



The G Spa Weight Loss Program

What is involved in The G Spa Weight Loss Program?

You start off with an initial consultation where we review your medical history. If you have had any recent blood panels done we would like to review a copy. We especially like to make sure that everyone has been evaluated for a low thyroid condition, as that is very common in the overweight population.

Once we determine that you are a good candidate, we start you slowly on a gradually increasing dose of medication and follow you every 4-5 weeks with in-office visits where we monitor your vital signs, weight, blood pressure, side effects and well-being.

Our nutritional advice is not extensive for 2 reasons: 1) This is NOT A DIET....you are just consuming less... just turning down your volume control. 2) Most people feel that they have been inundated by nutritional advice, and it is also such an individual choice these days. The only absolute requirement I give to patients is that if your caloric intake falls below 1000 calories a day, you must try to consume at least 50% in protein so that you do not become protein deficient.

As you lose weight, most people find that their ability to perform regular exercise increases, and this, of courses, enhances their weight loss and well-being.

What happens when I reach my goal weight?

As far as office visits we will then see you every 3 months x 2, then every 6 months x 2, and then once yearly.

As far as medication, whether or not you stay on the medication indefinitely depends on the length of time you have had a "weight issue," whether or not you have an appetite disorder, and how closely you can keep your intake and output matched.

For example, if you broke your leg and put on 30 lbs, but now everything is back in order, you probably don't need the medications any longer. But if you have had a weight problem since childhood, and it always takes 3 helpings to make you "feel full," then that appetite issue will most likely

return when you stop the medications, so you might consider just continuing on a low dosage indefinitely.

How much does the medical supervision / G Spa Weight Loss Program cost?

The initial consultation (approx. 45 min.) costs \$300.00 and must be paid at the time of service, like all visits. Follow-up visits every 4-5 wks* (10-15 min.) are \$125.00.

If other medical issues are addressed during these visits besides weight loss an additional charge will apply.

*Please note that a follow-up visit is **required** every 4-5 weeks in order to obtain prescription refills and to monitor for the development of side effects. Regular visits also increase the consistency of continued weight loss and accountability for many patients.

How much do the medications cost?

Generally a month's supply of both of the generic medications runs between \$10-\$70.00 without insurance coverage.

Phentermine

37.5 mg. #30 \$8-13.00 : Costco or Kmart, Vons, Ralphs with coupon.

Topiramate

25 mg. #30 \$8-14.00: Costco or Kmart, Vons, Ralphs with coupon.

Qsymia

15/92ER #30 \$150.00-\$220 approximately without insurance.

If for some reason, you are unable to take Qsymia, we can prescribe Contrave or Belviq, which are also FDA-approved medications for weight loss, but not quite as effective according to published studies. Remember, however, that in any given individual, you never know what is going to work best!!