**Basic Overview**

 We know obesity has reached epidemic proportions in this country when three in five adult Americans are overweight. Even more disturbing, 300,000 Americans die each year due to its severe and debilitating effects. Obesity causes more health problems than either smoking or alcoholism! It is one of the most serious medical conditions our nation faces costing us 70 billion dollars annually. At Alaska Premier Health, we offer effective medical solutions to this very serious problem.

 A long productive life is dependent upon maintaining a proper diet, healthy weight, regular exercise, and management of daily stresses. There are many health benefits to losing weight including lowering blood pressure, reduction of cholesterol and triglycerides, and reduced strain on your heart. Of course you will look healthier and feel better too.

![C:\Documents and Settings\IH-Front01\Local Settings\Temporary Internet Files\Content.IE5\ABOMN20D\MCj02900650000[1].wmf]()There are **SIX** key steps to long-term success in weight loss. They are:

1. Aim for long-term success.

2. Establish a pattern of daily exercise starting today, and exercise every day.

3. Stick to the eating plan our provider designed for you.

4. If prescribed medication, take it exactly as directed.

5. Be consistent in setting and keeping your appointments.

6. Motivate yourself every day.

**Medical Consultation-** A medical consultation by one of our licensed Physicians, Physician Assistants, or Nurse Practitioners is performed to review your medical history, vital statistics, and to help set your weight goal. Depending on the amount to be lost, the provider may recommend one or more medications. It is important to understand that the choice of each medication is individualized to each patient. Provider visits are every two weeks. These frequent visits allow the provider to get to know your unique situation and quickly determine the source of any problems that might arise. Each visit also allows us to track your progress through the program and provides you with motivation for long term success.

**Diagnostic Tests-** A comprehensive exam is done during your initial visit. The diagnostic tests we perform are:

![C:\Documents and Settings\IH-Front01\Local Settings\Temporary Internet Files\Content.IE5\YMN21MEU\MCj04135700000[1].wmf]()Lab Work

EKG

Urinalysis

Body Composition (body fat analysis)

Basic Physical

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**Medications-** You may be a candidate for one of many available dietary medications. Medications should never totally eliminate your hunger but rather help to keep it under control. Each person’s response to medication is unique which is why our providers will choose the medication that is best for you based on your individual medical history. Occasionally the process is one of trial and error so it is important that you observe how your medication affects you so we can make changes as needed. It is also very important to use your medication exactly as prescribed. Lastly, dietary medications are not a substitute for healthy eating and regular exercise. They should only aide you in adhering to your diet by suppressing your appetite. All medications have side effects. The most common side effects are mild in nature and include dry mouth and moderate sleeplessness. If you experience side effects, call us at 561-3488. We can usually help over the phone. If you are pregnant or a nursing mother you should NOT take any dietary medications.

**![C:\Documents and Settings\IH-Front01\Local Settings\Temporary Internet Files\Content.IE5\ABOMN20D\MCj04114600000[1].wmf]()Exercise-** The single most critical thing to ensure long-term success in controlling your weight is to establish a pattern of daily exercise. Large studies of people who have successfully lost weight and kept it off for five years and longer show that most of them exercise every day and they average seven hours or more of exercise a week. Most of that exercise was nothing more complicated than brisk walking. We recommend you be physically active 35 minutes per day, six days a week doing an activity that accommodates your physical fitness level. To create a successful exercise program:

 Choose exercise within your physical and financial needs.

 Choose something stimulating and try new things.

 Keep your workouts fun by doing something you enjoy.

Suggested exercises include:

 Walking- trails, malls, treadmill Swimming

 Sports- basketball, tennis, etc. Aerobics- Low impact classes or tapes

 Bicycling- outside or stationary Hiking

 Jogging Dancing

 Skating- roller or inline

**General Information**

**Alaska Premier Health** **Appointments** can be made any time during office hours or

**3300 Arctic Blvd Suite 101** leave a voicemail message and we will return your call. Notice

**Anchorage, AK 99507** needed for appointment cancellations is 24 hours. Cancellations

**Phone: (907) 561-3488** less than 24 hours in advance or missed appointments are subject

**Fax: (907) 562-3488** to a $50 fee.

**Email: akpremierhealth@yahoo.com**

**www.alaskapremierhealth.com** **Weigh-ins** are a free service offered by Alaska Premier Health. No appointment is needed and it usually takes only

**Office Hours** five minutes. Patients who choose to use this service lose more

**7am-6pm Mon.- Fri.** weight and are able to keep it off longer than those who do not

**Closed Sat./Sun.** weigh-in weekly. We encourage you to weigh-in weekly because it

allows us to track your progress and monitor for any problems.