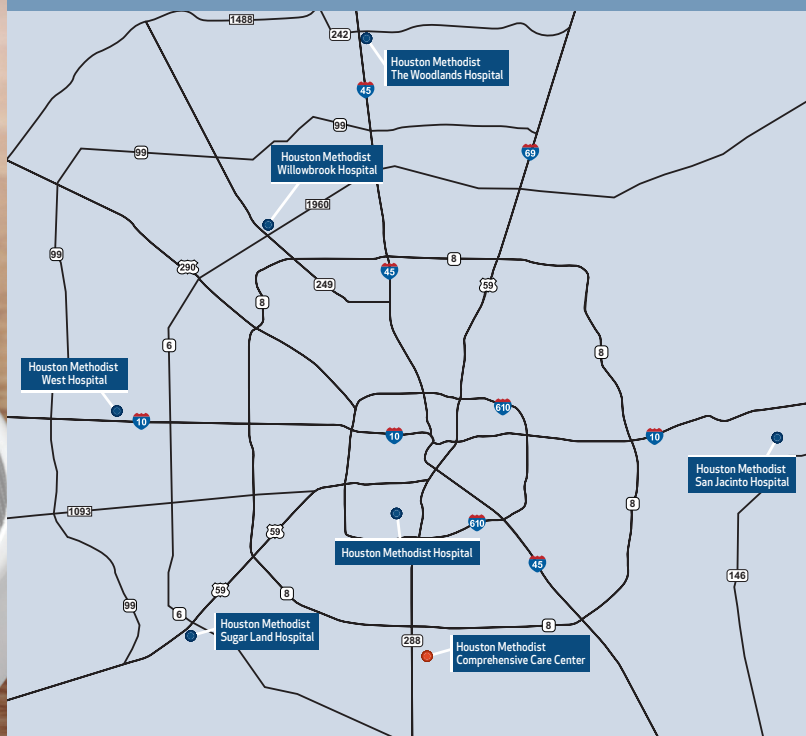




Houston Methodist offers weight management programs at convenient locations across the Greater Houston area.



HOUSTON  
**Methodist**  
LEADING MEDICINE

## HOUSTON METHODIST WEIGHT MANAGEMENT CENTER



## FOR MORE THAN 30 YEARS...

Houston Methodist Weight Management Center has led the way in helping people achieve weight loss with safe, long-term solutions. The center is the only comprehensive program of its kind in Houston to offer specialized programs to help patients achieve their weight-loss goals.

We are dedicated to helping our patients lose weight, keep it off and live a healthier lifestyle. Our objective is to share our knowledge and expertise by providing education, support and long-term follow-up care.

### **Houston Methodist Hospital**

6445 Main St.  
Houston Methodist  
Outpatient Center  
23rd floor  
Houston, TX 77030

### **Houston Methodist Comprehensive Care Center - Pearland**

8520 W. Broadway St.,  
Ste. 220  
Pearland, TX 77584

### **Houston Methodist San Jacinto Hospital**

4201 Garth Rd.  
Independence Plaza 1,  
IP1 Suite 303  
Baytown, TX 77521

### **Houston Methodist Sugar Land Hospital**

16659 Southwest Frwy.  
Medical Office Building 2  
Suite 265  
Sugar Land, TX 77479

### **Houston Methodist West Hospital**

18300 Katy Frwy.  
Medical Office Building 2  
Suite 265  
Houston, TX 77094

### **Houston Methodist Willowbrook Hospital**

13300 Hargrave  
Hargrave Medical  
Office Building  
Suite 160  
Houston, TX 77070

### **Houston Methodist The Woodlands Hospital**

17183 Interstate 45 South  
Medical Office Building 1  
Suite 490  
The Woodlands, TX 77385

**832.667.LOSE (5673)**

[houstonmethodist.org/weight-management](http://houstonmethodist.org/weight-management)



# OUR SPECIALIZED PROGRAMS

## MODERATE WEIGHT LOSS

### StepLITE<sup>SM</sup>

(For those looking to lose up to 30 lbs. or attain a BMI of less than 30)

- Weight loss of up to 2 lbs. per week
- Led by licensed professionals (nurses, dietitians and mental health professionals)
- Low-calorie meal plan in addition to meal replacements

## RAPID WEIGHT LOSS

### Medical Weight Management Program

(For those with a BMI over 30)

- Medically monitored (physician supervised)
- Rapid weight loss of 2 to 5 lbs. per week
- Use of meal replacements
- Weekly lifestyle modification classes facilitated by licensed professionals (nurses, dietitians and counselors)
- Maintenance classes and support groups



## SURGICAL WEIGHT LOSS

### Bariatric and Metabolic Surgery

(For those with a BMI over 40)

- Offers several different surgical weight loss treatments
- Comprehensive pre- and postsurgery program
- Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program Accredited Center for Comprehensive Care for Adults and Adolescents
- All major insurance providers accepted

## MEDICAL NUTRITION CONSULTATION

- **Comprehensive treatment plan that includes** one-on-one session with a dietitian, management of medical nutrition needs and advanced counseling and personal coaching

Call 713.441.5964 to receive a referral form.

## DIABETES EDUCATION PROGRAM

- Group and individual education (covered by Medicare and most insurance providers)
- Type 1, type 2 and gestational diabetes
- American Diabetes Association Recognized Diabetes Self Management and Education Program

## METABOLIC TESTING

- Find out how many calories you burn per day with MedGem<sup>®</sup> state-of-the-art technology
- Measures resting metabolic rate (RMR) and includes an interpretation with a registered dietitian

## LOCATIONS

- Houston Methodist Hospital (Texas Medical Center)
- Houston Methodist Comprehensive Care Center - Pearland
- Houston Methodist San Jacinto Hospital
- Houston Methodist Sugar Land Hospital
- Houston Methodist West Hospital
- Houston Methodist Willowbrook Hospital
- Houston Methodist The Woodlands Hospital

## HEALTH RISKS ASSOCIATED WITH BEING OVERWEIGHT OR OBESE

- Heart disease
- Type 2 diabetes
- Stroke
- Arthritis
- Sleep apnea and respiratory problems
- Increased risk for some types of cancer
- Reproductive complications
- Gallbladder disease
- Premature death\*

## BENEFITS OF WEIGHT LOSS

- Reduces the risk factors for some diseases, particularly heart disease and cancer
- Lower blood pressure, lower blood sugar and improved cholesterol levels
- Improved mobility, physical endurance and self esteem

*\*According to the Office of the Surgeon General, U.S. Department of Health & Human Services an estimated 300,000 deaths per year may be attributable to obesity. (2007)*

## FREE ORIENTATION SESSION

We invite you to attend a free orientation session to learn more about our programs. This session will answer any questions you may have regarding the program and will help you decide which program is right for you.

## CALL TODAY TO REGISTER

For your free orientation session, visit us online at [houstonmethodist.org/weight-management](http://houstonmethodist.org/weight-management) or call **832.667.LOSE (5673)**

