

Lose Weight the Healthy Way

Because **your health is our concern**, Bethany Medical Center decided to create a program devoted to helping patients lose weight - the healthy way. We know that there is no single weight loss plan that works for everyone. That is why we tailor each plan to each patient's individual needs, including diet, physical activity, medication, and support.



Our objective is to help patients adopt new behaviors and a new lifestyle to boost weight loss and self-esteem. Adopting sensible eating habits and practicing portion control while staying active can lead to a longer, healthier life. Make an appointment today with one of our weight loss providers!

Please talk to your doctor before beginning any weight loss treatment.

www.BethanyMedicalCenter.com

Call Us: (336) 883-0029

Locations:

507 N. Lindsay St, High Point, NC 27262
1580 Skeet Club Rd, High Point, NC 27265
3402 Battleground Ave, Greensboro, NC 27410

Our Providers

Krish Chinnasamy, MD: Dr. Krish is board-certified in Internal Medicine. Her passion is to care for people and help solve their problems. She finds great purpose and satisfaction in serving her patients and community as a physician.

Dorothy Norwood, MD: Dr. Norwood has over 30 years of experience in internal medicine. She believes that maintaining a healthy weight can help prevent many of the conditions that come with obesity, including heart disease and diabetes.

Vamsee Paruchuri, MD: Dr. Paruchuri specializes in internal medicine. He listens closely to his patients' concerns and encourages them to take an active role in their health. In his spare time, he enjoys staying active with his family.

Yun Sun, MD: Dr. Sun pursued a career in medicine to help others live healthier, better lives. He sees himself as his patients' coach, providing information that will enable patients to improve overall health and well-being.

Mike Duran, PA-C: Mike brings his extensive experience in cardiology and heart health to Bethany Weight Loss. Mike dedicates himself to being physically active and has competed in physique transformation competitions.

Ryan Miller, PA-C: Ryan's fascination with the complexity of the human body started at an early age. His primary focus is to provide patient education that will help improve patients' overall quality of life.

Amanda Taylor, PA-C: Amanda brings her extensive background in Gastroenterology (Digestive Diseases) into the Weight Loss Clinic. She is experienced with delayed digestive and absorption issues that may impact efforts for weight loss. Amanda has been an active part of the Bethany Weight Loss Clinic for over 10 years.

BETHANY

Weight Loss

Designed by medical professionals.

Tailored to your individual needs.



Krish Chinnasamy, MD
Dorothy Norwood, MD
Vamsee Paruchuri, MD
Yun Sun, MD
Mike Duran, PA-C
Ryan Miller, PA-C
Amanda Taylor, PA-C

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Weight Loss Clinic

Tests and Assessments

During your initial visit, we perform tests and assessments to better plan the appropriate steps to help you achieve your weight loss goal. Being overweight can increase your likelihood of having diabetes, heart disease, high blood pressure, high cholesterol, arthritis, cancer and stroke.

Our medical professionals begin with screening for such problems. These may include, but are not limited to:

- Spirometry
- Chest X-ray
- Laboratory work
- Electrocardiogram

Eating Right

Your provider will work with you to develop a personalized nutritional plan to help you improve your dietary habits. You will discuss meal plans, calorie intake, portion control, and the importance of staying hydrated. We also hold monthly events that teach you how to eat healthy when dining out.



Exercising

A busy lifestyle, at work or at home, does not count as exercise. Your body becomes accustomed to your daily activities and you cannot lose weight with this activity alone. Your provider will determine the appropriate daily and weekly activity levels needed to reach your weight loss goal.

Medication

Our plan will direct you toward a gradual, steady weight loss - unless your physician feels your health condition would benefit from more rapid weight loss. This may include assistance from prescription or supplemental medications. We also offer HCG injections and vitamin B12 supplements.

Join Us on Facebook!

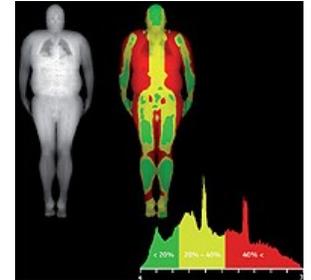


We now have a Bethany Weight Loss Clinic Support Group on Facebook! Our team will be providing regular tips and information as well as details on our exciting, monthly events.

www.facebook.com/BethanyWeightLoss

Body Composition Scanning

This scan enables us to look at the fat and lean muscle of patients. Our physicians are able to look beyond weight and body mass index to determine a body's fat distribution. We offer this exam to patients at a discounted rate.



Follow Ups

Change can be difficult - even if the change has a positive impact on your health. Monthly follow up visits will allow us to measure your progress through body mass index and body circumference measurements. These will also allow us to monitor blood pressure and heart rate for those on medication. During your follow up, you will have an opportunity to receive counseling on your individual weight loss plan. We will encourage you, provide suggestions, and work together to set and meet your weight loss goals.

