

HOUSTON METHODIST  
WEIGHT MANAGEMENT CENTER



# OUR SPECIALIZED PROGRAMS

## MODERATE WEIGHT LOSS

### StepLITE<sup>SM</sup>

(For those looking to lose up to 30 lbs. or BMI less than 30)

- Weight loss of up to two lbs. per week
- Led by licensed professionals (nurses, dietitians and counselors)
- Low calorie meal plan in addition to meal replacements

## RAPID WEIGHT LOSS

### Medical Weight Management Program

(For those with a BMI over 30)

- Medically monitored (physician supervised)
- Rapid weight loss of two to five lbs. per week
- Use of meal replacements
- Weekly lifestyle modification classes facilitated by licensed professionals (nurses, dietitians and counselors)
- Maintenance classes and support groups



## SURGICAL WEIGHT LOSS

### Bariatric and Metabolic Surgery

(For those with a BMI over 40)

- Offers several different surgical weight loss treatments
- Comprehensive pre and post surgery program
- An accredited Bariatric Center of Excellence by the American College of Surgeons
- Accept all major insurance providers

## MEDICAL NUTRITION CONSULTATION

- **Comprehensive treatment plan that includes** one-on-one session with a dietitian, management of medical nutrition needs and advanced counseling and personal coaching

Call 713.441.5964 to receive a referral form.



## FOR MORE THAN 30 YEARS...

The Houston Methodist Weight Management Center has led the way in helping people achieve weight loss with safe, long-term solutions. The center is the only comprehensive program of its kind in Houston to offer specialized programs to help patients achieve their weight loss goals.

We are dedicated to helping our patients lose weight, keep it off and live a healthier lifestyle. Our objective is to share our knowledge and expertise by providing education, support and long-term follow-up care.

## DIABETES EDUCATION PROGRAM

- Group and individual education (covered by Medicare and most insurance providers)
- Type 1, Type 2 and gestational diabetes
- Recognized by the American Diabetes Association

## METABOLIC TESTING

- Find out how many calories you burn per day with MedGem® state-of-the-art technology
- Measures resting metabolic rate (RMR) and includes an interpretation with a registered dietitian

## LOCATIONS:

- Houston Methodist Hospital (Texas Medical Center)
- Houston Methodist St. John Hospital
- Houston Methodist Sugar Land Hospital
- Houston Methodist West Hospital
- Houston Methodist Willowbrook Hospital

## FREE ORIENTATION SESSION

We invite you to attend a free orientation session to learn more about our programs. This session will answer any questions you may have regarding the program and will help you decide which program is right for you.



## HEALTH RISKS ASSOCIATED WITH BEING OVERWEIGHT OR OBESE:

- Heart disease
- Type 2 diabetes
- Stroke
- Arthritis
- Sleep apnea and respiratory problems
- Increased risk for some types of cancer
- Reproductive complications
- Gallbladder disease
- Premature death\* According to the Office of the Surgeon General, US Department of Health & Human Services an estimated 300,000 deaths per year may be attributable to obesity. (2007)

## BENEFITS OF WEIGHT LOSS

- Reduces the risk factors for some diseases, particularly heart disease and cancer
- Lower blood pressure, lower blood sugar and improved cholesterol levels
- Improved mobility, physical endurance and self esteem

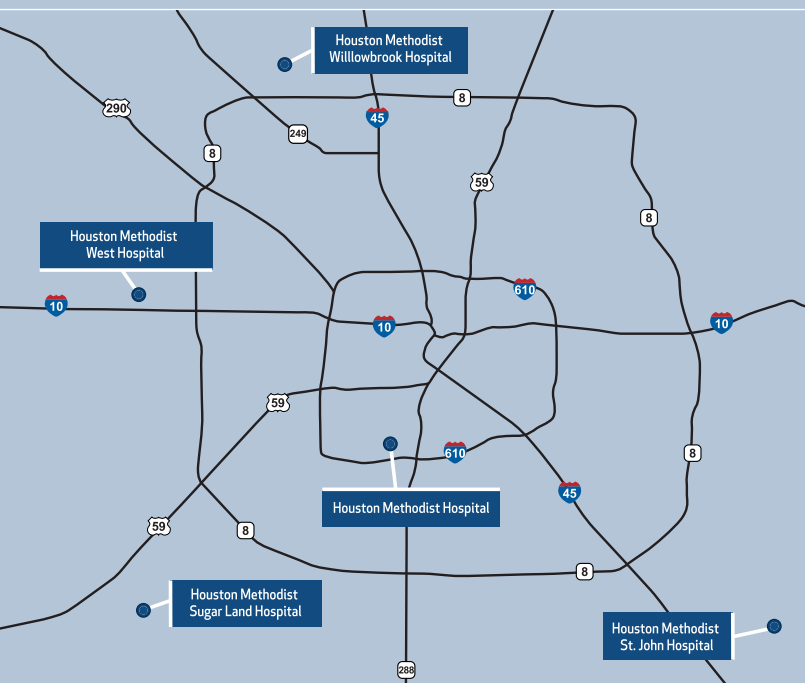
## CALL TODAY TO REGISTER

For your free orientation session,  
visit us online at

[houstonmethodist.org/weight-loss](http://houstonmethodist.org/weight-loss) or  
call **832.667.LOSE (5673)**.



## WEIGHT MANAGEMENT PROGRAMS ARE OFFERED AT FIVE HOUSTON METHODIST LOCATIONS



**Houston Methodist Hospital**  
6445 Main Street, 23<sup>rd</sup> floor  
Outpatient Center  
Houston, Texas 77030

**Houston Methodist  
St. John Hospital**  
2020 NASA Road 1  
Suite 180  
Nassau Bay, Texas 77058

**Houston Methodist  
Sugar Land Hospital**  
16655 Southwest Freeway  
Medical Office Building 2,  
Suite 265  
Sugar Land, Texas 77479

**Houston Methodist  
West Hospital**  
18300 Katy Freeway  
Medical Office Building 2,  
Suite 265  
Houston, Texas 77094

**Houston Methodist  
Willowbrook Hospital**  
Houston Methodist  
Hargrave Building  
13300 Hargrave  
Suite 160  
Houston, Texas 77070

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