

**Medical Weight Loss Program at the Weight and
Wellness Center at Tufts Medical Center**

Medical Weight Loss

- This program combines medical, nutritional, psychological, and lifestyle changes to achieve desired weight loss.
- Fundamental behavior and dietary change, not just short-term food sacrifice, is required for lasting weight loss success.

Medical Weight Loss – Services Offered

- Individual counseling for nutrition education with weight loss and maintenance:
 - Medical Doctor, Behavior Psychologist, Dietitian
- Group Track
 - Option for meal replacements
- Where desirable, medications may be prescribed as an adjunct to the behavioral and nutritional programs to help with appetite control. You may discuss this option when you meet with one of our internists.

Behavior Psychologist's Role

- Stress management, the development of coping skills, exercise readiness, general problem-solving strategies and relapse prevention are all integrated into the treatment plan.
- These techniques and skills help patients develop a foundation of knowledge on which to base lifestyle changes and which serve as the basis for long-term weight control.

Dietitians' Role

- Nutritionists work individually with patients to monitor and assess food choices, identify trigger foods and situations, and problem-solve ways to achieve healthier diets.
- Individualized meal plans are patient-driven. We will integrate your lifestyle, likes, and dislikes to develop plans and strategies to promote healthier food selections
- We work at increasing your nutrition knowledge, exploring available products, and choices.

Group support

- Led by the Dietitians, these weekly groups promote healthy eating strategies centered around nutrition education and coping strategies for lifestyle management.
- Topic examples: mindful eating, portion control, craving management, social eating strategies, nutrient density, exercise, etc.

Group support

- Full (VLCD) or partial formula (LCD) diet plan composed of high protein shakes, soups, puddings, snacks and bars
- Calorie levels are individualized
- Help increase individuals awareness of eating triggers, while following a structured meal plan
- Transition phase includes 1-2 months of gradually adding food back in, while decreasing product
- A long-term plan emphasizes whole grains, fruits, vegetables, lean protein and regular exercise