

Frequently Asked Questions

How many calories will I be consuming?

Most clients follow a daily meal plan of 800 calories, which typically consists of five products and two bars daily. Make sure you consume the prescribed number of products to ensure you have the essential nutrition you need for successful weight loss.

How much weight can I expect to lose?

This may be everyone's top question! The answer: It depends on several factors including your current weight, program, age, gender and activity level. A loss of four to seven pounds is common in the first week or so. Ongoing weight loss will be about three to four pounds a week.*

Why is protein so important in a VLCD?

Your body must have protein to meet its physiological needs. Without our concentrated protein, your body would break down its own tissues. That can have serious health consequences.

Aren't carbohydrates and fat also important?

Yes, but smaller amounts are sufficient. Carbohydrates help protect your body's protein and maintain electrolyte and fluid balance; a minimal amount is needed to fuel cells that are unable to use ketones. A moderate amount of fat provides essential fatty acids, which are needed for good health.

Will I be hungry?

Most clients report that their hunger diminishes or disappears within a day or two of beginning the program due to the presence of ketones and reduced food temptations. Our high-protein, low-carbohydrate nutritional profile also plays a role in appetite suppression.

How will this diet help me lose body fat?

Ordinarily, your body uses glucose from carbohydrates for energy. When calories and carbohydrates are limited (as with a VLCD), your body burns its own stored fat for energy. The fat is released into the bloodstream and travels to the liver, where it is converted to ketones (KEE-tones). The ketones are then released back into the bloodstream, where muscles and tissues use them for energy. This process is called Ketosis (kee-TOSE-sis).

How will I know if I am in ketosis?

Common signs of Ketosis include fruity breath, a metallic taste in the mouth, reduced appetite and increased energy. If using ketone strips to test your urine, be aware that the body will stop throwing ketones as it adjusts.

Are there any side effects?

People on a VLCD may experience mild, temporary side effects as their body adjusts to the diet. They may include:

- ♦ **Dizziness.** As you begin losing weight, you lose a lot of water as urine. This lowers blood volume and, hence, blood pressure. To minimize dizziness, avoid changing positions quickly. Don't use whirlpools, saunas or steam baths. Drink plenty of water.
- ♦ **Mild Fatigue, Dry Skin, Sensitivity to Cold.** Can be treated easily with extra rest, lotions, and extra clothing.
- ♦ **'Fruity' Breath.** Ketosis may temporarily give your breath a fruity odor. You may use a mouthwash.
- ♦ **Gallstones.** Tell your counselor about any symptoms or history of gallstones; you may require additional tests or treatment while on the program.
- ♦ **Gastrointestinal Upset.** Changing from solid food to a liquid diet may cause constipation or diarrhea. Over-the-counter medications are available for either condition. In addition, your medical team can add a fiber product to your meal plan to help relieve constipation.
- ♦ **Hair Loss.** A small percentage of patients may experience patchy hair loss three to six months into the diet. Frequently, new hair grows in just as the old hair is lost.
- ♦ **Leg Cramps.** Drinking more fluids or increasing electrolytes can often relieve occasional or mild leg cramps. Your physician should evaluate any leg pain you are experiencing.
- ♦ **Menstrual Irregularities.** Dietary changes may cause delayed or missed periods. Women who miss a period or have a late period must be tested for pregnancy.

See your physician or personal physician about any symptoms that persist or concern you.

** Individual results may vary. No expressed or implied warranties.*

WEIGHT LOSS CENTERS THAT ACCEPT INSURANCE

We accept most insurances for physician weight loss visits.

Pennsylvania:

Poly-Tech Sleep and W8MD Weight Loss Center
1718 Welsh Road, 2nd Floor, Suite C, Philadelphia, PA 19115
PH: 1-800-W8MD-007 or 1-215-676-2334

987 Old Eagle School Road, Building K, Suite 712, Wayne, PA 19087
PH: 1-800-W8MD-007 or 1-215-676-2334

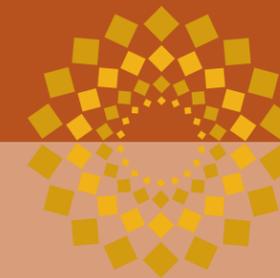
New York:

Sleep Medical Associates Sleep and W8MD Weight Loss Ctr.
2003 Bath Avenue, Brooklyn, NY 11214
PH: 1-718-946-5500

W8MD

Weight Loss

Introducing the W8MD Medical Weight Loss Program



THE IMPORTANCE OF MEDICAL SUPERVISION WHILE ON OUR PROGRAM

Only by checking your physical responses to the program can our weight loss team make the medical, nutritional and lifestyle adjustments needed to maintain your good health and allow you to lose weight safely and effectively. Our team of professionals will provide the following medical procedures:

- Weekly weight and blood pressure check
- Periodic blood tests to measure levels of minerals, cholesterol, triglycerides and other health indicators
- Occasional electrocardiogram (EKG) to check your heart
- Medication adjustments (if needed)
- Periodic body measurements

These test results should interest you, too. They're likely to show health improvements that will keep you motivated! Weight loss can help improve, reverse or even prevent serious medical conditions, including type 2 diabetes, high blood pressure, cardiovascular disease and high cholesterol. It can also reduce joint and back pain, and dramatically improve your energy level and mood.



GUIDELINES FOR SAFE WEIGHT LOSS

All prescriptions, herbal supplements and over-the-counter products you take regularly must be reviewed and approved before you begin the program. You should also check with your prescribing physician before beginning a Very Low Calorie Diet (VLCD).

Attend all appointments with professionals prescribed for your program.

Consume all the product servings prescribed for you.

Space your supplements evenly throughout the day. See meal plan provided to you for further instructions.

Use only prescribed or approved medications. Take any mineral or electrolyte supplements as prescribed.

Drink at least six to eight glasses of water each day, in addition to the water you mix with your supplements.

Avoid crossing your legs. Doing so compresses a nerve behind the knee, causing numbness in the lower leg. Losing fat makes this nerve more sensitive.

Limit extended trips early in the program to maintain your medical monitoring. If you travel, consult with your counselor or physician first.

If you become seriously ill or are injured, tell the treating physician that you are on a VLCD or modified VLCD.

PHASES OF OUR WEIGHT LOSS PROGRAM

SCREENING PHASE

The Screening Phase consists of various medical, laboratory and psychological tests to ensure that you are both medically and psychologically able to participate in the program.

REDUCING PHASE

During this time of rapid weight loss, you will use scientifically designed meal replacement products as your major food intake. These products are nutritionally designed to provide your body with nutrients needed for safe, effective weight loss. It is important to take only these products provided by during the weight loss phase or your nutritional needs and health could be compromised.

ADAPTING PHASE

You will gradually begin to add grocery foods to your daily diet and reduce the number of meal replacement products. The calories you consume will be adjusted so that you stop losing but continue to manage your weight.

MAINTENANCE PHASE (STAR Plan—Steps to Avoid Regain)

In our Maintenance Phase you will eat grocery foods and practice your new lifestyle and weight management skills under the guidance of our medical staff. You'll continue to work with the staff to adjust your calories and meal plans so you can maintain your new body weight and meet your nutritional needs. During maintenance, many patients find it helpful to continue to use one or two products daily. Remember—a combination of regular activity, sensible eating and ongoing support from our staff will help you maintain your weight loss.

Meal replacements and protein products will help you achieve your goals, and have been clinically proven and scientifically designed to work in conjunction with your meal plan—they are critical to your success.



THE HIGH-PROTEIN NUTRIENTS HELP YOU ACHIEVE THE FOLLOWING:



Provides the body with additional high-quality protein, which is vital to preserve lean body tissue and help protect the major organs of the body.



Help the body maintain a higher metabolic rate during calorie restriction so you feel less tired, burn more fat and lose weight faster. They also provide a greater feeling of satiety and this helps control hunger.



Supplies the necessary amount of high-quality protein without the added calories and dietary fat found in most common protein rich foods. And, since they are portion controlled, they make weight loss easier by eliminating the need to weigh foods, read labels, food shop and plan meals.



Provides a structured systematic approach to weight management, which allows better adherence to the program. In addition, the products are convenient and compatible with today's busy lifestyle. They're portable, easy to mix, and taste delicious.