

WEIGHT LOSS PROGRAM THAT WORKS

Dr. G's Weight Loss and Wellness Program has helped patients, whether male or female, lose unwanted weight.

According to data collected at three of its sites (Dadeland and Flagler, Miami, FL; and Sparta, NJ), the total weight loss over a 12-months period taking into account all initial enrollments and reenrollments amounted to about 8% to 9%.

This weight loss is consistent for female patients (Table 1) and male patients (Table 2).

Table 1 Total Weight Loss -- Female Patients

# of Initial Enrollments/Reenrollments		# of Office Visits	Initial Weight (lbs)	Final Weight (lbs)	Weight Loss (lbs)
# of Initial Enrollments	297	2,103	54,389	49,369	5,020 (9.2%)
# of Reenrollments	414	532	69,167	63,956	5,211 (7.5%)
Total	711	2,635	123,556	113,325	10,231 (8.2%)

Table 2 Total Weight Loss -- Male Patients

# of Initial Enrollments/Reenrollments		# of Office Visits	Initial Weight (lbs)	Final Weight (lbs)	Weight Loss (lbs)
# of Initial Enrollments	61	416	15,390	13,823	1,567 (10%)
# of Reenrollments	48	227	11,696	10,824	872 (9.2%)
Total	109	643	27,086	24,647	2,440 (9%)

Components of Dr. G's Program

Dr. G's Program is much more than cutting food intake, and has the following components working together for achieving weight loss. These components include

- **Individualized Plan.** Dr. G's Program provide individualized plan depending on a patient's weight loss target.
- **Medical Evaluation.** Dr. G's Program provides for a medical evaluation based on a patient's age, weight, blood results, medical history, body mass index and weight loss goals. Pat of this medical evaluation, a physician will prescribe a combination of

medications, along with Dr. G's Program proprietary herbal supplements which curb a patient's appetite, cravings for carbohydrates and sugar.

- **Real Food Individualized Plan.** Dr. G's Program provides individualized meal plans that fit a patient's lifestyle, tastes and caloric needs without taking away the enjoyment of regular meals at home and in restaurants, or by providing simple meal replacements or snacks which are designed to work with Dr. G's weight loss program.
- **Activity and Fitness.** Dr. G's Program enable patients to incorporate the appropriate exercise routine into the lifestyle of a patient.
- **Maintenance Program & Support.** Maintenance program and support is provided through Dr. G's Program wellness team which includes physicians trained in nutrition. The wellness team is available to implement an individualized maintenance program designed to maintain the weight loss.

Comparison of Dr. G's Program to Other Weight Loss Programs

The Gudzone article¹ relates the results of 45 studies, 39 of which were randomized, controlled trials. People in each of the weight loss programs were compared in terms of weight loss to people enrolled to follow "control/education" (no intervention, printed materials only, health education curriculum, or <3 sessions with a provider) and/or "behavioral counseling."

According to the Gudzone article, at 12 months, Weight Watchers resulted in at least 2.6% greater weight loss than control/education. Jenny Craig resulted in at least 4.9% greater weight loss at 12 months than control/education and counseling. Nutrisystem resulted in at least 3.8% greater weight loss at 3 months than control/education and counseling. Very-low-calorie programs (Health Management Resources, Medifast, and Optifast resulted in at least 4.0% greater short-term weight loss than counseling, but some attenuation of effect occurred beyond 6 months when reported. Atkins resulted in 0.1% to 2.9% greater weight loss at 12 months than counseling. Results for SlimFast were mixed.

The Gudzone article recommends that clinicians consider referring overweight or obese patients to Weight Watchers or Jenny Craig.

Table 3 compares and contrasts Dr. G's Program and the weight loss programs studied in the Gudzone article. Table 4 compares and contrasts Dr. G's Program to Weight Watchers, Jenny Craig and the Control/Education Group, and Table 5 compares and contrasts Dr. G's Program to Weight Watchers, Jenny Craig and the Behavioral Counseling Group.

Taking into account the Control/Education and Behavioral Counseling Groups as comparators, Dr. G's Program achieved a clinically significant weight loss. This weight loss which is about 8% to 9% at the end of a 12-month period, is higher than the 5% clinically significant threshold cited in the Gudzone article, and is also higher than the weight loss achieved with Weight Watchers or Jenny Craig relative to the comparators.

¹Gudzone et al, "Efficacy of Commercial Weight Loss Programs; An Updated Systematic Review, *Annals of Internal Medicine*," Vo. 62, No. 7, 7 April 2015.

Table 3 Comparison between Dr. G's Program and Other Weight Loss Programs

Program	Weight Loss	Physical Activity	Behavioral Strategies	Group Sessions	Monthly Cost*
Low Carb (under 50 grams per day) conventional foods; >12 sessions per year					
Dr. G's Program	Average 8% to 9% over a 12-month period	Cardiovascular activity such as walking	Medical supervised, self-monitoring; monthly office visits	One on one counseling with a physician and wellness coach	Medications, labs, EKG, and office visits: \$399
Low Calorie Conventional Food or Meal Replacements; >12 sessions per year					
Weight Watchers	At 12 months, 2.6% > than control group ¹	Activity tracking	Self-monitoring	Group sessions; Online coaching Online; community forum	Online Plus: \$19.95 Meetings: \$44.95 Personal Coaching: \$54.95
Jenny Craig	At 12 months, 4.9% > than control group ¹	Encourages increased activity	Goal setting; Self-monitoring	1 on 1 counseling	Meal Replacement, \$630
Nutrisystem	At 3 months, 3.8% > than control group ¹	Exercise plans	Self-monitoring	Online community forum	Meal Replacement; \$360
Very Low Calorie and Low Calorie Meal Replacement Programs					
Health Management Resources	4% > than control group short-term weight loss ¹	Encourages increased activity	Goal setting	Group sessions Telephone coaching Medical supervision	Meal Replacement from \$285
Medifast	4% > than control group short-term weight loss ¹	Encourages increased activity	Self-monitoring	1 on 1 counseling	Meal Replacement from \$300
Optifast	4% > than control group short-term weight loss ¹	Encourages increased activity	Problem solving	1 on 1 counseling Group support Medical supervision	Depends on the clinic and the program
Self-Directed Programs					
Atkins	At 12 months, 0.1 to 2.9% > than control group ¹	Encourages increased activity	Self-monitoring	Online community	Depends on the meal program
The Biggest Loser Club	At 3 months, 2.7% > weight loss than control group ¹	Exercise plans	Self-monitoring	Online community forum	Meal plans: \$13
eDiets	Similar to control group ¹	Activity tracking	-----	Online nutrition support Online community forum	Meal plans; \$10
Lose it!	Similar to control group ¹	Activity tracking	Self-monitoring	Online community forum	Free
SlimFast	Mixed results ¹	-----	Self-weighing	Online nutrition support Coaching text messages	Meal plans: \$70

*Pricing data was obtained from program websites and monthly costs have been estimated based on daily or weekly rates.

Table 4 Comparison between Dr. G's Program, Other Weight Loss Programs and Control/Education Group

Control/Education Group	Weight Watchers	Dr. G's Program
<ul style="list-style-type: none"> - Two consultations with RD - Printed materials on diet and exercise changes for weight loss - Weight loss advice from GP using clinical practice guidelines - Printed material on diet and exercise guidelines for weight loss 	<ul style="list-style-type: none"> - Vouchers to attend WW groups - Free access to weekly community-based WW meetings for 12 months, as well as WW website - Food and activity plans, group support, and behavior change skills. - Access provided to weekly in- person meetings, mobile app and website free of charge 	<ul style="list-style-type: none"> - Free access for patients to the Patient web portal giving exercise and nutritional videos along with motivational quotes, recipes based on low carb, and grocery lists - Monthly visits with the physician - Monthly and in some cases weekly visits with the wellness coach - Personalized software as a motivational tool depicting patient outcomes based on the amount of desired weight loss. - Bio report generated at first visit to determine fat percentage, basal metabolic rate, and over weight loss goals
Control/Education Group	Jenny Craig	Dr. G's Program
<ul style="list-style-type: none"> - Two consultations with RD who provided print materials and references on diet and physical activity - Caloric intake ~1200-2000 kcal/day - Exercise goal setting 	<ul style="list-style-type: none"> -Participate in local center program including pre-packaged foods (free of cost) - Weekly in-person counseling visits supplemented with phone/email as needed - Given calorie goal for weight loss and maintenance 	<ul style="list-style-type: none"> - Free access for patients to the Patient web portal giving exercise and nutritional videos along with motivational quotes, recipes based on low carb, and grocery lists - Monthly visits with the physician - Monthly and in some cases weekly visits with the wellness coach - Personalized software as a motivational tool depicting patient outcomes based on the amount of desired weight loss - Bio report generated at first visit to determine fat percentage, basal metabolic rate, and over weight loss goals.

Table 5 Comparison between Dr. G's Program, Other Weight Loss Programs and Behavioral Counseling Group

Behavioral Counseling Group	Weight Watchers	Dr. G's Program
<ul style="list-style-type: none"> - Weekly sessions with GP or NP who received weight management training. - Weekly groups led by psychologist - Moderate calorie reduction 	<ul style="list-style-type: none"> -Weekly in-person groups at a location convenient for the participant - Food and exercise plans. No cost to participants for 12 weeks - Vouchers to attend WW meetings for 48 weeks - Momentum plan with POINTS 	<ul style="list-style-type: none"> - Free access for patients to the Patient web portal giving exercise and nutritional videos along with motivational quotes, recipes based on low carb, and grocery lists - Consultation with complete medical evaluation and history including blood and EKG with a physician to determine overall wellness and weight loss goals - Specialized combination of prescription and natural medications to aid in achieving weight loss goals while changing overall behavior. This combination is specific to the overall needs of the patient and can be modified along the way for optimal results - Limit carb intake to under 50 grams of carbs per day and exercise only cardiovascular activity. Patients over time build up to approximately one hour of cardiovascular activity per day if possible.
Behavioral Counseling Group	Jenny Craig	Dr. G's Program
<ul style="list-style-type: none"> -Consultation with dietician at baseline and at 6 months -Printed materials on diet and physical activity guidelines to promote weight loss -Monthly check in via email or phone -1-h individual weight loss counseling session with a dietitian during which they advised to consume a deficit of 500–1,000 kcal/day to achieve a weight loss of 10% of initial weight. -Monthly check-in through e- mail or telephone calls, and progress was discussed in the follow-up counseling session. 	<ul style="list-style-type: none"> -Received free prepackaged program foods -Brief weekly one-to-one contact with in-person counselor provided free of charge -Follow up phone and email contacts -Website and message board availability -Goal of 30 minutes of physical activity on 5 or more days per week - Three entrees and one to two snacks were provided for 7 days/week during the initial weight loss phase (months 1–6) and for 5 days/week during a transition phase (months 7–9), and one entree and one snack daily was provided, as desired, during the maintenance phase (months 10–12). - Meals were 60% energy from carbohydrates, 20% from fat, and 20% from protein. -One-to-one counseling sessions with trained program staff were offered for the 1-year period, with follow-up telephone and website/message board availability. -- Weekly counseling 	<ul style="list-style-type: none"> - Consultation with complete medical evaluation and history including blood and EKG with a physician to determine overall wellness and weight loss goals - Specialized combination of prescription and natural medications to aid in achieving weight loss goals while changing overall behavior. This combination is specific to the overall needs of the patient and can be modified along the way for optimal results -Limit carb intake to under 50 grams of carbs per day and exercise only cardiovascular activity. Patients over time build up to approximately one hour of cardiovascular activity per day if possible. - Free access for patients to the Patient web portal giving exercise and nutritional videos along with motivational quotes, and recipes based on low carb, and grocery lists