



PARKER

MEDICAL WEIGHT LOSS

Dear Patient,

Congratulations on taking the first step toward a healthier you!

I want to personally welcome you to my weight loss program—a different weight loss program than what you may see at other physicians' offices. How is this weight loss program different than other weight loss clinics, and what can you expect? First, I am board-certified by the American Board of Obesity Medicine. I am the only board-certified medical bariatrician in this area. I am also a member of the Obesity Medicine Association--the professional organization for physicians specializing in medical weight loss. My goal is to help you become healthier overall and achieve long-lasting weight loss--not simply lose a few pounds in a band-aid approach. This is a medical weight loss program. The diet I typically use consists of a low-carb ketogenic nutrition plan. If I am also your primary care provider, my program tries to work with your insurance typically treating your chronic illnesses and metabolic derangements along with weight loss. Insurance will pay for weight loss only in the context of treating your other illnesses. If you are seeking help for weight loss alone without any treatment of other illnesses, then you will have to pay the cost of the program with cash.

Here is an explanation describing the process of my weight loss program.

You will receive a packet that includes information I use to personalize the program to you specifically. You may also download these forms from our website. This folder contains:

- [Welcome Letter](#)
- [ACORN Eating Disorders Screening Tool](#)
- [Food Log](#)
- [Comprehensive Patient History Form](#)
- [Patient Consent Form](#)

The first step of the program is a comprehensive assessment at the first visit. You will have a complete history and physical followed up by pertinent discussions. We will discuss and address your current medical problems associated with obesity. We will discuss current medications that may make weight loss harder. The assessment is designed to discover medical problems. For example, diabetes, hypertension, dyslipidemia, and metabolic syndrome may be the result of obesity. On the other hand, conditions such as hypothyroidism or vitamin deficiencies may be a reason of weight gain. You will have certain tests done.

The following tests may be completed as part of your assessment:

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- Complete Blood Count
- Comprehensive Metabolic Panel
- Lipid Panel (Cholesterol Testing)
- Thyroid Function Test (TSH/Free T4)
- Hemoglobin A1C
- Insulin Level
- Uric Acid
- Vitamin D level
- Urinalysis
- EKG

After the assessment is completed, we will discuss and create a particular plan with uniquely designed goals. In general, the scientific evidence shows that a low-carbohydrate diet has a better success rate for weight loss and cardiovascular risk factor improvement than any other diet. However, your lab results and personal physiology will determine how many carbohydrates you may eat and how your diet is implemented. Behavioral counseling, physical therapy, or sometimes prescriptions may be used to help you with your weight loss as a part of your plan.

We will meet again at 2 weeks and then at least once a month (and sometimes every 2 weeks) to follow your progress. At that time we will weigh you, calculate your BMI, and take your waist measurement.

Please be aware, again, that we will typically bill your insurance for your other associated medical problems if I am also taking care of these issues. However, at times insurance will not cover medically supervised weight loss, and you may be responsible for paying what insurance does not cover-- including labs. I am very excited to be helping you through this journey.

Thank you,

Dr. Jonathan Parker