

WELCOME TO THE



CENTER FOR  
MEDICAL WEIGHT LOSS

OPTIFAST® PROGRAM



OPTIFAST®

# OUR TEAM

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**Zia Hassan, MD**  
Medical Director

**Joann Hahnemann, CRNP**  
Nurse Practitioner

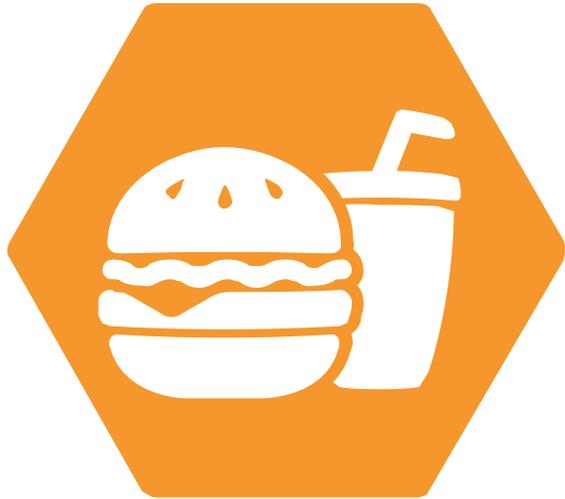
**Kay Ousby, MSN, CRNP**  
Program Director

**Katherine Stumb, MS,  
RD, LD**  
Dietitian/Educator

**Bill Nelson, LPC**  
Behaviorist

# BECAUSE OUR UNIQUE AMERICAN LIFESTYLE OFTEN LEADS TO OBESITY<sup>1</sup>

Super-sized meals



Sedentary lifestyle



High-calorie food-filled environment



# OBESITY IS A GROWING MEDICAL CONCERN

- The prevalence of obesity in the United States is high
- Population data suggest that the number of adults with BMI  $\geq 30$  kg/m<sup>2</sup> (the measure for obesity) more than doubled between 1990 and 2008<sup>1</sup>
- Projected rates of adult obesity may reach **50%** by 2030<sup>1</sup>

BMI, body mass index, is a measure of body fat using a formula that divides a person's weight in kilograms (1 kg=2.2 lb) by the square of their height in meters (1 m=3.3 ft)



More than **40% of US adults** are considered to be either obese or severely obese<sup>2</sup>



Obesity is **STRONGLY LINKED** to diabetes, hypertension, coronary heart disease, stroke, certain cancers, obstructive sleep apnea, osteoarthritis, and decreased reproductive performance<sup>3</sup>

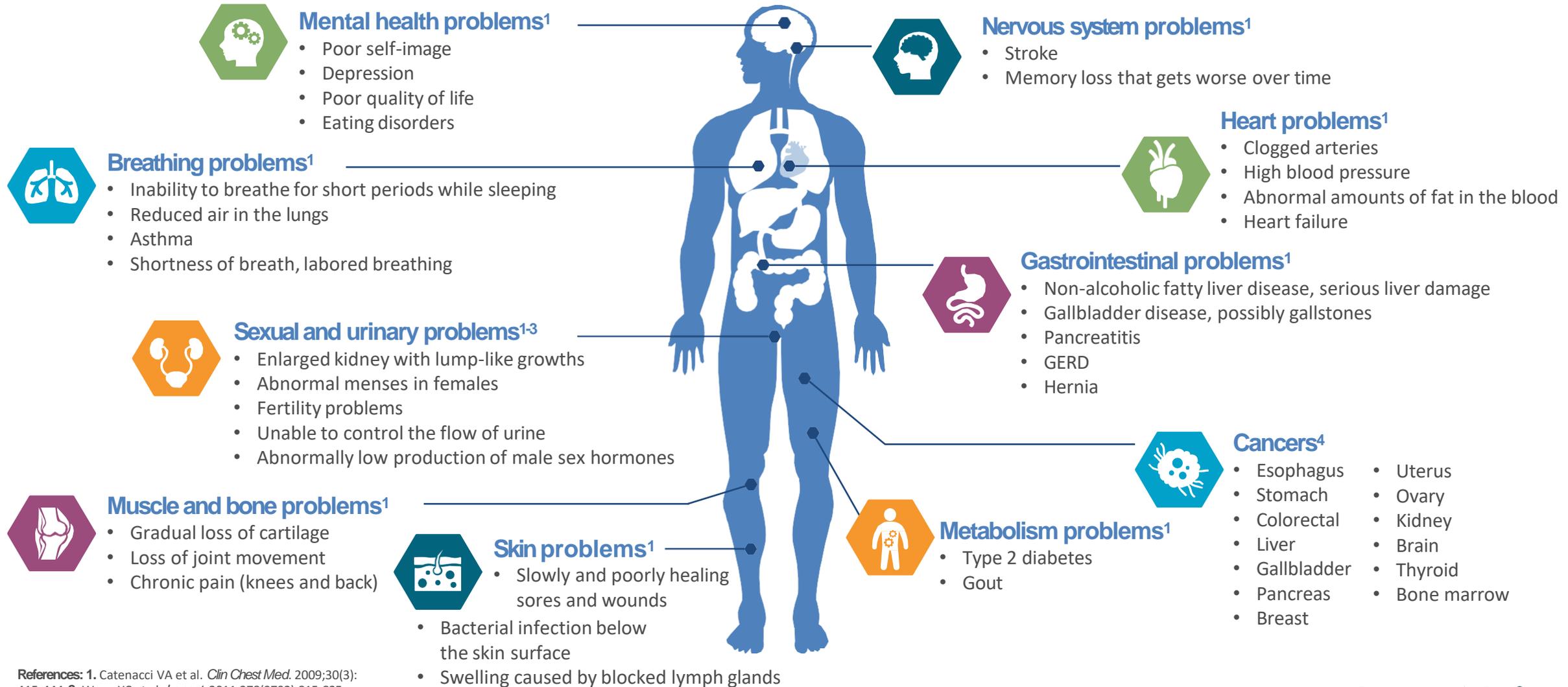


The cost of treating obesity-related conditions in the United States is more than **\$147 BILLION** per year<sup>4</sup>



Individuals with obesity pay, on average, **42%** more for overall healthcare costs and spend **80%** more on prescription medications<sup>4</sup>

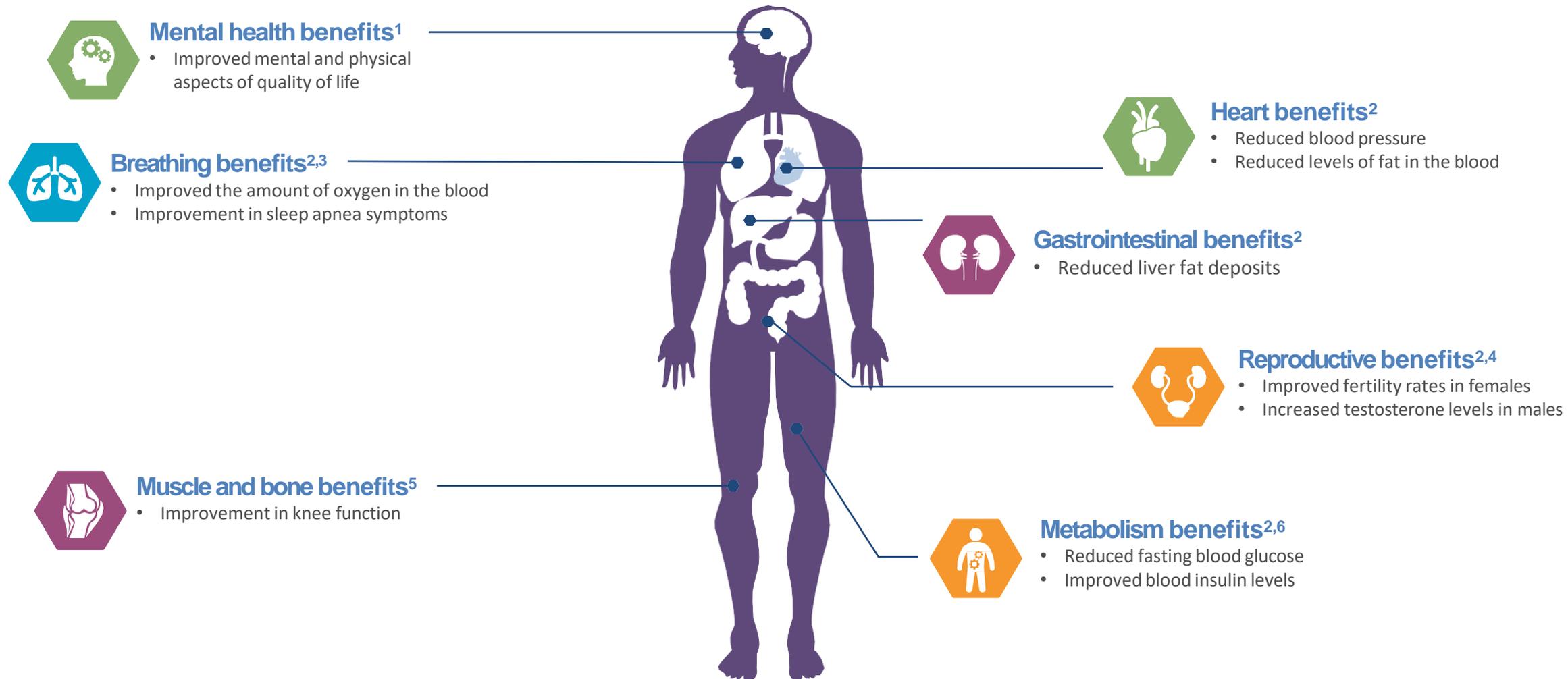
# OBESITY is associated with many health problems



References: 1. Catenacci VA et al. *Clin Chest Med.* 2009;30(3):415-444. 2. Wang YC et al. *Lancet.* 2011;378(9793):815-825. 3. Wu FCW et al. *N Engl J Med.* 2010;363(2):123-135. 4. Lauby-Secretan B et al. *N Engl J Med.* 2016;375(8):794-798.

# WEIGHT LOSS DRIVES IMPORTANT HEALTH BENEFITS

in studies with total diet replacements and meal replacements



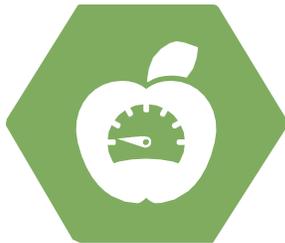
**References:** 1. Catenacci VA et al. *Clin Chest Med.* 2009;30(3):415-444. 2. Mulholland Y et al. *Br J Nutr.* 2012;108(5):832-851. 3. Tuomilehto HPI et al. *Am J Respir Crit Care Med.* 2009;179(4):320-327. 4. Niskanen L et al. *Diabetes Obes Metab.* 2004;6(3):208-215. 5. Christensen R et al. *Osteoarthritis Cartilage.* 2005;13(1):20-27. 6. Drawert S et al. *Obesity Res.* 1996;4(S1):67S. Abstract P123.

# CHANGING YOUR RELATIONSHIP WITH FOOD

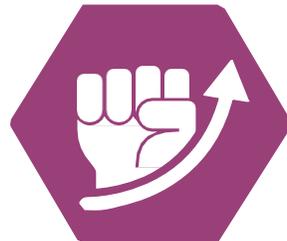
## THE BENEFITS OF FULL MEAL REPLACEMENT



Diets using full meal replacements are associated with significant weight loss and greater weight loss than typical food diets by reducing dietary variety and providing portion control<sup>1,2</sup>



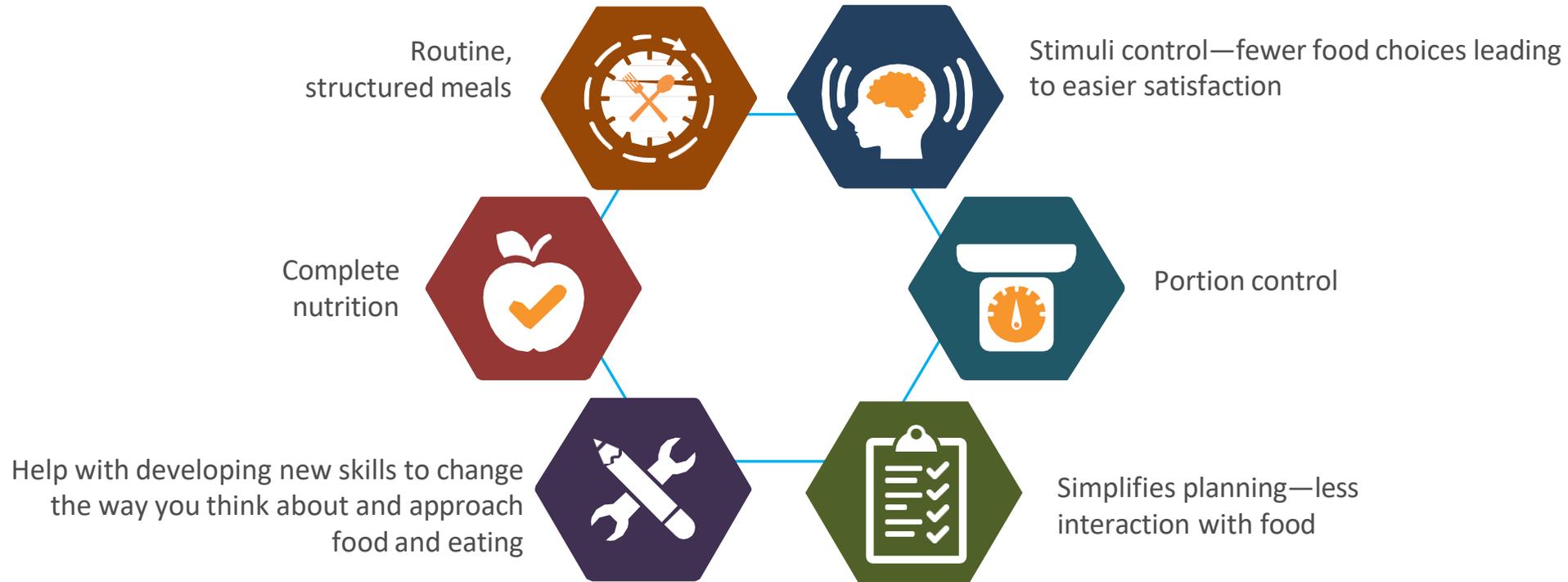
Full meal replacement reduces food choices and provides the structure needed to ensure that patients consume a predictable number of calories for consistent weight loss<sup>1</sup>



Limiting food choices through full meal replacement helps suppress food cravings<sup>2</sup>

# CHANGING YOUR RELATIONSHIP WITH FOOD

## OPTIFAST® MEAL REPLACEMENTS AND COUNSELING PROVIDE



# OPTIFAST® PROGRAM

Why does the **OPTIFAST®** program work?

- The **OPTIFAST®** program succeeds because it treats the **WHOLE YOU**—not just your weight
- The **OPTIFAST®** program has been proven effective for over **40 YEARS** and cited in more than **80 publications**

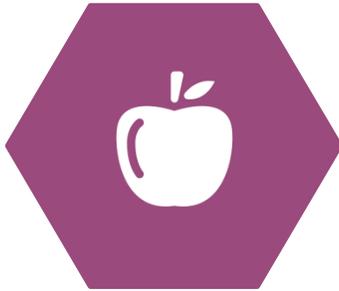


Each patient will be closely monitored and given the support, education, and tools to experience weight loss and reduce weight-related health risks

# YOUR WEIGHT LOSS PLAN

## A SPECIALIZED PROGRAM FOR MEANINGFUL WEIGHT LOSS

1. Obesity is a chronic disease caused by many factors.<sup>1</sup>
2. It requires a lifelong effort to manage weight loss and maintain proper body weight.<sup>1</sup>
3. Success means improved overall health and reduced health problems related to obesity.<sup>1</sup>



The **OPTIFAST**® program uses medical, nutritional, and behavioral elements to help you



We offer a clinically proven, easy-to-follow plan



Full meal replacement program provides control of eating urges by decreasing food cues to help you control the amount and type of food you eat<sup>2</sup>

# DELIVERING WEIGHT LOSS FOR HEALTH GAINS

## HELPS YOU ACHIEVE WEIGHT LOSS SUCCESS

The clinically proven **OPTIFAST®** program is designed to help you lose weight under medical supervision to improve certain obesity-related health problems.<sup>1,2</sup>

Over 26 Weeks:



**AVERAGE  
WEIGHT LOSS**  
approximately  
**50 lb**<sup>1,2</sup>



**HIGH BLOOD PRESSURE**  
**10%-15%**  
average decrease  
in blood pressure<sup>2</sup>



**HIGH CHOLESTEROL**  
**15%**  
average decrease in  
total cholesterol<sup>2</sup>



**DIABETES**  
lower blood  
glucose levels  
compared to  
starting point<sup>3</sup>

# YOUR WEIGHT LOSS PLAN

## OPTIFAST® PROGRAM OVERVIEW COMPONENTS

LIFESTYLE  
CHANGES

EDUCATIONAL  
MODULES

FULL MEAL  
REPLACEMENT DIET

MEDICAL SUPERVISION

### YOUR WEIGHT LOSS JOURNEY

Participation in the **OPTIFAST®** program includes 3 key phases designed to help you lose weight by helping to change your relationship with food and eating. Each participant receives an individual evaluation to customize the program to meet his or her needs.

#### PHASES



#### ACTIVE PHASE

During this phase you will consume only **OPTIFAST®** full meal replacement products while attending classes to achieve lifestyle modification.



#### TRANSITION PHASE

Self-prepared foods are gradually reintroduced into your diet, with continued weight loss, while you continue to attend classes with added food labs to help change the way you think about and approach food and eating



#### MAINTENANCE PHASE

You should continue to attend ongoing support sessions to help you maintain your weight loss and manage your weight in the future

# COMPREHENSIVE OBESITY MANAGEMENT

## Medical Monitoring



Evaluation and support of your health and well-being throughout the program

## Exercise Guidance



Integrating activity into a weight loss program leads to greater success

## Full Meal Replacement



Nutritionally complete (in 5 servings) with at least 24 key vitamins and minerals

## Nutrition Education



Strategies for successful lifestyle change

## Patient Support



Website for helpful information

## Lifestyle Education



Lifestyle Education Series™ modules help you relearn how to approach food and eating

# OPTIFAST® PRODUCTS NUTRITIONAL INFORMATION

## Products and Nutritional Information per Serving

Product	Flavors	Calories	Protein (g)	Carb (g)	Fat (g)	Fiber (g)	Gluten Free	Suitable for Lactose Intolerance
 <b>OPTIFAST 800®</b> Ready-to-Drink Shake	<ul style="list-style-type: none"> <li>• Vanilla</li> <li>• Chocolate</li> <li>• Strawberry</li> </ul>	160	16	18	3.5	3	Yes	Yes
 <b>OPTIFAST 800®</b> Shake Mix	<ul style="list-style-type: none"> <li>• Vanilla</li> <li>• Chocolate</li> <li>• Strawberry</li> </ul>	160	16	18	3.5	3	Yes	Yes
 <b>OPTIFAST 800®</b> Soup Mix	<ul style="list-style-type: none"> <li>• Tomato</li> <li>• Chicken</li> <li>• Vegetable</li> </ul>	160	16	18	3.5	3	Yes	Yes
 <b>OPTIFAST 800®</b> Bar	<ul style="list-style-type: none"> <li>• Chocolate</li> <li>• Peanut Butter Chocolate</li> <li>• Apple Cinnamon</li> </ul>	160	16	18	4-5	3	No	Yes
 <b>OPTIFAST HP®</b> Shake Mix	<ul style="list-style-type: none"> <li>• Vanilla</li> <li>• Chocolate</li> </ul>	200	26	10	6	0	Yes	No



# CONTACT US FOR MORE INFORMATION

**CALL (256) 265-3072**

**Leave a Voicemail  
with your Name,  
Contact Number, and  
Email Address  
(Spelled out)**

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**A recorded information session will be emailed to you to explain exactly how the program works and how to get started.**

**OPTIFAST<sup>®</sup>**

# SUMMARY OF OPTIFAST® PROGRAM BENEFITS

The **OPTIFAST®** program can help you lose weight, which will help improve certain obesity-related health problems<sup>1-3</sup>

- The **OPTIFAST®** program succeeds because it considers the **WHOLE YOU**—not just your weight
- The **OPTIFAST®** program has been proven effective for over **40 YEARS** and cited in more than **80 publications**



You will be closely monitored and given the support, education, and tools to experience weight loss and reduce weight-related health risks



**CENTER FOR  
MEDICAL WEIGHT LOSS**

**THANK YOU!**

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