

Comprehensive Weight Management Very Low Calorie Diet Program



Welcome to your weight management program that will help you lose weight and live a healthy life for years to come! We're glad you are here and ready to begin.

Dean's program provides a very low calorie diet (VLCD) treatment option for obesity that will assist you with weight management and long-term healthier lifestyle changes. Our program has a comprehensive clinical staff that offers clinical supervision and educational programs.

Research shows that losing weight by diet alone doesn't work, at least not in the long run. To manage your weight for a lifetime, you need to make permanent changes in your eating and exercise habits and the role food plays in your life. Meeting with the clinical staff weekly will provide you with the support and skills needed to help manage your weight. The clinical staff will ensure that the weight loss is safe and effective for you!

Three Phases to Weight Management

Weight Loss Phase

During this time of rapid weight loss you will use clinically advanced products as your major food intake. These products are nutritionally complete, but supply fewer calories that you body needs to function. Additional, calories needed come from your body's fat stores. Patients are required to have weekly clinical supervision and attend weekly educational programs for a minimum of 12 weeks. The weight loss phase will continue as long as a patient is in active weight loss and is clinically safe.

Transition/Re-introduction Phase

As patient's approach their goal weight or move out of active weight loss the patient will work closely with a the clinical staff and a Registered Dietitian during the transition phase. You will gradually begin to add more traditional foods to your daily diet during the transitional phase. The calories you consume will be adjusted so that you stop losing, but continue to manage your weight. All patients continue to be clinically monitored during the transition phase.

Maintenance Phase

You will eat regular foods and practice your new lifestyle and weight management skills under the guidance of our clinical staff. You'll continue to work with the staff to adjust your calories and meal plans so you can maintain your new body weight and meet your nutritional needs. Remember, a combination of regular activity, sensible eating and support from others can help you maintain your weight loss.

Typical Questions About Your Weight Loss Program

Q. What kind of diet will I follow?

A. During the weight loss phase of the program, all participants follow a very low calorie diet (also called a VLCD modified fast), consisting of Nutrimed products. This very low calorie, high protein, low carbohydrate diet causes the body to burn fat for energy. Since VLCD produces rapid weight loss, clinical supervision is necessary.

Q. How does this diet help me lose body fat?

A. Ordinarily, your body uses glucose from carbohydrates in your diet for fuel (energy). When calories are limited, as during a VLCD, your body starts burning fat stores. The fat is released into the bloodstream and travels to the liver where it is converted to ketones. The ketones are then released back into the bloodstream where they are picked up by other tissues such as muscle and used for energy. This process is called ketosis.

Q. How will I know if I am in ketosis?

A. Because some of the ketones leave the body in urine, you'll be able to tell when you're in ketosis by taking a simple urine test that detects ketones. Initially, you'll undergo this test each week. After 8 to 10 weeks on the VLCD (or sometimes earlier) your body adapts to burning ketones for energy and fewer ketones are excreted in the urine. At that time, your urine tests may show only a trace of ketones or none at all.

Q. Why is protein important in a VLCD?

A. To help meet its energy needs, your body can use protein, either from dietary sources or from body tissues, like muscle and organs. Obviously, it's healthier to get the energy from the protein in the diet. Without the added protein from the product, your body would break down its own muscle and organ tissues. Such a breakdown can result in serious health consequences, even death. You need to take in enough dietary protein to "spare" your muscles and organs.

Q. Aren't carbohydrates and fat also important?

A. Yes, both carbohydrates and fat are important in a VLCD, but present at lower levels than typically seen in moderately reduced-calorie diets. A minimal amount of carbohydrates is required to make energy for your cells that are unable to use ketones. Carbohydrates help spare protein and are also important to maintain electrolyte and fluid balance. A moderate amount of fat in a VLCD provides essential fatty acids, which are needed for good health.

Q. How much weight can I expect to lose?

A. That depends on several factors, including your current weight, age and gender. During the first week, an average weight loss of 4 to 7 pounds is common, with water loss accounting for many of these pounds. After the first week, the rate of weight loss decreases to about 2 to 3 pounds per week. If you are losing weight too quickly, your physician may advise you to increase the number of beverages you are taking and/or to modify your exercise plan.

Q. What are the health benefits of a VLCD?

A. For individuals who are appropriate candidates for a VLCD, the resulting weight loss can improve clinical conditions such as diabetes, high blood pressure and high cholesterol.

Q. What are the products?

A. VLCD offers a variety of choices. They are specially formulated to provide all of the protein, carbohydrate, fat and essential vitamins and minerals you need while on a VLCD program.

Q. How many calories will I be consuming?

A. Most patients on a VLCD follow an 800-calorie reducing plan depending on the protein needs for their ideal body weight. VLCD products provide enough protein/calories for most patients. It is important to consume the prescribed number of products each day. You won't lose weight faster by consuming fewer products. In fact, it could be dangerous to do so.

Q. Will I be hungry?

A. Most patients in the program report that their hunger lessens or disappears after the first few days on the diet. There are several theories as to why this may occur. However, there is no definitive reason. Some evidence suggests that ketones reduce the feeling of hunger. Others suggest that when dieters eat only one or two foods instead of a variety, their appetite may be diminished. It is also possible that high protein low carbohydrate foods such as the VLCD products may curb appetite.

Q. Are the beverages/soup lactose-free?

A. No. They contain about 2 grams of lactose per packet, compared to one cup of milk, which contains about 12 grams of lactose. Most people who are lactose-intolerant can use this product without developing any gastrointestinal problems. However, if you are extremely sensitive to lactose, ask your dietitian how to use a lactase enzyme (e.g., Lactaid tablets).

Q. What is covered during the meetings?

A. Besides attending your weekly clinic appointments patients are expected to attend weekly educational meetings that cover the following topics:

- *Behavior Modification.* This component of the program helps you identify and change behaviors that led to overeating. You'll learn how to get support from others and deal with situations that could challenge your weight loss efforts. The lifestyle skills education on behavior will help reinforce what you learn each week.
- *Nutrition Education.* Through discussions with staff you'll learn how to make food choices that will help you manage your weight. Additionally, the lifestyle skills education on nutrition offer practical information on healthy eating and good nutrition, which is so important for weight management.
- *Exercise.* The exercise component of the program helps you build physical activity into your day. With the support of your clinical staff, you'll learn how regular physical activity can benefit your weight control efforts.

Medications Appropriate for Use with the Weight Loss Program

For Headaches

Non-aspirin pain relievers, pain relievers containing ibuprofen (Motrin, Advil) or pain relievers containing acetaminophen (Tylenol).

For Colds

Antihistamines

For Constipation

Sugar free psyllium compounds (take with plenty of water), milk of magnesia, Dulcolax suppository or glycerin suppository.

For Indigestion or Heartburn

Tums, Mylanta, Maalox, Roloids or Riopan.

Medications Inappropriate for Use with the Weight Loss Program

- Aspirin and aspirin containing compounds
- Cough and cold medications that contain alcohol, codeine, or sugar
- Amphetamines
- General anesthetics
- Tranquilizers
- Any medication not reviewed and approved by your physician

The Importance of Clinical Supervision While on VLCD

Clinical monitoring is essential while on the program to ensure that you remain in good health as you lose weight. Also, by checking your physical responses to the diet the staff can determine whether you need more product servings or an electrolyte or mineral supplement.

Monitoring consists of a number of tests and examinations that are performed regularly. Every week your weight and blood pressure will be measured. Your blood will be drawn at regular intervals to measure levels of minerals, cholesterol, triglycerides and other clinical indicators. Occasionally, an electrocardiogram will be performed to check your heart.

Although these tests and examinations are intended mainly as safety measures, they also have motivational value. For example, if you have hypertension you may see your blood pressure drop as you lose weight and become healthier. You may also see improvements in your blood glucose and cholesterol levels. These positive health changes may provide incentive to help you maintain long-term weight and health management practices.

Potential Side Effects from a VLCD

People on very low calorie diets sometimes experience mild temporary side effects while their bodies adjust to this major change in diet. You may experience some, none or all of these.

Dizziness

During the first few days or weeks on the program you may feel dizzy or lightheaded at times. As you begin to lose weight, you lose a lot of water as urine and this lowers the volume of blood. When blood volume drops, blood pressure drops, and blood sometimes doesn't reach the brain fast enough. As a result, when you sit down or stand up quickly you feel dizzy.

If you feel dizzy or lightheaded avoid changing positions quickly. Don't use whirlpools, saunas or steam baths because they can make it worse. Also, drink at least 1½ to 2 quarts of water daily in addition to the water you mix with the products. This amount of fluid helps keep your blood volume normal.

Fruity Breath

You may notice that your breath has a fruity odor while you're consuming products. It results from ketosis and burning body fat for energy. If the odor bothers you use a mouthwash. This side effect will probably subside as you continue the program.

Gastrointestinal Upset

Some people develop diarrhea, some develop constipation. We know that the change from solid food to a liquid diet affects people in different ways. Both diarrhea and constipation respond to a variety of over-the-counter medications. If the condition doesn't clear up, inform your physician.

Gallstones

Obesity increases the risk of gallstones. Scientific studies have shown that nearly all significantly overweight people have some degree of gallbladder abnormality. Clinical experts predict that up to half will develop symptoms of gallbladder disease including upper abdominal discomfort, bloating, belching and intolerance to foods.

Rapid weight reduction can temporarily increase conditions that may lead to gallstones. However, these conditions are reduced if weight is lost and then maintained. It's essential that you inform the physician of symptoms or a history of gallstones; he/she may decide to perform additional tests or prescribe treatment. If you experience any symptoms during the program inform the clinical staff immediately.

Other Side Effects

Less common side effects of a VLCD are fatigue, dry skin and sensitivity to cold. These side effects can be treated with extra rest, lotions and creams and extra clothing. Some people also experience leg cramps and missed or late menstrual periods. The physician should evaluate these conditions. Drinking more fluids and getting more of certain minerals can often relieve leg cramps. Women who miss or have late menstrual periods should

immediately be tested for pregnancy. Some women with irregular menstrual cycles may become regular while on the diet.

While most side effects occur early in the program, as the body begins to adjust to the diet, temporary hair loss is one side effect that can occur later. Very few people experience it, but it can be frustrating for those who do. This side effect usually occurs from 3 to 6 months after the Reducing Phase of the program begins. Only a small percentage of the hair follicles are affected and hair loss doesn't occur in just one spot. It's also not permanent. In fact, new hair is likely to grow in, as the old hair is lost. But there is no way to predict who will develop this side effect, nor is there a treatment other than time for hair to grow back. If you need more information, speak with your physician.

VLCD Program Times and Locations

We have several times and locations for the VLCD program.

Dean East Clinic

Lower Level, Occupational Medicine Department

Providers: Dr. Droessler & Steve Heuer PA-C

Weekly Clinic and Class: Tuesdays, 4:00-5:30 p.m. and 6:00-7:30 p.m.

New Patient Appointments: 3:00-4:00 p.m.

Product Orders and Pickup: 4-6:30 p.m.

Monthly Maintenance Program: Second Tuesday of the Month 12:00 a.m. - 1:00 p.m.

Prerequisites: Completed at least 12 weeks of VLCD

Product Orders and Pickup: 11:30-6:30 p.m.

Dean West Clinic

Lower Level

Providers: Dr. Isensee & Steve Heuer PA-C

Weekly Clinic and Class: Wednesdays, 3:00-4:30 p.m. and 5:00-6:30 p.m.

New Patient Appointments: 2:00-3:00 p.m.

Product Orders and Pickup: 2:00-5:30 p.m.

Monthly Maintenance Program: First and Third Monday of the Month 4:00-5:00 p.m.

Prerequisites: Completed at least 12 weeks of VLCD

Product Orders and Pickup: 2:00-5:30 p.m.

Dean Riverview Clinic, Janesville

Daily Clinic Time Available. For additional info call (608) 755-7524

Weekly Clinic and Class: Thursdays, 5:00 p.m.

Provider: Dr. Murdy

Please note that prerequisites are required before joining programs. Appointments are required and medically necessary for your success. Consecutive missed appointments will result in termination from this program.

Cost of the VLCD

The estimated VLCD program costs for a typical 12 week program are noted below. We recommend that you confirm your coverage with your insurance provider. Insurance coverage is individual and is not guaranteed. Weekly products are not covered by insurance.

Below are the estimated charges a patient may receive when starting the 12 week VLCD Program. Pre-Intake Apts. & Lab work is required before beginning the program. Costs are as of January, 2009 and are subject to change without notice.

Required Service or Product	Fee per Service or Product	Quantity Required	Total Cost
Medical Consult	\$554	1 visit	\$554
Medical Weight Evaluation	\$220	1 visit	\$220
CMP	\$98	5 lab tests	\$490
Magnesium	\$39	5 lab tests	\$195
Phosphorus	\$31	5 lab tests	\$155
Uric Acid	\$34	5 lab tests	\$170
UA	\$27	1 lab test	\$27
EKG	\$110	1 lab test	\$110
Lipids	\$129	1 lab test	\$129
Start up Fee	\$50	1	\$50
Level 2-3 clinical visit	\$97-220	12 visits	\$1,064 – 2,640
Products	\$12 per box	84 boxes	\$1,008
TOTAL COSTS			\$4,172 - \$5,748

For More Information

For more information please contact our staff:

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Toll Free: (800) 808.1190

Fax: (608) 824-4910

Email: weightmanagement@deancare.com

Website: www.deancare.com/weightmanagement