

The Skinny

CONTOUR
DERMATOLOGY
& COSMETIC SURGERY CENTER

A quick read with substance

Spring 2015

~ Contour's Skinny Center Now Offers Medi-Weightloss – The One That Works!® ~

Contour Dermatology employees and patients are losing weight left and right and learning how to keep it off for good. Paige Wheeler, a medical assistant with the practice, was one of the first to join the program. She lost 15 pounds in the first two weeks and a total of 25 pounds in the first month. She has 18 more pounds to go to reach her goal of 130. See her progress photos. →

Contour Dermatology is the only Medi-Weightloss center in Southern California and one of 80 locations in the world to offer this medically-supervised weight loss program.

"Over the past few years, a big part of our practice has become body contouring," said Dr. Timothy Jochen. "So much so that we established The Skinny Center at Contour with a variety of options for reducing fat and inches – CoolSculpting, VelaShape III and tumescent liposuction. But these treatments are for stubborn fat that is resistant to diet and exercise."

"We also wanted to offer a weight-loss program," said Dr. Jochen. "Our research found Medi-Weightloss to be the best program available and we are very excited to offer it to our patients." Medi-Weightloss offers programs for adults, adolescents and diabetics as well as free wellness workshops for employers. The Premier Program is comprised of three phases

over 16 weeks – an Acute Phase for weight loss, a Short-Term Phase for maintenance and a Wellness Phase with monthly visits with continued support.

Nurse Practitioner Jessica Neal, FNP supervises the program along with an enthusiastic support team. Following an initial consultation which includes comprehensive blood work, a physical exam, EKG, body composition analysis and waist measurement, patients receive a starter kit and access to a website where they can track their weight history and obtain recipes and fitness plans. For qualifying patients, prescription appetite suppressants are available. Patients come in for weekly visits for weigh-ins, vital signs and exercise and nutritional counseling.

"The food journal is one of the most helpful aspects of the program," said Paige. "You're accountable for everything you do. You write your calories down. Even if you cheated, you write it down."

Another important part has been the support from the staff. "Even though I work here, the support is amazing," she said. "Patients receive follow up calls and texts and it really helps to know that people are behind you and rooting for you."

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