

LEARN TO LIVE BETTER!

Our Program Offers Comprehensive Cardiologist-Supervised Weight Management

Why This Program?

Unlike other programs that promise quick fixes, we know that effective weight management happens gradually. We keep track of your progress & provide support when you have a setback. We help you learn how to achieve & maintain a healthier lifestyle.

Our cardiologist and dietitian work with you to assess your needs and devise an individualized weight management plan that promotes healthy eating, a medically safe activity level, and improved lifestyle choices.

COMPREHENSIVE NUTRITION COUNSELING

- Dietary planning & problem-solving
- Behavioral change counseling
- Metabolic rate assessment
- Body composition tracking
- Individual counseling & group classes

Our dietitian is an American Dietetic Association certified specialist in weight management. She works with you one-on-one and in group classes to promote lasting changes in diet & lifestyle.

OUR STAFF IS DEDICATED TO YOUR HEALTH

Safe Weight Management for Cardiovascular Risk Reduction

OVERWEIGHT ~ A GROWING PROBLEM

In the next 4 years, 19% of the women and 30% of the men who are currently normal weight will become overweight.

Would you wait to get cancer, diabetes, or heart disease? Why wait to become **OBESE?**

Even being only 10-15 pounds overweight significantly increases your risk for developing high blood pressure, diabetes/pre-diabetes, stroke, heart attack, sleep apnea, osteoarthritis, and many types of cancer.

COME CHECK US OUT!

Our Brooklyn location on Wyckoff Ave. near Hart St. is a block from the Dekalb L subway stop and buses B13 & B38.

Our Queens location on Metro. Ave. & 79th St. is near the Q54 and Q38 buses.

To learn more about our services or to make an appointment, contact us at:

**95 Wyckoff Ave.
Brooklyn, NY 11237
Tel #: (718) 821-6285**

**79-15 Metropolitan Ave.
Middle Village, NY 11379
Tel #: (718) 894-7900**

www.nyc-cardiology.com

ASK ABOUT OUR OTHER SERVICES

Integrated Cardiovascular and Weight Management Center



**Physician-Assisted
Weight Management by:**

Sanjeev Palta, MD, FACC

Board Certified in
Cardiovascular Diseases,
Interventional & Nuclear Cardiology,
Echocardiography, & Internal Medicine

Solai Buchanan, RD, MS

ADA Registered Dietitian
Certified in Adult Weight Management

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Medicare & most insurance accepted.

Nosotros hablamos español.

The Integrated Cardiovascular and Weight Management Program

Our experienced medical team lead by cardiologist Dr. Sanjeev Palta is here to support you every step of the way!

Our weight management program includes:

- Heart disease risk assessment
- Metabolic rate testing
- Body composition analysis
- Cardiology risk management
- Physical activity prescription
- One-on-one nutritional counseling sessions with our registered dietitian
- Individualized meal plans, shopping lists, & dietary problem solving support
- Food journals (paper version or online/mobile app.)
- Setback prevention counseling by cardiologist
- Healthy eating & weight loss group support meetings
- Activity planning & guidance
- Prescription drugs for weight loss when indicated

WEIGHT MANAGEMENT IS KEY TO YOUR HEALTH.

DO NOT WAIT UNTIL YOU ARE OVERWEIGHT OR OBESE TO START ACTIVELY MANAGING YOUR WEIGHT.

- 41% of men and 30% of women in NYC are overweight.
- 32% of children & adolescents in NYC are overweight.
- 1 in 8 adult New Yorkers has diabetes. Overweight/obesity is the most common underlying cause of diabetes.

LEARN HOW TO PREVENT OBESITY TO PROTECT YOUR HEALTH AND THE HEALTH OF YOUR FAMILY.

Our program helps you change the elements in your lifestyle including unhealthy diet, weight gain, and inactivity, which endanger your health.

This is more than a weight loss program; it will teach you how to maintain a healthy weight and lifestyle. It's an investment in a healthy future.

Safe Weight Management for Long-Term Health

Lose weight in a medically supervised environment.

Improve your blood glucose levels, lower cholesterol, and reduce your blood pressure.

Enjoy a healthier and more fulfilling life.

When it comes to managing weight there is no magic pill.

We do not make promises that are unrealistic or ask you to undertake extreme formula-based dieting that can be harmful to your health.

We know effective weight management is hard work. We are here to support and guide you.

