



AdvaCare Clinics: Medical Managed Weight Loss Treatment Plans

Weight plays an important role in how we look and feel, but also in our health. There are many detrimental health effects of being overweight or obese.

Overweight is generally defined as having more body fat than is optimally healthy. Being overweight is a common condition, especially where lifestyles are sedentary.

Individuals with a BMI (Body Mass Index) exceeding a healthy range have a much greater risk of medical issues. These include weight related diseases like arthritis, diabetes, and heart disease, as well as many types of cancer, asthma, obstructive sleep apnea, and chronic musculoskeletal problems.

The body fat of an adult tends to increase gradually over the years. The passage of time and the effects of gravity, coupled with weight fluctuations and pregnancy, can all take its toll on the body. The abdomen often becomes slack and buttocks and thighs saggy. Even with exercise and a healthy diet, some fat resists attack.

It is common for dieters to have tried fad diets that may have short-term effects but does not lead to long-term weight loss and can often result in gaining back all of the lost weight and more in the longer term. Repeatedly losing and regaining weight ("weight cycling" or "yo-yo dieting") may cause additional health problems beyond those associated with weight loss and being overweight.

Perhaps you want to tighten your post-pregnancy waist. Or your "love handles" aren't so lovely. Maybe you've tried diet and exercise but still have fat and inches that you can't lose. Unsightly bulges and poorly fitting clothing can become frustrating.

Some people may find it difficult to lose weight on their own. For this reason, it is generally recommended that weight-loss diets not be attempted on their own but instead in combination with increased exercise, long-term planning and medically managed weight management.

The thing about weight loss is that there are many options available to you. However, many people put their health at risk by not fully understanding the repercussions of the diet they selected. What may be a good weight loss alternative to other individuals could be medically contraindicated for what you need from a weight loss plan.

Our programs are tailored to your needs, abilities, and limitations. The physicians and staff at AdvaCare Clinic will take the time to understand you and what time frame it will take to achieve your goals for long term success.

Improvements in techniques now enable the removal of excess fat utilizing laser technology to target areas of the body which don't respond to normal diet and exercise, and jump start any weight loss program. Contact AdvaCare Clinic at 952-835-6653 regarding our lipo laser therapy. Our medical team will work one-on-one to create a plan that's medically tailored to you.

