

## Clinically Proven Results\*

- 52 lb. (21%) average weight loss
- 15% average decrease in cholesterol
- 29% average decrease in blood sugar
- 10% average decrease in blood pressure

Based on a study of 20,000 people who completed 22 weeks of the OPTIFAST Program.

## Long Term Results

A study of more than 20,000 participants shows five years after completing the OPTIFAST program, the majority kept enough weight off to improve their health long term. Once our patients have completed the active phase of our program, they are automatically enrolled in our weight maintenance program.

## Support Every Step Of The Way

A team of medical weight loss professionals will guide and support you in your weight loss journey. We will be there to offer advice and support as you make the changes necessary for lasting results. You will receive encouragement and inspiration from fellow group members. Attending weekly group sessions will help to keep you on track and motivated.

## Take The First Step

Are you ready to feel better, look better, and start living? Then call us to set up your initial evaluation with Dr. Auriemma. At your evaluation, Dr. Auriemma and his team will work with you to find a weight loss solution that fits your needs. Call us today and take the first step to a healthier you!



LASTING SUCCESS

Call today for your appointment

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• THE CENTER FOR •  
**HEALTH &**  
**NUTRITION**  
OAK BROOK • NAPERVILLE • ST. CHARLES

COMPREHENSIVE  
MEDICAL WEIGHT  
MANAGEMENT

Feel Better, Look Better,  
Start Living.

Anthony M. Auriemma MD, JD  
Medical Director



Dr. Anthony Auriemma graduated Cum Laude from Hope College before receiving his Doctor of Medicine Degree at Loyola University, Chicago. Dr. Auriemma is Board Certified in both Family Medicine and Bariatric Medicine. Dr. Auriemma is dedicated to helping people lose weight in order to improve their health and embrace their quality of life.

Elizabeth A. O'Malley RD, LDN  
Program Director



Elizabeth O'Malley is a licensed, registered dietitian with over ten years of experience in weight management counseling. She received her Bachelor of Science in Food Science and Human Nutrition with honors from the University of Illinois, Champaign-Urbana. In addition to her professional license, Elizabeth holds a Certificate of Training in Adult

Weight Management from the American Dietetic Association. Elizabeth has served as the President of the Illinois Dietetic Association as well as their Public Policy Coordinator.

Stephanie Black, RD, LDN  
Dietitian

Charlie Goehl, M. Ed.  
Exercise Physiologist

Karie Milewski, M.Ed.  
Behaviorist

Marilyn Moravec, M.A.  
Behaviorist

Nathaniel Sieving, MSCEP  
Exercise Physiologist

# MEDICAL WEIGHT MANAGEMENT

## Serious Solutions to Enhance Your Health

The Center For Health & Nutrition is the premier medical weight management program in the Chicago area. It offers a comprehensive approach that addresses the medical, nutritional, behavioral and emotional changes necessary to promote long term weight loss.

Because we believe in a personal approach to weight management, we offer several programs.

### Full Meal Replacement

This program provides a break from food which allows patients time to focus on the behavior change needed for long term weight maintenance. With this program, patients will have five to six OPTIFAST meal replacements per day which provide high quality, complete nutrition. Patients visit the office weekly for a doctor visit and group education. Women on this program average a loss of 2-3 lbs. per week and men average a loss of 4-5 lbs. per week. The active phase of weight loss is typically 12-16 weeks and is followed by a 6 week transition period. This program provides results comparable to lap band surgery.

### Partial Meal Replacement

This program includes partial OPTIFAST meal replacements as well as one calorie controlled meal per day. Patients see the doctor every other week and participate in weekly group educational sessions. Patients have an average loss of 1-2 lbs. per week.

## Calorie Controlled Food Program

Using the metabolic rate calculated from a body composition analysis, the dietitian will formulate a meal plan for weight loss taking into account your lifestyle. Patients have a monthly doctor visit and participate in group educational sessions a minimum of twice per month. If medically appropriate, patients may be prescribed FDA approved medications for weight loss.

### Maintenance

Our maintenance program is the key to long-term weight loss success. Receive ongoing support, guidance, and resources to help you stay on track with your weight loss goals.

### Why Use Meal Replacements?

- Provide a portion-controlled, calorie precise meal.
- Stimuli narrowing. Food stimuli (sight, smell, taste) are controlled or limited. Research shows that the less variety of food choices a person has, the lower their calorie intake.
- Help to curb cravings. Research shows when a person eats the same foods all the time, he/she becomes less over stimulated (hungry) and is more easily satisfied by those foods.
- Quick and simple preparation.
- A break from food. This allows patients to focus on the lifestyle changes needed for long term weight maintenance.
- High quality, complete nutrition.

Your Success  
is Our Goal!