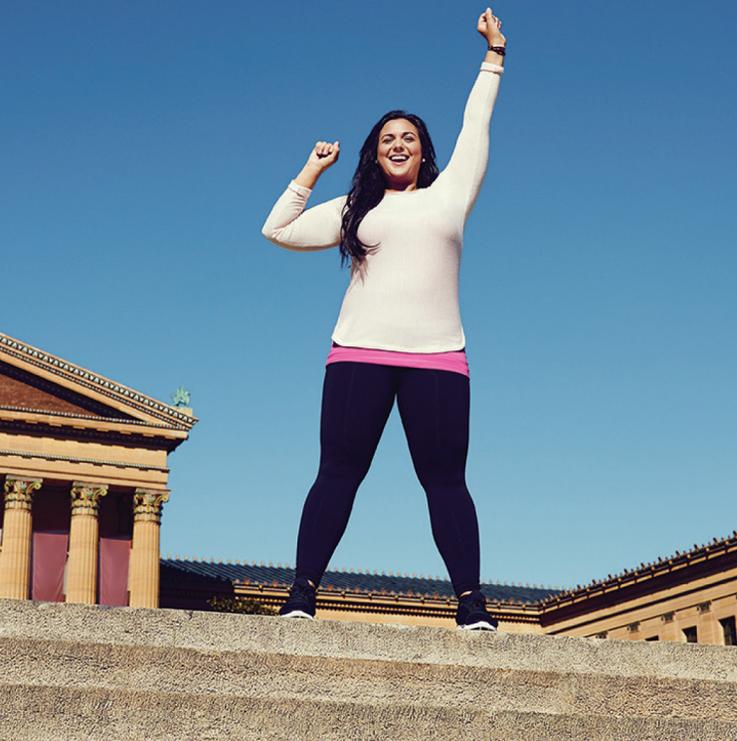


# WEIGHT LOSS THAT PUTS YOU ON TOP

**CMC** | The New England Weight Management Institute  
CATHOLIC MEDICAL CENTER



The science-based program that delivers weight loss for health gains

Look inside to find out more

**OPTIFAST®**



## Weight Loss That Puts You On Top

- The **OPTIFAST®** program is recommended for patients with a body mass index  $\geq 30$  kg/m<sup>2</sup> who also have one or more weight-related medical conditions
- Medically supervised weight loss through our clinically proven program helps patients lose weight
- Patients who actively participate in a 26-week program typically lose approximately **50 POUNDS**, with weight-related improvements in blood glucose, blood pressure, and cholesterol levels<sup>1-3</sup>



For more information on Catholic Medical Center's OPTIFAST® Program, call 603.663.7377 or visit: [CatholicMedicalCenter.org/optifast](http://CatholicMedicalCenter.org/optifast)

1. Ard JD, Schroeder MC, Kivilaid K, et al. Practical application of a comprehensive weight management program in patients with and without metabolic syndrome. *J Obes Weight Loss Ther.* 2014;54:007. 2. Wadden TA, Foster GD, Letizia KA, et al. A multicenter evaluation of a proprietary weight reduction program for the treatment of marked obesity. *Arch Intern Med.* 1992;152(5):961-966. 3. Drawert S, Bedford K, Largent D. Change in glucose, blood pressure, and cholesterol with weight loss in medically obese patients. *Obesity Res.* 1996;4(S1):675.

[www.OPTIFAST.com](http://www.OPTIFAST.com) • 1-800-662-2540  
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## Get started on the journey to a *new you* today

Medically supervised weight loss through the **OPTIFAST®** program is clinically proven to help you lose weight.\* **OPTIFAST®** patients who actively participate in a 26-week program typically lose approximately **50 POUNDS**.<sup>1,2</sup>



CATHOLIC MEDICAL CENTER

The New England Weight Management Institute

\*The OPTIFAST® program is recommended for patients with a body mass index  $\geq 30$  kg/m<sup>2</sup> who also have one or more weight-related medical conditions.

# Delivering *weight loss* for health gains

Through weight loss, the **OPTIFAST®** program can help improve the state of certain medical conditions of patients related to their excess weight. This clinically proven program was designed to help patients improve their health by losing weight under medical supervision.<sup>1-3</sup>

**OVER 26 WEEKS**



**AVERAGE WEIGHT LOSS**

approximately **50 lb**<sup>1,2</sup>



**HIGH BLOOD PRESSURE**

**10%-15%** average decrease in blood pressure<sup>2</sup>



**HIGH CHOLESTEROL**

**15%** average decrease in total cholesterol<sup>2</sup>

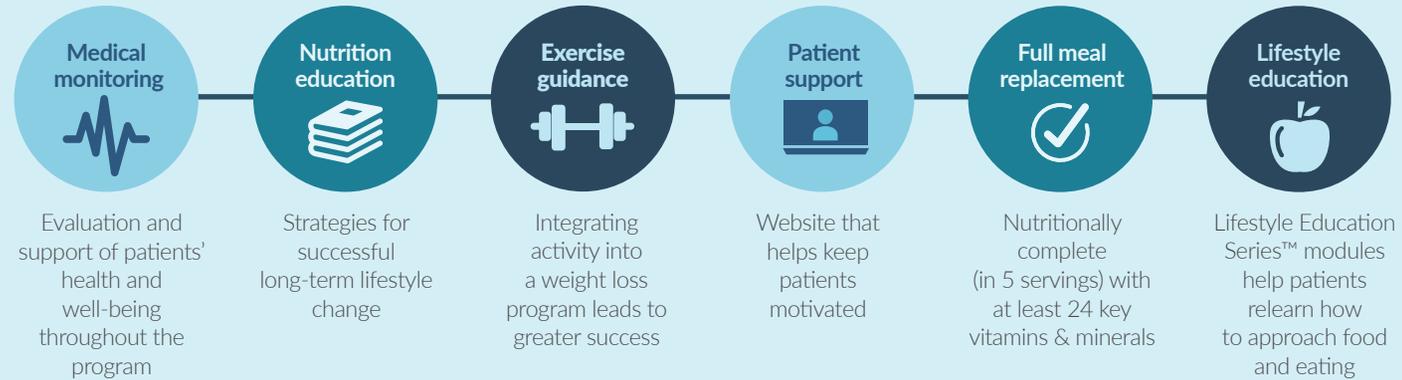


**DIABETES**

lower blood glucose levels vs. baseline<sup>3</sup>

# How can the OPTIFAST® program *support* your weight loss efforts?

Our comprehensive weight loss program contains multiple components, including medical, nutritional, and behavioral support, to help you lose weight.



# Your weight loss *journey*

Participation in the **OPTIFAST®** program includes 3 key phases designed to help you lose weight by helping to change your relationship with food and eating. Each patient receives an individual evaluation to customize the program to meet his or her needs.

## ACTIVE WEIGHT LOSS PHASE

During this phase, you will eat a diet of **OPTIFAST®** full meal replacement products

## TRANSITION PHASE

Self-prepared foods are gradually reintroduced into your diet, while you attend classes to help change the way you think about and approach food and eating

## MAINTENANCE PHASE

You should continue to attend ongoing support sessions to help you maintain your weight loss and manage your weight long-term



MONTHS

1-4

MONTHS

4-6

MONTHS

6-24

