Healthy from the Inside Out

Dr Smith

April/May 2016 Health Guide
available free online

Clinician Corner

By: Dr. Walter Smith, DO, MBA

Losing weight isn't a cosmetic issue...

It's a Health Issue

The Disease of Obesity is Complicated

It's multifaceted and requires layers of support.

"Greater success equals a comprehensive program involving Clinicians and Dietitians providing individual guidance and treatment. Most importantly greater success results in the improvement of diseases caused by obesity."
~ Obesity Action Coalition

"The long term nature of obesity should be emphasized to any patient"
~ American Society of Bariatric Physicians

"Obesity is a chronic disease and is a challenge best met by teams of healthcare professionals, including dietitians and physicians, working together to deliver optimal treatment."
~ US National Library of Medicine

"Chronic disease is a long lasting condition that can be controlled but not cured. Although chronic diseases are among the most common & costly health problems, they are also among the most preventable and most can be effectively controlled with ongoing, comprehensive support."
~ Center for Managing Chronic Disease

Prevent Related Conditions

Controlling the disease of obesity helps control and prevent obesity-related conditions like...

- Heart Disease*
  - *#1 killer of women
- Psychological
- depression Gallbladder
- disease Kidney stones
- Asthma
- Osteoarthritis
- Diabetes
- Stroke
- Infertility
- Gallstones
- Sleep apnea

- Breast cancer
- Endometrial cancer
- Colon cancer
- Breathing difficulties
- Joint Problems
- High blood pressure
- Exhaustion
- Respiratory Problems
- High cholesterol
- Fatigue

Why is a personalized program important?

We each have different needs, goals, & challenges. One program doesn't fit all. Your expert team of Doctors, Nurse Practitioners, and Registered Dietitians get to know you, your goals, & your challenges.

Together, you personalize a one-of-a-kind program.

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770.438.8446

A heart attack strikes someone about every 43 seconds. It occurs when the blood flow that brings oxygen to the heart muscle is severely reduced or cut off completely. This happens because the arteries that supply the heart with blood can slowly narrow from a buildup of fat, cholesterol and other substances (plaque).
~ American Heart Association

Heart Attack Signs in Women

- Uncomfortable pressure, squeezing, fullness or pain in the center of your chest. It lasts more than a few minutes, or goes away and comes back
- Pain or discomfort in one or both arms, the back, neck, jaw or stomach
- Shortness of breath with or without chest discomfort
- Other signs such as breaking out in a cold sweat, nausea, or lightheadedness
- As with men, women's most common heart attack symptom is chest pain or discomfort
- But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting and back or jaw pain

If you have any of these signs, call 9-1-1 and get to a hospital right away
~ American Heart Association

Clinician Corner

By: Ellen Weinberger RN, BSN, MSN FNP BC

What? *Heart Disease* is the #1 killer of women?!

Yes, Heart Disease! And, heart disease is preventable!

As the #1 killer of women in the US, heart disease risk is something we pay special attention to in our program.

Wonder no more why we're adamant about monitoring your cholesterol, HDL, LDL, triglycerides, and total heart risk!

Your monthly Clinician Visits allow proactive monitoring of your blood pressure, pulse, lungs, heart, & labs. Often we identify issues early, which prompts a visit to your Primary Care Physician for early & easy intervention versus late & serious intervention.

Your monthly Registered Dietitian visits allow intervention to lower cholesterol, LDL, triglycerides, & total heart risk plus increase HDL through nutrition, behavior, & quality supplementation.

As part of the expert team here, we see our patients monthly. Do you see your PCP monthly? Probably not.

Think of us as your monthly wellness team. By seeing us monthly we hope to keep you out of PCP offices; and when you see your PCP it's for yearly visits or early treatment versus late treatment.

Just losing weight isn't enough to prevent heart disease. Being Healthy from the Inside Out is.

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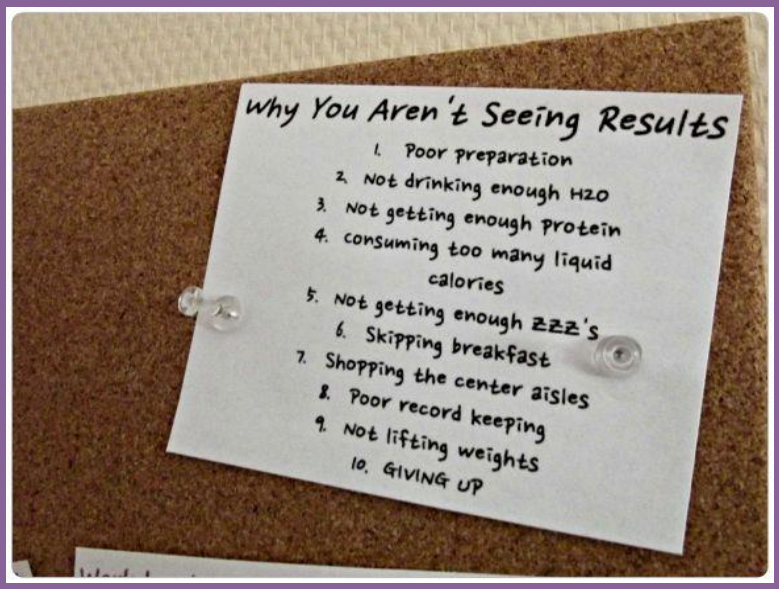
Dietitian Corner

By: Debra Burke, RDN, LD

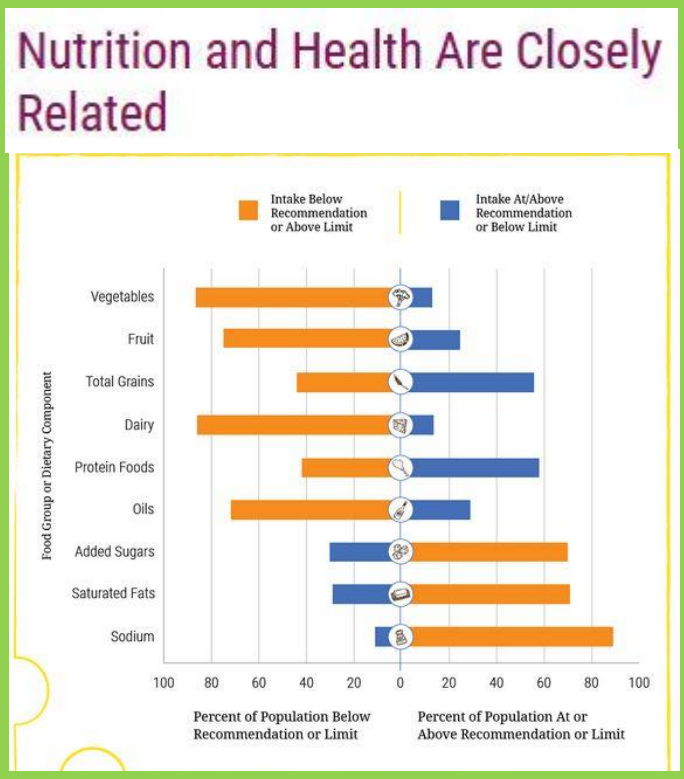


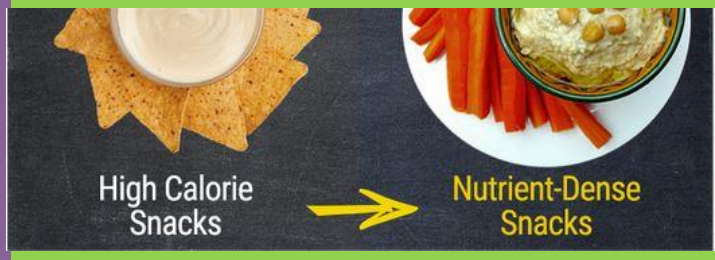
Need help with these little culprits? Want to get & stay on track?

See one of our Registered Dietitians monthly. With expert team support you can do it!

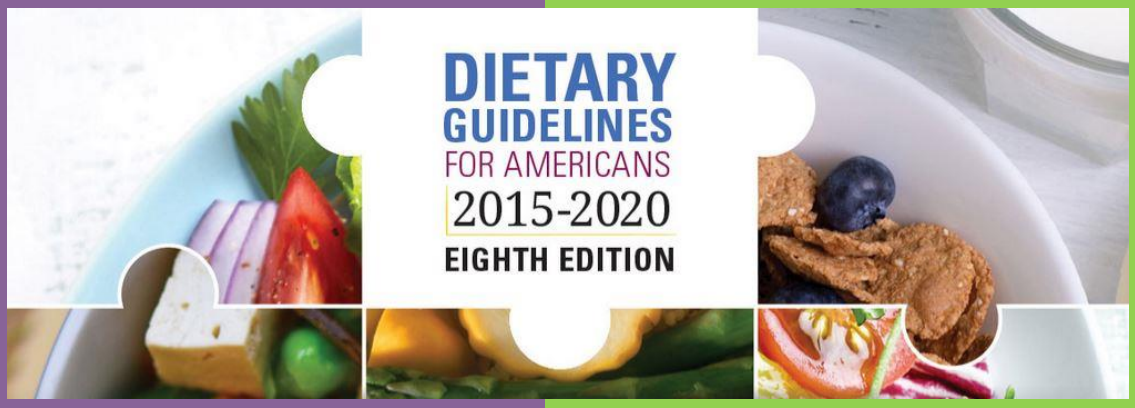
Let's do a few 30 minute private sessions.

Call 770-438-8446 to book.





Over the past century, essential nutrient deficiencies have dramatically decreased…the rates of noncommunicable diseases—specifically, chronic diet-related diseases—have risen…A history of poor eating and physical activity patterns have a cumulative effect. ~ Dietary Guidelines for Americans 2015-2020



About half of all American adults—117 million individuals—have one or more preventable chronic diseases, many of which are related to poor quality eating patterns and physical inactivity. These include cardiovascular disease, high blood pressure, type 2 diabetes, some cancers, and poor bone health. ~ Dietary Guidelines for Americans 2015-2020

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Clinic Corner

By: Stephanie Albritton, Clinic Manager

"No-Show" Policy

Dr. Smith values providing exceptional services, the highest quality of products, and warm patient support. To ensure your services are as accessible and convenient as possible, we began a "No- Show" policy.

A "No Show" occurs when a patient:

1. doesn't cancel at least 12 hours prior to their appointment **AND**
2. doesn't show within 15 minutes of their appointment

A patient with two "No-Shows" in a twelve month period will need to make a deposit when scheduling future appointments. Deposits range from $10-$25 depending on the appointment.

As a courtesy to other patients and to avoid a "No-Show" deposit, please arrive on time for your appointment.

HEALTHY from the Inside Out

New Products Coming Soon!

All new supplements to help you be Healthy From The Inside Out.

Be on the lookout!

Patients ❤ Online Accounts

Go to : www.DrSmithProgram.com and click "Create Account"

- Purchase services & products
- View scheduled appointments
- Update billing & personal info

Travel Industry Appreciation Month

In May, we're thanking everyone in the travel industry with a free $5 off coupon!

Do you work for an airline, at an airport, or in the travel industry?

Just show your work ID, business card, or come in uniform!

*$5 off any one in-clinic purchase. One offer per patient. Not transferable. No cash value. Cannot be applied to previous purchases. Valid in-clinic with purchase of $5 or more. Valid 05/02/2016 – 05/31/2016.

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New Guides & Recipes!

Medical Member exclusives

Members log-in to your free online account & click the INSPIRATION tab

Conquer Emotional Eating	Emotional eating? Conquer it with these easy tips!
Craving Control Series: Breakfast Frittata	Craving Control Series! Recipes to help you control blood sugar, reduce cravings, & lose weight. Hand picked by Debra, your RD
Craving Control Series: Breakfast Muffins	Craving Control Series! Recipes to help you control blood sugar, reduce cravings, & lose weight. Hand picked by Debra, your RD
Craving Control Series: Dinner Mahi Mahi	Craving Control Series! Recipes to help you control blood sugar, reduce cravings, & lose weight. Hand picked by Debra, your RD
Delicious, Energizing Green Smoothie	"Each time we drink it we feel refreshed, energized and ready to take on the day." Make ahead & take with you. Easy & nutrient dense morning, afternoon, & evening snack for kids & adults.

Medical Member benefits also include

- ✓ Free Clinician (Dr/NP) Visits
- ✓ Free Monthly Dietitian Visit
- ✓ Recipes & guides
- ✓ RD Bucks
- ✓ 15% off everyday
- ✓ Book & cancel visits online

Not a Member? Learn More & Join

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Medical Members

new just for you!

RD Bucks Reward Positive Change!

Get RD Bucks at visits with Debra, your Registered Dietitian (RD)

RD Bucks are a Member-only benefit & spend like cash

Book your *free* RD Visit

Did you know Membership includes a *free* Dietitian visit *each* month? Call 770-438-8446 or book in-clinic or online

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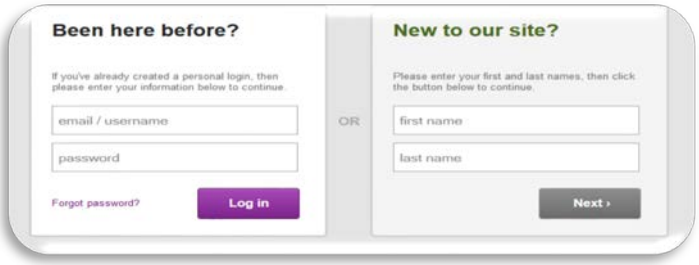
Book Visits Online!

Medical Member Benefit

HEALTHY from the Inside Out

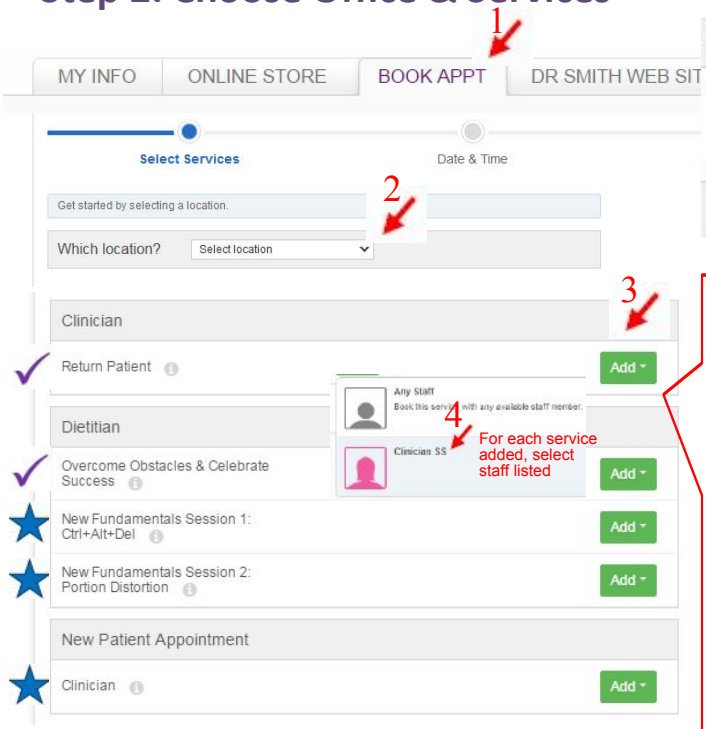
Step 1: Sign-In @ DrSmithProgram.com



Have account?
Log in!

Need account?
Create it!

Step 2: Choose Office & Services



3) Unsure of Services you need? Use this guide

Return Patient? Add ✓

Clinician (Dr/NP) => Return Patient
**free* for Members, required for Rx meds

Dietitian => Overcome Obstacles
*Members get 1 *free* session/mo + RD Bucks + 60% off additional sessions (just $30 for 30 mins)

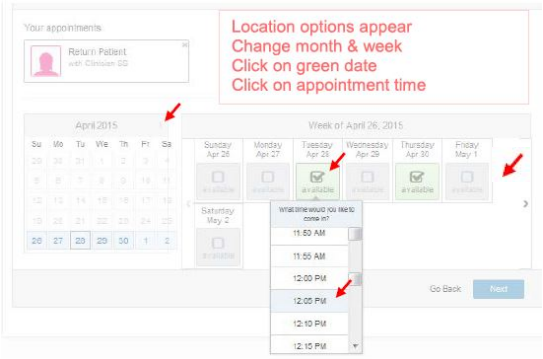
New Patient? Add ★

New Patient Appointment => Clinician (Dr/NP)

Dietitian => New Fundamentals Session 1
*do at or within 2 weeks of Clinician Appt

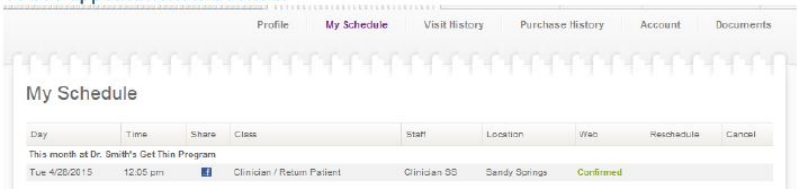
Dietitian => New Fundamentals Session 2
*do 1-2 weeks after Session 1

Step 3: Select Day & Time



Step 4: Confirm

You're Booked! See You Soon!



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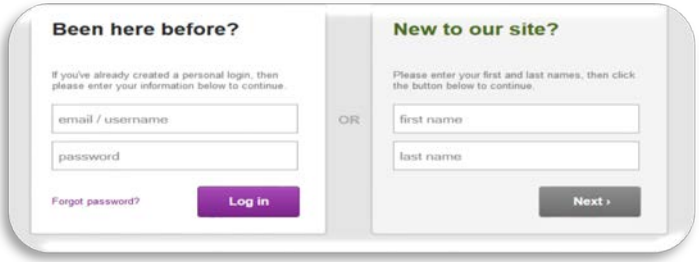
Not a Medical Member? Join online

HEALTHY from the Inside Out

Step 1: Sign-In

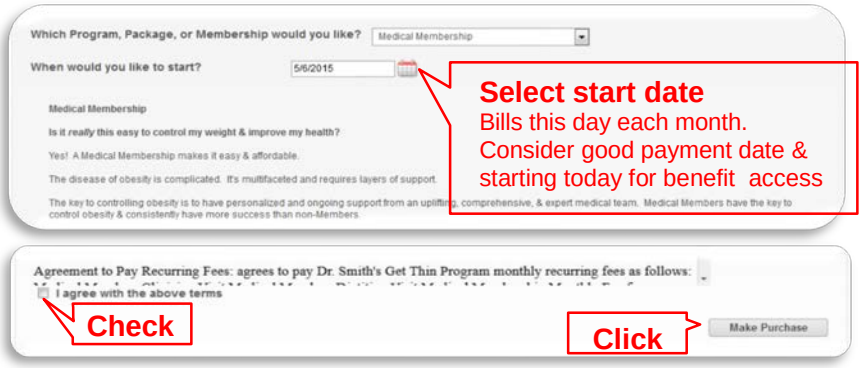


Have account?
Log In!

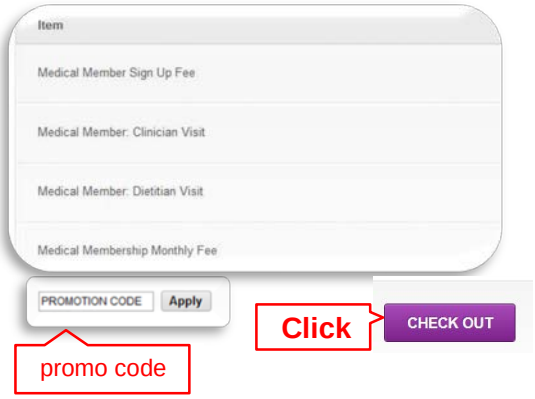
Need account?
It's easy!

Step 2: Return or New patient?

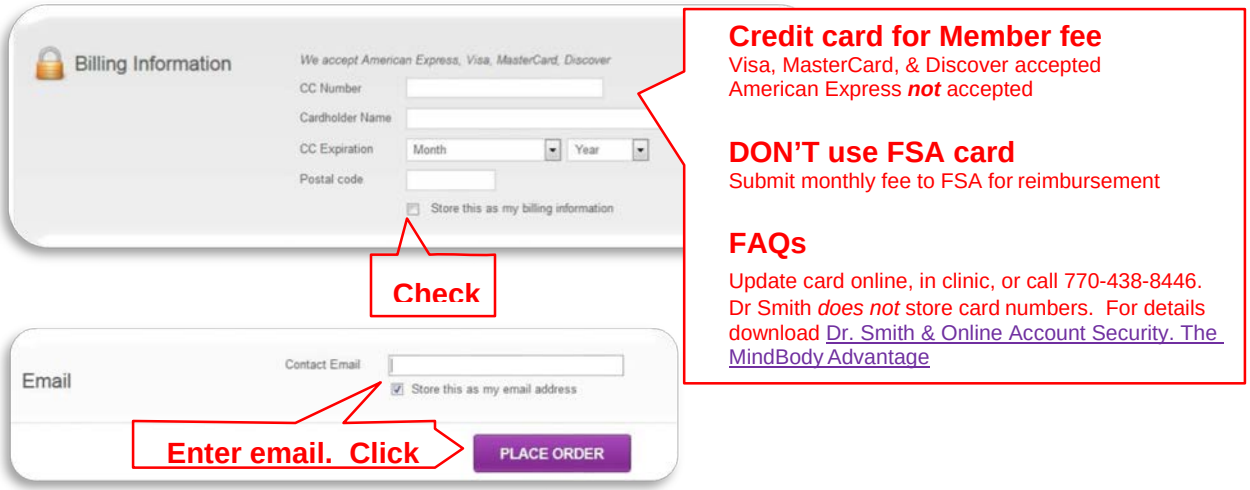
Return Patient => *Medical Membership*
New Patient or Last Visit 2+ years => *New Patient Health Package*
Click here & choose



Step 3: Review Shopping Cart



Step 4: Confirm



Congratulations, you're a Medical Member!
Let's book your visits online. Learn how

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