

Newsletter October 2006

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VOLUME 1

Happy Diwali



Happy Halloween



Flu Shots

Flu shots are now available. They are recommended for everyone 6 months or older for preventing Flu or Influenza every fall. Patients with egg allergy should not take it. Call office @ 408 725 1777 for appointments.

Sudha Bariatrics- A comprehensive Medical Weight loss program

Manjul Patwardhan, MD
Specialist in obesity management.
Member of ASBP (American Society of Bariatric Physicians)

I am pleased to announce that I just passed the board exam to practice Bariatric Medicine (Medical weight loss). These are the features of the program in brief.

1. Long-term approach to weight management and lifestyle change that involves an initial commitment of 3-6 months depending on amount of weight to lose. Upon completion, continued participation in our maintenance program is strongly encouraged.
2. Comprehensive weight-related health and lifestyle assessment:
 - a. Risk factor profile, including blood analysis and EKG.
 - b. Fitness and metabolic testing, e.g. fat composition, body mass index, etc.
3.
 - a. Low calorie diet (LCD) or Very low calorie diet (VLCD)
 - b. Exercise prescription.
 - c. Protein and weight loss supplements
 - d. Weight loss medication.
4. Lifestyle Intervention Program
 - a. Group meetings and lectures.

Obesity Lecture By Dr. Patwardhan on 10/04/06, as part of El Camino Hospital lecture series

Topic: Do you really know what being overweight does to your health?

Time: 7:00-8:00 pm

Venue: City of Sunnyvale—Council Chambers
456 West Olive Avenue, Sunnyvale.

To register and for more information, call 800-216-5556

