

Bartels Medical Associates, PLLC
MEDICAL WEIGHT CONTROL

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MOST FREQUENTLY ASKED QUESTIONS ABOUT BARIATRIC MEDICINE

Q: WHAT IS BARIATRIC MEDICINE?

A: BARIATRICS IS A BRANCH OF MEDICINE THAT DEALS EFFECTIVELY WITH PROBLEMS OF OBESITY OR OVERWEIGHT. IT IS A VERY SPECIALIZED FIELD AND ONLY ABOUT 1% OF THE MEDICAL DOCTORS IN THIS COUNTRY ARE QUALIFIED MEMBERS OF THE AMERICAN SOCIETY OF BARIATRIC PHYSICIANS.

DR. BARTELS WAS THE FIRST DOCTOR IN WAKE COUNTY WHO WAS CERTIFIED AS A SPECIALIST IN BARIATRIC MEDICINE BY THE AMERICAN BOARD OF BARIATRIC MEDICINE. DR. BARTELS HAS SERVED ON THE BOARD OF THE AMERICAN SOCIETY OF BARIATRIC PHYSICIANS IN MANY CAPACITIES SINCE 1982.

Q: WHY DO I NEED TO BE UNDER A DOCTOR'S CARE IN ORDER TO LOSE WEIGHT?

A: IT IS TRUE THAT MANY PUBLISHED DIETS, ESPECIALLY THOSE OF THE "CRASH" VARIETY, RESULT IN RAPID, TEMPORARY WEIGHT LOSS. WE EMPHASIZE THE WORD TEMPORARY. MANY OF THESE DIETS HAVE MULTIPLE NUTRITIONAL DEFICIENCIES AND SERIOUS DAMAGE TO THE HEALTH CAN OCCUR. IT IS IMPOSSIBLE TO DEVISE A DIET OF LESS THAN 1100 CALORIES WHICH IS PROPERLY BALANCED WITHOUT THE ADDITION OF PROPER VITAMIN AND MINERAL SUPPLEMENTS.

EVEN A GRADUAL RETURN TO PREVIOUS EATING HABITS, AFTER BEING AN A "CRASH DIET" WILL OFTEN BRING THE WEIGHT RIGHT BACK TO THE ORIGINAL STARTING POINT OR EVEN HIGHER.

Q: IS THERE A PHYSICAL EXAMINATION IN CONJUNCTION WITH YOUR WEIGHT REDUCTION PROGRAMS?

A: YES. YOUR GOOD HEALTH IS OF FIRST IMPORTANCE TO US. WHILE OUR GOAL IS TO ALLEVIATE YOUR OVERWEIGHT CONDITION AS RAPIDLY AND PERMANENTLY AS POSSIBLE, WE WILL BE SAFEGUARDING YOUR HEALTH EVERY STEP OF THE WAY. IN ORDER TO DO THIS, WE WILL TRY TO DETERMINE WHAT LIVING HABITS AND OTHER FACTORS LED TO YOUR EXCESS BODY WEIGHT AND WE WILL MAKE STANDARD MEDICAL TESTS TO DETERMINE THE PRESENT STATE OF YOUR HEALTH. JUST AS INDIVIDUALS DIFFER, THE PROGRAM THAT WILL BE BEST FOR EACH PERSON VARIES. ALL OF OUR DIET PROGRAMS ARE COMPLETELY BALANCED AND ALL OF OUR DIET PROGRAMS ARE DESIGNED TO MINIMIZE HUNGER.

Q: CAN YOU GIVE ME AN IDEA OF WHAT THE EXAMINATION WILL ENTAIL?

A: YES. DURING YOUR INITIAL VISIT YOUR BASELINE HEIGHT AND WEIGHT ARE OBTAINED, YOUR MEDICAL AND WEIGHT LOSS HISTORY OBTAINED, AN ELECTROCARDIOGRAM (EKG) IS GIVEN, A BODY COMPOSITION ANALYSIS IS MADE AND MULTI-PHASE BLOOD STUDIES WILL BE GIVEN TO DETECT:

ANEMIA
CARDIOVASCULAR STATUS
CHOLESTEROL, TRIGLYCERIDES AND HDL LEVELS
DIABETES
ELECTROLYTE STATUS
LIVER AND KIDNEY FUNCTION
THYROID ACTIVITY

DURING THIS VISIT, DR. BARTELS WILL GIVE YOU A PHYSICAL EXAMINATION AND REVIEW YOUR MEDICAL AND YOUR WEIGHT LOSS HISTORY. YOU WILL THEN BEGIN THE PROPER WEIGHT LOSS PROGRAM.

Q: WHY DOESN'T DR. BARTELS ROUTINELY PRESCRIBE APPETITE SUPPRESSANTS?

A: THE SIMPLE ANSWER IS THAT WE DON'T USUALLY NEED "DIET PILLS" IN ASSOCIATION WITH OUR DIET PROGRAMS. MOST PEOPLE ON OUR PROGRAMS ARE NOT HUNGRY AS LONG AS THEY ARE FOLLOWING THE PROGRAM CLOSELY AND RARELY NEED APPETITE SUPPRESSANTS.

THE USE OF CERTAIN VITAMINS AS CATALYSTS INVOLVED WITH FAT METABOLISM IS AN IMPORTANT PART OF THE PROGRAM. ALL PATIENTS ARE PLACED ROUTINELY ON VITAMINS AND MINERALS. YOUR PHYSICAL EXAMINATION AND BLOOD STUDIES REVEAL MUCH OF THE INFORMATION WHICH IS NEEDED IN PRESCRIBING YOUR PROPER VITAMIN AND DIET REGIMEN.

Q: WHY IS YOUR SUCCESS RATE SO HIGH IN KEEPING WEIGHT OFF ONCE IT HAS BEEN REDUCED?

A: WE EMPHASIZE A LONG TERM APPROACH TO WEIGHT MAINTENANCE. THIS MUST BE INDIVIDUALIZED FOR EACH PERSON AND SHOULD BE DONE BY A PHYSICIAN WITH TRAINING AND EXPERIENCE IN NUTRITION.

YOU WILL BE CHANGING YOUR WAY OF LIFE AS FAR AS YOUR EATING HABITS ARE CONCERNED. YOU WILL BE EXCHANGING BAD HABITS FOR BETTER ONES.