

# PHI Clinic – Weight Management Program

## Patient Education Overview

### Program Purpose

The PHI Clinic Weight Management Program is a medically supervised wellness program designed to support safe, sustainable weight loss and improvement of metabolic health through a combination of evidence-based medications, lifestyle guidance, and objective clinical monitoring.

### Program Objectives

- Promote gradual and sustainable weight loss
- Improve metabolic markers (glucose regulation, insulin sensitivity, lipid profile)
- Reduce obesity-related health risks
- Support long-term lifestyle and behavioral change
- Ensure safe use of medications through medical supervision

### Program Structure

#### Initial Medical Evaluation

- Medical history review
- Medication and contraindication screening
- Baseline body measurements
- Baseline laboratory evaluation (when indicated)

#### Medication Selection & Education

- Individualized medication choice based on medical profile
- Education on dosing, administration, expectations, and side effects

#### Ongoing Monitoring & Follow-Up

- Monthly follow-ups (in person or virtual)
- Dose adjustments as appropriate
- Review of progress metrics and labs

#### Long-Term Strategy

- Maintenance planning
- Weight stabilization strategies
- Medication tapering or continuation when appropriate

### Medication Options

Medications are prescribed based on medical eligibility and clinical goals.

Common options include:

- GLP-1 receptor agonists

- Semaglutide-based formulations
- Tirzepatide-based formulations

Adjunct wellness support (when indicated):

- Vitamin B12
- NAD+ support

Medication availability, dosing, and escalation are individualized and determined by the provider.

### **Tracking of Progress**

Body Metrics (tracked at baseline and monthly):

- Weight
- Body Mass Index (BMI)
- Waist circumference

Clinical & Laboratory Monitoring (as clinically indicated):

- Complete blood count (CBC)
- Comprehensive metabolic panel (CMP)
- Lipid profile
- Hemoglobin A1c
- Fasting glucose and/or insulin
- Thyroid function (if indicated)

Baseline labs are compared to follow-up results to assess safety and metabolic response.

### **Benefits of the Program**

- Medically supervised and personalized care
- Evidence-based pharmacologic options
- Objective tracking of progress
- Improved metabolic and cardiovascular risk factors
- Structured accountability and follow-up
- Focus on long-term success, not crash dieting

### **Risks & Considerations**

Possible considerations include:

- Gastrointestinal symptoms (nausea, vomiting, constipation)
- Fatigue or appetite changes
- Rare medication-specific adverse effects
- Not suitable for all patients (screening required)

All medications are prescribed only after evaluating medical history, risks, and contraindications.

### **Recommended Duration**

- Initial commitment: 3–6 months
- Optimal results: 6–12 months

Duration depends on weight-loss goals, clinical response, tolerance of therapy, and long-term maintenance needs.

### **Patient Responsibilities**

- Follow prescribed dosing instructions
- Attend scheduled follow-ups
- Report side effects promptly
- Maintain open communication with the provider
- Commit to lifestyle and behavioral recommendations

### **Summary**

The PHI Clinic Weight Management Program provides a safe, structured, and personalized approach to weight loss using modern medical therapies, consistent tracking, and professional supervision—designed to support both short-term results and long-term health.

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