

Synopsis of the Weight Management Program

Program Philosophy: Obesity is a chronic disease that requires long-term treatment for successful management.

Current guidelines from the Obesity Society/ American Heart Association / American College of Cardiology for the Treatment of Obesity recommend participation in an intensive multidisciplinary program.

Stimuli-Narrowing: The Washington University Weight Management Program uses the philosophy of stimuli narrowing – that is, limiting the variety and quantity of available foods, which results in lower caloric intake while maintaining good nutrition. Liquid formulas and nutritional bars improve adherence to calorie-controlled meal plans and facilitate safe, consistent weight loss.

Program Synopsis

Components:

- Gradual weight loss will be achieved by following a structured meal plan using meal replacements
- Treatment will be monitored medically and supervised by our physicians
- Gradual increase in physical activity
- Development of weight loss skills as well as long-term weight maintenance skills by adopting healthy lifestyle changes
- Pharmacotherapy (drug treatment) in appropriate cases

Participants:

The typical person who enrolls in our weight management program fits into one or more of the following categories:

- 40 or more pounds over ideal body weight
- Has medical problem(s) caused by or associated with obesity
Example: Pulmonary disease / Non-alcoholic fatty liver disease / Gall bladder disease / Gynecologic problems / Osteoarthritis / Sleep apnea / Phlebitis / Hypertension / Dyslipidemia / Diabetes / Coronary artery disease / Lymphedema / Stroke
- Body mass index of 30 and above, or 25 and above with medical complications
- Needs structured treatment program
- Long history of unsuccessful dieting
- Over the age of 17

Logistics:

The Washington University Weight Management Program has a five-part structure:

1. Attend a free informational session (call 314-286-2080 for dates and times) where the Program Manager will review the program, in detail, to see if it is a good match for your needs.
2. Schedule and complete initial evaluation appointments:
 - Medical [History and physical, EKG & labs]
 - Behavioral assessment
 - Dietary assessment with development of individualized meal plan

These assessments are typically completed in one evening. Although very unlikely, it is possible that findings during the medical evaluation may delay or prevent your program participation.

(Necessary labs will be ordered at the Initial Assessment visit at the discretion of the physician. Labs will be completed at patients insurance preferred location (i.e., Quest, LabCorp, Hospital, or etc.)

3. Stage 1: Initial Weight Loss Basics (20-week in length / weekly meetings)
 - Building weight loss skills
 - Beginning/increasing physical activity patterns
 - Structured meal plans
 - Weight goal: 10% or more (approx. 1 - 3 pounds/week)
4. Stage 2: Sharpening Weight Management Skills (36-week commitment / weekly meetings)
 - Learning skills of weight maintenance
 - Overcoming barriers to healthy weight-management behaviors
 - Practicing long-term strategies for lifestyle and planned physical activity
 - Working toward self- acceptance
 - Weight goal: maintaining lost weight, or continued 1 - 2 pounds/week
5. Stage 3: Continuous Care (1 year in length / bi-monthly meetings)
 - Monthly group behavioral sessions
 - Monthly group dietary sessions
 - Ongoing monitoring of lifestyle changes
 - Maintaining a healthy lifestyle
 - Maintaining a comfortable weight

Pharmacotherapy may be considered during any stage of the program. This may require additional physician visits and/or lab tests for appropriate monitoring.