

25 Medical Specialties

- Family Medicine
- Internal Medicine
- Allergy & Asthma
- Anesthesiology
- Cardiology
- Dermatology
- Ear Nose Throat & Audiology
- Endocrinology
- Gastroenterology
- General & Vascular Surgery
- Gynecology
- Hematology & Oncology
- Hospital Medicine
- Infectious Diseases & Wound Care
- Interventional Pain Medicine
- Nephrology
- Neurology
- Ophthalmology
- Orthopaedic Surgery
- Pathology
- Psychiatry
- Pulmonology & Sleep Disorders
- Radiology
- Rheumatology
- Spine Surgery
- Urology

In House Services

- Urgent Care
- Ambulatory Surgery Centers
- Bone Densitometry
- CT & PET CT Scan
- Diagnostic Laboratory
- Digital Mammography
- Hearing and Dizziness Testing
- Infusion Center
- MRI
- Nuclear Medicine
- Optical Center
- Pharmacy
- Physical Therapy
- Pulmonary Function Testing
- The Skinshoppe
- Vascular Studies
- Weight Loss Services



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Patient Information



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Patient HelpLine

813-780-8440

[www.floridamedicalclinic.com](http://www.floridamedicalclinic.com)

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WEIGHT LOSS TREATMENTS

## IMPORTANT INFORMATION FOR YOU

Obesity is a major problem globally and Americans are among the heaviest people in the world. Many people find that losing weight and especially keeping weight off can be very difficult so it is important that you have as much information as possible.

Your health care provider will determine your body mass index and waist circumference which are both measures to help determine a healthy weight. The body mass index is determined using your height and weight. A body mass index of 25 or below is considered normal. A body mass index between 25 and 29.9 is considered overweight. A person with a body mass index of 30 or greater is considered to be obese. Waist circumference can also be helpful in determining your risk of obesity-related problems. The risk of obesity-related complications is higher for people with a waist circumference greater than 35 inches in women and 40 inches in men.

There are many different methods for helping you reach or maintain a healthy weight. The main goal is to decrease the amount of calories you consume and also to increase the amount of calories you burn through exercise and activities. Your health care provider can assist you in a weight management plan and can be a good source of sup-

port for you. Changes in your lifestyle can be important in improving your eating habits. There are many organizations which can help you with lifestyle changes and with recommendations for various diets.

In addition to diet and exercise, there are medications available to help you with weight loss. Your health care provider can determine if these medications are appropriate for you. There are many dietary supplements and fad diets available and some of these can be harmful, so it is important that you discuss these types of treatments with your health care provider before starting on them. Weight-loss surgery is also available for severe obesity.

There are many good resources available that can help you determine the best course of treatment for you. They can also help explain the different diets, medications and surgical treatments available for weight related problems. Exercise and activity are an important part of any good weight control regimen. Your health care provider can help you decide upon a good exercise regimen for you.

Your health care provider can assist in a weight management plan and be a good source of support.

Listed below are sources of information for weight related problems:

[www.uptodate.com/patients](http://www.uptodate.com/patients)

National Library of medicine ([www.nlm.nih.gov/medlineplus/weightcontrol.html](http://www.nlm.nih.gov/medlineplus/weightcontrol.html))

National Institute of Diabetes and Digestive and Kidney Diseases (<http://win.niddk.nih.gov/publications/choosing.htm>)

Weight-control Information Network (<http://win.niddk.nih.gov/>)