

# Center for Youth Wellness

Helping your patients  
manage their weight  
with you, the family, and the community.

## OUR PROGRAM SERVES

### ▶ 2–18 year-olds

- BMI-for-age  $\geq$  95%-ile or
- BMI-for-age  $\geq$  85%-ile with co-morbidities

## COMPREHENSIVE WEIGHT MANAGEMENT SERVICES

Our team (physician, behaviorist, dietitian) performs comprehensive assessments to provide feedback to you, the patient, and parents. Teens can participate in a 2-hour, 10-week structured group program that helps them practice healthy eating and physical activity habits. Children (aged 2–10) and parents meet individually with a registered dietitian to develop a tailored, healthy active living prescription and provide ongoing guidance and support. Caregivers and expectant parents can attend age-specific nutrition education workshops.

## CLINIC LOCATION

Floating Hospital for Children, 755 Washington St., Boston, 02111

*Teen Clinic:* Street Level      *Child/Family Clinic:* Plaza Level

## CLINIC HOURS

- ▶ Initial teen assessments are performed on a weekday morning.
- ▶ Teen groups meet after school.
- ▶ Initial and follow-up appointments for children and families are available Monday through Saturday.

**VISIT US AT [www.floatinghospital.org/cyw](http://www.floatinghospital.org/cyw)**

**OR CALL 617-636-3381**

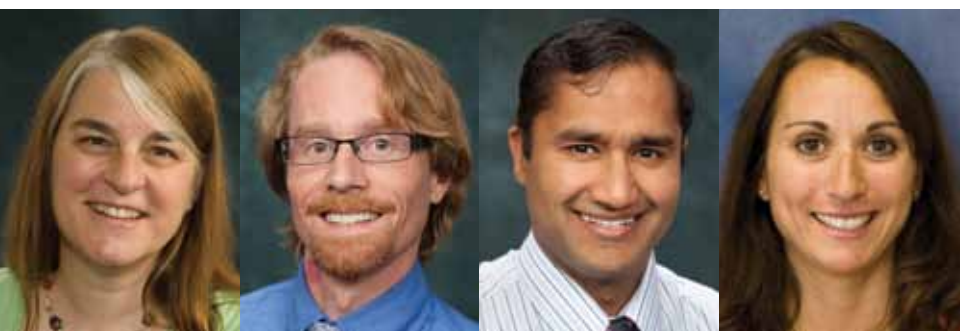
## PATIENT REFERRAL PROCESS

Patients must be ready to engage in treatment to benefit from our program. Therefore, only the patient or a parent can schedule an appointment by calling 617-636-3381.

After we schedule an appointment and receive parent authorization to communicate with you, we will fax you a referral form to provide information on the patient's:

- ▶ Weight history
- ▶ Growth pattern
- ▶ Prior medical evaluation

This information is critical for us to understand your patient's weight concerns.



LYNNE KARLSON, MD

MICHAEL LEIDIG, RD, LDN

SANJAY BANSAL, MD

ATHENA XIFARAS, MD

## We are here for you and your patients

We will provide you with:

- ▶ Post-assessment summary of the patient's weight status and related co-morbidities
- ▶ Summary of the patient's progress
- ▶ Consultation and guidance to assist you and your practice in caring for overweight patients

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Floating Hospital  
for Children  
at Tufts Medical Center