



## WEIGHT LOSS FAQs

Q: “If I know a great deal about nutrition, why do I have to see a nutritionist and track my food?”

A: Knowing about nutrition is a great start, but it often doesn’t result in weight loss. We need an “inside view” of what you are doing, so we can better understand you as a whole. Like anything else in medicine, this is a diagnostic process. We can’t do it without the data.

Q: “I’ve seen a nutritionist in the past, and it just didn’t work for me.”

A: There are differing styles of practice with nutrition experts- some focus purely on nutrition knowledge, and some specialize in weight loss. Most do not specialize in weight loss. Jennifer, our Director of Nutrition, has over 25 years of experience specifically in the field of weight loss.

Q: “Why should I consider using meal replacements? I like healthy whole foods.”

A: Liking healthy whole foods is awesome! We want that! But that’s not enough to lose weight. Meal replacements bundle the right balance of protein, carbs, fat, vitamins and minerals into the right calorie portion for healthy weight loss. And more importantly, using them as part of your weight loss plan will help prevent the loss of muscle (“lean mass”). When anti-obesity medications

Q: “I can’t drink protein shakes long term.. that won’t work for me..”

A: The expectation is *never* to use meal replacements long term! They are an effective **tool** for the weight loss portion of your journey. Your long term weight management plan is to eventually transition to a healthy diet, with good lifestyle habits and possibly medication if appropriate.

Q: “Is this covered by insurance?”

A: The screening lab work and EKG are submitted to your insurance and are usually covered. Nutrition education and meal replacements are not at this time, unfortunately. Hopefully at some point insurance will cover all aspects of obesity treatment. Many of our patients use their HSA to cover fees.

Q: “Do you prescribe anti-obesity medication and can I opt to just try that?”

A: Yes I do prescribe these medications. These can indeed be an important addition to healthier eating and better habits for successful long term weight management.

Q: “Is this safe for me?”

A: Yes, of course..for MOST people. That is why we do a thorough Medical Screen, and I discuss any issues with the primary care or other specialists of people with health issues, prior to considering them for our programs.

Q: “HOW DO I GET STARTED?”

A: Once you’ve read through everything (and we mean everything! Please be sure you’ve read over all the tabs: Welcome, Programs/Descriptions, Treatment Consent and these FAQs) please call for a consultation and have any recent records/bloodwork sent from your primary care doctor and any specialists you may see. You’ll then meet with Dr. Costello to discuss your entire weight history, eating habits, and evaluate any medical reason you may struggle with weight. If you decide you do want to join a program, we’ll order screening lab work and an EKG. You’ll then have one more appointment to review everything to get started!