WELCOME TO THE

CENTER FOR
MEDICAL WEIGHT LOSS

OPTIFAST® PROGRAM
OUR TEAM

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Nurse Practitioner

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RD, LD
Dietitian/Educator

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Behaviorist
BECAUSE OUR UNIQUE AMERICAN LIFESTYLE OFTEN LEADS TO OBESITY

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 ≥30 kg/m² (the measure for obesity) more than doubled between 1990 and 2008¹
- Projected rates of adult obesity may reach 50% by 2030¹

More than 40% of US adults are considered to be either obese or severely obese²

Obesity is STRONGLY LINKED to diabetes, hypertension, coronary heart disease, stroke, certain cancers, obstructive sleep apnea, osteoarthritis, and decreased reproductive performance³

The cost of treating obesity-related conditions in the United States is more than $147 BILLION per year⁴

Individuals with obesity pay, on average, 42% more for overall healthcare costs and spend 80% more on prescription medications⁴


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)
OBESITY is associated with many health problems

Mental health problems¹
- Poor self-image
- Depression
- Poor quality of life
- Eating disorders

Nervous system problems¹
- Stroke
- Memory loss that gets worse over time

Heart problems¹
- Clogged arteries
- High blood pressure
- Abnormal amounts of fat in the blood
- Heart failure

Gastrointestinal problems¹
- Non-alcoholic fatty liver disease, serious liver damage
- Gallbladder disease, possibly gallstones
- Pancreatitis
- GERD
- Hernia

Muscle and bone problems¹
- Gradual loss of cartilage
- Loss of joint movement
- Chronic pain (knees and back)

Skin problems¹
- Slowly and poorly healing sores and wounds
  - Bacterial infection below the skin surface
  - Swelling caused by blocked lymph glands

Sexual and urinary problems¹³
- Enlarged kidney with lump-like growths
- Abnormal menses in females
- Fertility problems
- Unable to control the flow of urine
- Abnormally low production of male sex hormones

Cancers⁴
- Esophagus
- Stomach
- Colorectal
- Liver
- Gallbladder
- Pancreas
- Breast
- Uterus
- Ovary
- Kidney
- Brain
- Thyroid
- Bone marrow

Breathing problems¹
- Inability to breathe for short periods while sleeping
- Reduced air in the lungs
- Asthma
- Shortness of breath, labored breathing

Metabolism problems¹
- Type 2 diabetes
- Gout

References:
WEIGHT LOSS DRIVES IMPORTANT HEALTH BENEFITS

in studies with total diet replacements and meal replacements

**Mental health benefits**¹
- Improved mental and physical aspects of quality of life

**Breathing benefits**²,³
- Improved the amount of oxygen in the blood
- Improvement in sleep apnea symptoms

**Heart benefits**²
- Reduced blood pressure
- Reduced levels of fat in the blood

**Gastrointestinal benefits**²
- Reduced liver fat deposits

**Muscle and bone benefits**⁵
- Improvement in knee function

**Reproductive benefits**²,⁴
- Improved fertility rates in females
- Increased testosterone levels in males

**Breathing benefits**²,³
- Improved the amount of oxygen in the blood
- Improvement in sleep apnea symptoms

**Metabolism benefits**²,⁶
- Reduced fasting blood glucose
- Improved blood insulin levels

References:
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\(^1,2\)

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\(^1\)

Limiting food choices through full meal replacement helps suppress food cravings\(^2\)
CHANGING YOUR RELATIONSHIP WITH FOOD

OPTIFAST® MEAL REPLACEMENTS AND COUNSELING PROVIDE

Routine, structured meals

Stimuli control—fewer food choices leading to easier satisfaction

Complete nutrition

Portion control

Help with developing new skills to change the way you think about and approach food and eating

Simplifies planning—less interaction with food
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.¹
2. It requires a lifelong effort to manage weight loss and maintain proper body weight.¹
3. Success means improved overall health and reduced health problems related to obesity.¹

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.²

References:
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.1,2

Over 26 Weeks:

- **AVERAGE WEIGHT LOSS**: approximately 50 lb1,2
- **HIGH BLOOD PRESSURE**: 10%-15% average decrease in blood pressure2
- **HIGH CHOLESTEROL**: 15% average decrease in total cholesterol2
- **DIABETES**: lower blood glucose levels compared to starting point3

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.

**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.

YOUR WEIGHT LOSS JOURNEY
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

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<th>Product</th>
<th>Flavors</th>
<th>Calories</th>
<th>Protein (g)</th>
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CONTACT US FOR MORE INFORMATION

CALL (256) 265-3072

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

A recorded information session will be emailed to you to explain exactly how the program works and how to get started.
SUMMARY OF OPTIFAST® PROGRAM BENEFITS

The OPTIFAST® program can help you lose weight, which will help improve certain obesity-related health problems\(^1\)\(^-\)\(^3\)

- 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.
