IS THERE MORE I CAN DO?

YOUR FIRST LINE TREATMENT FOR NAFLD

The Sherrie and Alan Conover Center for Liver Disease & Transplantation in partnership with the Houston Methodist Weight Management Center can provide guided help to reduce your risk of NAFLD in one comprehensive program.

PROGRAM INCLUDES:

• Metabolic testing (refer to back) and one-on-one counseling with a registered dietitian
• Custom meal plan tailored to reducing your NAFLD
• Personal goals set with a dietitian
• Exercise plan with video instruction
• 15-minute video visit* with your dietitian from the comfort of home

COST: $150*

* Video visit is performed using MyChart. Program will require access to a web-cam or mobile phone. Program is not covered by insurance.

BEGIN YOUR TREATMENT TODAY
For more information or to register, call 832.667.5673.
METABOLIC TESTING AND PHYSICAL ACTIVITY

WHAT’S YOUR CALORIE BUDGET?

Your metabolism is a process that happens in your body to keep you going. Your resting metabolic rate is a part of your metabolism and is the amount of calories your body burns at rest. Everyone’s resting metabolic rate is different and knowing your number is important to maintain good health (calorie budget). A measure of your oxygen consumption is the most accurate way to test your resting metabolic rate.

METABOLIC TESTING (MEDGEM TEST)

This test includes measuring your oxygen consumption by breathing into a device for about 10 minutes. After the test, you will receive your:

- Resting metabolic rate
- How much you need to eat to lose, maintain or gain weight
- Body fat percentage
- Total calories used throughout the day
- Custom meal plan to reduce NAFLD

BEFORE YOUR TEST

- Do not eat for at least four hours. (Some water is okay.)
- Do not engage in any cardiovascular or strength training for at least 12 hours.
- Do not consume caffeine for at least three hours.
- You may take most of your prescribed medications. However, do not consume any nutritional supplements or medications with the following ingredients:
  - Ephedra, ma huang or pseudoephedrine
- Do not consume nicotine for at least one hour.
- Arrive 10 minutes early; you must be resting for 10 to 15 minutes before the test.