



london medical
SmartWeight™

the inspired approach to
a healthy lifestyle



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SmartWeight™

a flexible, tailored
approach to
long-term
weight loss

SmartWeight™ is different.

It's not a 'here today, gone tomorrow' diet.

In fact SmartWeight™ does not involve dieting at all!

SmartWeight™ is a **medically supervised** weight loss programme bringing you a **bespoke**, carefully created **individual** eating plan that will change your approach to the food you eat resulting in **permanent weight loss**.

individually tailored nutrition and lifestyle prescription



Participants, particularly those with insulin resistance, are encouraged to sustain a low glycaemic formulation to help down-regulate the body's insulin response and to reduce appetite and cravings. **SmartWeight™** also embraces behavioural changes designed to encourage you to make positive adjustments to your lifestyle.

Devised and directed by Dr Ralph Abraham, who has over 30 years experience in managing obesity, the course takes a holistic approach lead by a team of experts. An individually tailored nutrition and lifestyle prescription will be devised, taking into account metabolic status, to ensure optimal success. For the majority of people following the **SmartWeight™** programme this means they not only see results in effective and permanent weight loss, but also experience some other benefits including:

- A better quality of life
- Improved appearance
- Increased self esteem
- A need for less medication
- Improved blood biochemistry
- Less insulin resistance and better blood glucose control
- More energy
- Better sleep patterns






What to Expect

Prior to your first appointment you will be asked to complete a questionnaire to establish your current position in terms of eating and activity patterns and to gauge your readiness and motivation to change. This will also provide us with a benchmark to enable us to monitor your progress.

As part of the **SmartWeight™** membership you will receive:

- Regular personal **consultations** with the Senior Clinical Nutritionist.
- **Body composition analysis** to assess your current status and requirements for weight loss.
- Personalised **nutritional recommendations** which reflect your eating preferences and clinical condition.
- Regular group **educational sessions** and organised **events**.
- A personalised **member pack** for information and progress reports.
- **Support** and **advice** via email to help you on your way.



giving you
the motivation
to change

educate
yourself and
lose weight
sensibly

Education and Events

SmartWeight™ members are invited to participate in a programme of educational sessions and events on a regular basis. Each four week membership package includes one or two group educational sessions and one event.

Educational Sessions

Group educational sessions designed to help you increase your knowledge of food content, preparation and purchase so that informed food choices can be made. For example:

- The essential principles of a balanced, healthy diet
- Understanding and reducing insulin resistance
- Cracking the glycaemic index and glycaemic load code
- Recipe adaptation for quick, easy and healthy meals
- Investing in physical activity
- Eating out and losing weight
- Healthy meal planning and shopping
- Detective skills in food labelling

Events

Events take place in the form of talks or workshops given by consultants and other specialists. For example:

- The metabolic syndrome:
Why insulin resistance is important
- Is my thyroid function normal?
- Anti-obesity medication – the old and the new
- Self esteem and body confidence
- Cooking the low glycaemic way
– the know how
- Successful weight loss:
The patients perspective
- Surgical procedures for weight management
- A hypnotherapeutic approach to losing weight

creating the
foundation for a
healthy future



Body Composition Analysis

Using the latest technology in body composition analysis, the **Inbody 720** is used to assess, amongst other important parameters, **fat percentage** and **deposition, muscle mass** and **strength, fluid distribution** and **metabolic rate**. It therefore gives much more information than body weight and body mass index alone and serves as a useful tool for weight and fitness management, nutritional assessment and support for diagnosis of various medical conditions.

Most importantly the quantity of visceral fat is measured separately from subcutaneous stores. This metabolically active fat is associated with an increased risk of cardiovascular disease and is an indicator of the metabolic syndrome; a cluster of risk factors including central obesity, hypertension, high LDL cholesterol and triglycerides, low HDL, high fasting blood glucose and insulin resistance, which puts an individual at high risk of type 2 diabetes, heart disease and strokes.

This 5 minute, non-invasive, test generates a detailed, patient-friendly report, including recommended targets for weight management, muscle building and calorie intake. It gives you the opportunity to monitor your progress over time and help motivate you to reach your food and fitness goals.



using the latest
technology



energy
expenditure
during exercise
and rest

Cardiopulmonary Exercise Testing

Many overweight people feel that they gain weight because their metabolism is “slow”. There is no truth in this as obesity is associated with a higher metabolic rate. A person may be considered to have a “relatively slow metabolism for their age, height, weight, muscle mass and gender” but obesity will still result from excess of the calories consumed in food and drink over the daily average energy expended.

We consider it important to know what a person’s resting energy expenditure is. We estimate this from the lean body mass using sophisticated body composition analysis. There are many other methods for measuring energy expenditure; the most sophisticated in the clinic being Cardiopulmonary Exercise Testing (CPX), which measures oxygen consumption and respiratory quotient from which an estimate of energy expenditure on exercise and at rest can be obtained.

It also gives a very accurate assessment of your fitness and is widely used by elite sportsmen. This test can be requested by your physician to complement your **SmartWeight™** programme.



excellent value
for money

Results to date

Since the launch of **SmartWeight™** in February 2006, participants attending a minimum 8 week programme have on average lost 7.5kg equating to an average of 6.5% reduction in weight.

When does the programme start?

The programme works on a 'cyclical hop on hop off' basis and you may start at any time.

How to Join?

You can join **SmartWeight™** by calling Angela Hoffman on 020 7467 5470 or by e-mailing smartweight@londonmedical.co.uk

How much does it cost?

The complete group package offers excellent value for money at just **£95 for 4 weeks** membership.

(A discount is applicable if a minimum of 6 months membership is purchased in advance).

This includes:

- Monthly sessions
- Monthly events
- Twice monthly 'one to one' consultations with our Senior Clinical Nutritionist
- Body composition test
- Weekly weight checks
- Member pack and a free **SmartWeight™** pedometer

Flexible one to one packages and e-mail only options are also available. Please visit www.smartweight.co.uk for more details.

The experts behind SmartWeight™

You will be inspired and cared for by a wide range of experts at **SmartWeight™**. The **SmartWeight™** concept was devised by Dr Ralph Abraham and is supported by Angela Hoffman who utilises her wealth of experience to develop specially tailored dietary programmes.

Dr Ralph Abraham

Dr Abraham's interest in obesity started in the late 60's when he did his PhD at the Department of Biochemistry and Imperial College. He was one of the first people to study the sensitivity to insulin in the now famous 'ob/ob' mouse. This species of mouse became famous due to their lack of the hormone leptin which led to the discovery of this important new hormone. Leptin has since been closely linked with obesity and particularly genetic forms of obesity in young children. Over the last 20 years Dr Abraham has used his knowledge in the management of diabetes, high blood pressure and lipids in treating obesity and particularly morbid obesity. He is especially interested in the metabolic factors involved in weight loss in people with severe insulin resistance, a disorder that is associated with diabetes, high blood pressure, cholesterol abnormalities and premature heart attacks.

Angela Hoffman

Angela is a Registered Dietitian and Public Health Nutritionist with thirteen years experience of working in the health service as a Community Dietitian, and in the food industry for key players such as Yakult and Tesco. She is experienced in the dietary management of medical conditions such as obesity, diabetes (Type 1 and 2) and hyperlipidemia. She also accepts referrals for food allergies, gastroenterological conditions, paediatrics, pre and post-bariatric surgery, bone health and various eye conditions, such as prevention of Age Related Macular Degeneration. Angela developed and managed a successful healthy eating programme in North Staffordshire, where she assisted several groups to decrease their weight via simple changes to their eating and activity habits. She was also the nutritional advisor for Tesco's Glycaemic Index testing and labelling programme. Angela has been instrumental in the development of the **SmartWeight™** programme since its inception in early 2006.

SmartWeight™ is a life changing plan promoting positive effects which motivate patients to continue with it for the rest of their lives.

www.smartweight.co.uk





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