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MEDICAL WEIGHT LOSS PROGRAM

We understand that diabetes, pre-diabetes and obesity can be challenging. However, with the guidance and care of the trained medical professionals at Diabetes Management Associates, these conditions can be reversed.

PRE-diabetes is an A1c between 5.7 and 6.4%. An A1c above 6.4 is diagnosed as diabetes. Pre-diabetes and diabetes are often reversible with MINIMAL changes in diet and exercise along with medications. These long-lasting improvements can help you successfully reverse these conditions so you can live long and live healthy.

Loosing even a small amount of weight can not only improved pre-diabetes and diabetes, but other conditions as well:

- Digestive Disorders
- Heart Disease
- High Blood Pressure
- High Cholesterol and triglycerides
- Fatty Liver disease
- Polycystic Ovarian Syndrome
- Sleep Apnea
- Vascular disease

The cause of weight issues in modern society is largely due to insulin dysfunction. An unhealthy diet typical of Americans, causes the pancreas to produce an overabundance of insulin. This lowers blood glucose causing hunger. The hunger-eat-hunger cycle continues. Excess insulin also causes excess fat to be stored along the belly, thighs or buttocks which looks like a 'spare tire' around the middle of the body.

What is Medical Weight Loss (MWL)?

MWL addresses the root problem of weight rather than diets which are only temporary fixes and often lead to more weight gain than before. Our program combines:

- Nutritional education
- Resources to help you with your journey
- Oral and injectable vitamin boosters
- Oral and injectable supplements
- Weight loss medications
- Team of well trained, enthusiastic staff that cares about you

This personalized strategy is tailored to your needs based on history, lifestyle, assessment, and lab values.

Who qualifies for the MWL program?

You must have one of the following conditions to be a candidate for MWL:

- Overweight which is BMI 25 or higher
- Obese which is BMI 30 or higher
- Age 18 years or older
- Pre-diabetes
- Diabetes

BMI or body mass index is a number calculated from a person's height and weight. BMI calculators can be found on the internet or app store.

How do I know if I am a diabetic or pre-diabetic?

PRE-diabetes is an A1c between 5.7 and 6.4%. An A1c above 6.4 is diagnosed as diabetes. This is a test that can easily be done in the office.

Do I have to change my diet?

Poor diet choices can be a main contributor to obesity. We realize that choosing a healthier diet can be confusing and difficult. Many of our foods lack the nutritional value they did in the past. Fast food places have replaced nutrition with convenience.

Food should be fun, colorful, nutritious and very tasty!! We will assist you in diet changes that are necessary to any weight loss success. These changes can be minimal but make a significant impact on your health.

Do I need vitamins or supplements for weight loss?

Vitamins and supplements are tools used to help with weight loss. Due to the poor quality of food in our society, many are lacking basic nutrition which causes hunger. Eating a healthier diet is crucial. The next step is replacing needed nutrition through vitamins and supplements. At your initial visit, we evaluate vitamin deficiencies through blood tests. Correcting these deficiencies is crucial to initial and sustained weight loss.

See our handout for more details of the vitamins and supplements we recommend.

Vitamin injections are highly effective by avoiding GI or gut metabolism making them more available in your body. Injections are a higher quality than many tablets. Injections can be given weekly.

Where do I get the vitamins and supplements?

Vitamins and supplements should be carefully selected to guarantee quality. We have a good selection of quality vitamins and supplements from reputable companies in our office.

Some people with poor gut issues may have problems absorbing vitamins. We offer vitamin injections in the office.

We also use injections to help burn calories and fat, making weight loss faster and easier.

What medications are used for weight loss?

In the past, medications have been given when diet and exercise were not enough. They were indicated for a short period of time and had unwanted side effects. We now have medications called 'peptides' that help 'fix' the root cause of overweight and obesity. Peptides are amino acids that naturally occur in the body. A deficiency of the peptides, particularly GIP and GLP, can cause overweight and obesity.

These GLP medications include:

Liraglutide also known as Saxenda.

Semaglutide also known as Wegovy.

Tirzepatide also known as Mounjaro- Currently only indicated for adults with diabetes type 2

GLP medications are a once weekly injection that can be given by our staff or you can be trained to give the injection to yourself at home. The needle is very small making the injection almost painless.

You cannot take GLPs if you or someone in your family has had medullary-thyroid cancer (MTS) or if you have had multiple endocrine neoplasia syndrome (MEN 2), hypersensitivity to any similar medications, pregnant or plan on becoming pregnant.

How often do I need to have an office visit?

After your initial visit, you and your healthcare team will determine when and how often follow-up visits are needed. It is typical to have more visits initially. Once your goals are reached, visits may be once or twice a year.

What lab tests are done?

Initially and periodically

- A1c
- C-peptide
- Complete blood count
- Kidney function
- Liver function
- Thyroid function
- Electrolytes
- Various vitamins and mineral levels
- Inflammatory markers such as homocysteine and highly sensitive CRP

If you have a medical condition such as hypertension, pre-diabetes or diabetes, insurance will typically cover the cost of lab tests.

Overweight or obesity as a primary diagnosis, likely insurance will not cover lab tests. We offer a discounted cash price through our in-house lab.