **How does Dr. Parker's medical weight-loss program work?**

The program is structured in two phases: Weight Loss and Weight Maintenance. The initial Weight Loss phase begins with a 16 week plan. However, it will last as long as it takes to achieve your healthy goal weight. Dr. Parker will create a personalized plan just for you based on your specific attributes and weight loss challenges—particularly insulin resistance.

### **How does Dr. Parker's program differ from other weight-loss programs?**

First, Dr. Parker is board-certified by the American Board of Obesity Medicine. He is the only board-certified medical bariatrician in the area. Dr. Parker views excess weight as a medical problem like high blood pressure and high cholesterol and believes it needs to be treated as such. Weight Loss is not about “eating less and exercising more,” nor is it about character flaws and willpower. Dr. Parker is not selling potions or instant fixes. Physician-directed weight loss means healthy sustainable weight loss in the context of improving your other health problems.

### **What kinds of foods can I eat on the program?**

Dr. Parker generally uses a real food approach to weight loss. Dr. Parker typically uses low-carbohydrate diets to help patients burn fat and lose weight. However, each particular plan is tailored to the individual patient. As you achieve your weight loss goal, you will begin to introduce more of your favorite foods into your daily plan with Dr. Parker's guidance. The goal is to help you achieve your life-long maintenance.

**Do I have to exercise on the program?**

There is no requirement for exercise during the initial weight loss phase. Exercise does have many benefits but each person's exercise prescription will be different, particularly during weight maintenance phase.

**Do I have to take weight loss medication?**

There is no medication requirement for the program. Medications may be used during the program; however, not every person needs medication and every person is different. Additionally, as the program goes on medications may be added or changed by Dr. Parker. Medications that you are currently taking may need to be adjusted for safety or adjusted because they are hurting your weight loss efforts.

**How much does the program cost?**

Program costs differ. If Dr. Parker is your primary care provider, he will work with your insurance. However, while insurance typically does not pay for medical weight loss, insurance will pay for weight management in the context of your other chronic health problems. If Dr. Parker is not your primary care physician, you may pay cash for the program. Please call 256-386-0808 for more information.

**Does my insurance cover any of the weight loss program's cost?**

Medicare covers obesity counseling and treatments for patients with a body mass index (BMI) of 30 or above if the patient sees a primary care provider with specialized training in obesity. Dr. Parker has this training. If you have Medicare or other health insurance, please call 256-381-1340 for more information.

**How often do I have to visit Dr. Parker?**

There is an initial visit that includes intake, complete history and physical, comprehensive weight history, EKG and laboratory workup, and completion of weight loss plan. After the initial visit, patients will have eight follow up visits every two weeks.

**What happens after I lose the weight?**

After you reach your goal weight, you'll enter the maintenance phase of the program. You'll continue to visit with Dr. Parker as needed to help you maintain your healthy goal weight—for good.