



YOU LOST
THE WEIGHT &
KEPT IT OFF!

THE MULTIDISCIPLINARY APPROACH TO WEIGHT LOSS

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The Clemenceau Medical Center Weight Loss Program is a tailor-made multidisciplinary program designed for the evaluation and treatment of weight problems.

It involves a dedicated team evaluating causes of weight changes, diagnosing weight-related metabolic disorders and designing a personalized weight control strategy using state-of-the-art medical and surgical interventions.

The program involves an evaluation of the weight problem, and a direction into the bariatric surgery program or the medical lifestyle program.

Both programs involve in parallel with the individualized participant's care, group activities aimed at optimizing education, support and capacity building.

Am I a Candidate?

You may join the program if you have:

- Weight excess and interest in a tailor-made plan.
- History of unsuccessful weight loss using fad diets and exercise programs.
- Weight-related medical problems and need for an adapted weight strategy.
- Candidate for bariatric surgery based on weight, height, present medical problems.

Available Programs:

Medical Lifestyle Program

- A 12-week multidisciplinary track aimed at controlling weight through medications, diet and exercise.
- Use of a comprehensive lifestyle approach and behavioral change with sustained weight loss.
- Evaluation/follow-up by Endocrinologist.
- Evaluation/follow-up by Dietitian and customized nutrition plan.
- Laboratory screening tests and work-up.
- Body composition analysis
- Evaluation by Physical Trainer & personalized exercise program.

Bariatric Surgery Program

- Surgical intervention for weight and metabolic control, including procedures as gastric band, sleeve gastrectomy, Roux-en-Y gastric bypass, revisional surgery and others.
- The program involves before and after surgery medical and dietary evaluation and follow-up.
- Evaluation/follow-up by Bariatric Surgeon.
- Evaluation/follow-up by Endocrinologist.
- Evaluation/follow-up by Dietitian and customized nutrition plan.
- Laboratory screening tests and work-up.
- Body composition analysis.
- Evaluation by Physical Trainer & personalized exercise program.