

Isn't It Time For a New You!

Medical Weight Loss Programs in Rochester, New York

Things you need to know

In the last couple of years, Weight Loss Programs have been popping up on every street corner in Monroe County. You can't help but hear or see a commercial about Extreme Weight Loss when listening to the radio or watching TV or even on the evening news. As the first and most experienced Medical Weight Loss Program in Rochester, New York, the Medical Staff at New Genesis is concerned about the safety and credibility of those running what they claim are "Medically Monitored Weight Loss Programs." The Obesity Medicine Association (of which we are members) is an arm of the American Medical Association. Both have expressed concerns about low calorie diets (defined as less than 1000 calories) that they should only be done under Medical Supervision as they have been and can be life threatening.

What is Medical Supervision?

If the provider supervising your diet does not have a Medical Doctor, Osteopathic Doctor, Physician Assistant or Nurse Practitioner after their name, they are not qualified to monitor a Low Calorie Diet of less than 1000 calories or a Very Low Calorie Diet as low as 800 calories. A Chiropractor is not trained or qualified to "medically supervise" any diet less than 1000 calories. We have personally been told by Some Weight Loss Programs by receptionists on the phone that several of the Chiropractor run Rochester based programs are "medically supervised." However, this is simply not true.

Why is Medical Supervision so necessary for extreme weight loss diets?

During these rapid weight loss diets, changes can occur to your body that need to be monitored by a Medical Professional. A Chiropractor is unable to practice medicine by any definition; they are Doctors of Chiropractic who are licensed to perform spinal manipulation. They cannot order the laboratory tests necessary to screen at the onset of a low calorie diet or during the diet as required by the Obesity Medicine Association and the AMA in their safety protocols for Low and Very Low Diets. Even if they were to look at blood work ordered by your licensed medical provider, the truth is they have never been trained to evaluate or understand the meaning of such tests and they would not understand what they are looking at.

During Very Low Calorie Diets, electrolyte shifts can and do occur that can be life threatening. This is something we have seen in our practice, serious electrolyte shifts, but have caught them because we were able to monitor the patient's blood work. This needs to be monitored on a monthly basis by a Licensed Medical Provider who can interpret the tests.

In the 1970's, fad diets very much like the ones being offered by Chiropractors today resulted in sudden deaths of many of its participants. This is likely because those diet participants had what is called an undiagnosed prolonged QT interval on their electrocardiogram. A QT interval represents how long it takes for the heart to reset itself after each beat. If it is long and there are electrolyte shifts due to a diet, the patient could experience sudden death. Every patient who is going to participate in a Very Low Calorie Diet should be screened at onset for a prolonged QT interval by a Medical Provider with an Electrocardiogram. Chiropractors are prohibited by law from doing EKGs as it constitutes the Practice of Medicine, and they certainly do not know how to read electrograms. We predict that it is only a matter of time before patients on these so called "medically monitored" programs will have a patient with a prolonged QT interval who will die a sudden death in Rochester as a result of a prolonged QT interval and electrolyte shifts caused by a very low calorie diet.

When looking for a rapid weight loss program, it is important to ask, "Who will I be seeing that will medically supervise the program?" "Is it an MD, DO, PA or an NP?" If it is not, then STOP and ask yourself if it is worth the risk?

Ask, "Will initial and monthly blood tests be done that will monitor my electrolytes, my kidney function, my liver function, and my EKG in the event there is a problem that can only be detected through these tests?" If not, life threatening consequences can occur, when not monitored on a regular basis.

Medications

Ask if medications are available to help curb appetite during the rapid weight loss phase which many patients find helpful. Only a licensed medical provider can help you with this. Chiropractors cannot prescribe any of the six FDA approved medications for weight loss.

Red Flags

A Red Flag should be if the weight loss center claims to have a "magic" or "miracle" water that you must drink as part of the program. There are no scientific studies that endorse such things.

Another Red Flag should be if the diet center ever mentions the use of the hormone HCG with any diet at all. The Obesity Medicine Association and the American Medical Association have both come out with a position statement condemning the use of HCG as studies have proven it is useless in weight loss. They also state that HCG may in itself be life threatening as it increases the risk of blood clots in the leg. These blood clots in the leg can break off, travel to the heart and lungs, and cause serious problems or death!

You may say, "I have a friend who has lost weight at a rapid weight loss center, and they did not have any problems." They have been lucky and, yes, whenever you restrict someone's caloric intake to 500 calories, they will lose weight regardless of exercise, "magic" water, or HCG drops. They are risking their lives in the meantime.

Everyone likes hearing that it is "not your fault," and "we can reset your metabolism." All of our metabolisms slow as we get older, and it changes with menopause. One of the first things to do is to check your metabolism regulator which is your thyroid. If you have a thyroid problem, medication needs to be prescribed by a licensed medical professional. At New Genesis, we seek to normalize your thyroid numbers with medication. If you don't have a thyroid problem, then the cause of your obesity is clear: you are consuming too many calories and doing too little exercise. It does you no good to be told that it is "not your fault" and "we can fix your metabolism" by eating 500 calories and drinking our "magic" water. The only way to fix your metabolism is through a lifestyle of cardiovascular exercise or the results simply won't last.

If you, like millions of Americans suffer from a BMI over 30, you have a 100% chance of dying an early death from an obesity related issue.

It is time for change, change that will save your life by helping you lose weight rapidly and safely. We invite you to check out the competition and remember these questions: "Who is the licensed medical provider I will be seeing?" "How often will I see the provider?" "How many calories is the diet?" If it is less than 1000 and not monitored by a Licensed MD, DO, NP or PA, get out of there as soon as possible and find a real Medical Weight Loss Program.

Remember these Red Flags:

A Red Flag for you should be if the caloric intake you are being told to take is less than 1000 a day and there is no licensed medical provider to monitor your laboratory results.

Another Red Flag should be if the person who is monitoring you is not licensed to practice medicine or is a chiropractor.

Finally, the third Red Flag is, "Am I being asked to drink "magic" water or HCG drops?"

What to Expect at New Genesis

1. A Complimentary Consultation with our certified Weight Loss Coordinator to make sure you are a good fit with our program

2. A Physical Examination with our Licensed Medical Provider and review of your laboratory findings (Appetite suppressant medications will be discussed to determine if they will benefit you.)

3. Shop for Meal Replacement selections from a wide variety of choices.

4. You Begin the program

5. You Receive weekly coaching sessions with our Weight Loss Coordinator for support

6. You attend monthly meetings with our Exercise Physiologist creating a custom designed exercise program with realistic goals for you for the future

7. 24-hour medical emergency on-call service

8. Commonly we do consultations with your primary care physician as the weight falls off of you, to lower your blood pressure medications, anti-cholesterol medications, and even some heart medications

We encourage you to shop around, but if there are Red Flags, beware. Then meet with our weight loss coach at no cost to you. If you battle with obesity, you will have to learn to control it for the rest of your life, and that is what we do best. Anyone can get the weight off, but here at New Genesis we excel at doing it safely and in keeping it off for a life time. Remember you are not alone; over 30% of adults and children are now considered obese in America. At New Genesis, we are committed to helping you lose weight and keep it off for the rest of your life.

We are facing an epidemic of unprecedented proportions, and the time to act is now. Call New Genesis today for a complimentary evaluation. You have nothing to lose except 25, 50, 100 pounds or more. Call 381-9966 today for your complimentary consultation. Mention this Ad from "In Good Health" and receive \$100 off* your program. *May not be combined with other discounts or offers.

**CENTER FOR MEDICAL WEIGHT LOSS
AND COSMETIC MEDICINE**

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