Medical weight loss: Finding an effective way of treatment by Dr. Kamran Khazaei

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Medical weight loss refers to healthy weight loss closely supervised by a physician. The physician takes into account factors such as the cause for the excess weight so that planned weight loss can be achieved and maintained in the long run.

Medical weight loss is unique when compared to other weight loss programs as it goes beyond dieting to help lose weight. The physician begins with an assessment of the individualâ€™s metabolism and the percentage of fat in the body to study the progress of weight loss. Based on this evaluation, an appropriate, safe and low-calorie diet is prescribed. The doctor looks at the individualâ€™s ability to lose weight and maintain a healthy weight based on his or her overall health profile. If the individual has health conditions that need medication, the physician schedules a consultation to recommend an alternative course of action that promotes weight loss.

The ideal candidate for medical weight loss

Medical weight losscan work for anyone who wants to lose weight, regardless of whether it is a hundred pounds or ten pounds. Although weight loss works differently for different people, almost everyone can benefit from and be treated by medical weight loss.

What exactly does medical weight loss treat?

Medical weight loss focuses on the individualâ€™s complete health as it addresses not only excess weight, but also the health risk posed by these extra pounds. Overweight people are at increased risk for diabetes, high blood pressure, heart attacks and stroke. As a result, medical weight loss programs often include a psychological evaluation, behavior therapy, anti-obesity medication approved by the FDA and exercise.

The diet is combined with a planned exercise program is structured to suit the bodyâ€™s capability and its specific needs. Here are some of the goals in a medical weight loss program:

â€¢ Reaching weight loss goals quickly and safely based on a personal consultation with a weight loss and nutrition expert

â€¢ A full body composition analysis that assesses the bodyâ€™s fat, muscle and water content. This helps to track weight loss progress

â€¢ An assessment of the individualâ€™s motivation levels, fitness and finances to decide the right weight loss program

â€¢ Losing fat and maintaining muscle mass.

Based on the above, the individual is presented with a variety of options that suit the medical history. This happens in phases. The first phase usually involves rapid weight loss to burn a substantial amount of fat. This phase is supplemented with doctorâ€™s advice on sticking to individual weight loss goals and keeping the extra weight off. In the next phase, the diet is reworked to increase the number of calories consumed in tandem with the weight loss so that fresh eating habits are developed. This is structured to help the individual reach the goal weight.

This is followed by the maintenance phase where the individual learns how to keep excess weight

off in the long term.

Medical weight loss is especially designed to help individuals lose weight safely without health issues.

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Dr.khazaei is a well known Gyn Surgeon in New Jersey and is specialist of a medical weight loss .He is one of the best Surgeons who provide perfect solution for a woman health issue like a Family Planning Newark,Robotic Gyn Surgery, and other woman health related Issues.

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