Weight Loss Solutions

It’s not just about the pounds. It’s about the person.

For 800 years, the Alexian Brothers have cared for the sick, the aged, the poor and the dying. The basic Judeo-Christian beliefs that inspired the founders of this Catholic religious congregation sustain its ministry today. This heritage is espoused by the governance, management and entire health care team throughout Alexian Brothers Health System in their mutual commitment to promote the physical, mental, spiritual and social well-being of all individuals served through the health care ministry.

Alexian Brothers Health System carries out the healing mission of the Catholic Church through the Alexian Brothers ministries by identifying and developing effective responses to the health and housing needs of those we are called to serve.

A Healthy Community Begins with Alexian Brothers.

AlexianBrothersWeightLoss.com

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Get Started!
For more information or to schedule an appointment with our physician, please call.
1-855-839-2589

We offer convenient locations in the northwest suburbs.

About OPTIFAST®

OPTIFAST is a comprehensive, medically monitored weight management program, clinically proven to get results.

Results for OPTIFAST Participants include*:

- >50lbs average weight loss
- 11% average decrease in blood pressure
- 14% average decrease in cholesterol

* The typical OPTIFAST® patient loses over 50 pounds in 18-24 weeks. For many dieters, weight loss is temporary.

IMAGINE
THE DIFFERENCE

Lasting Solutions for Weight Loss

Offering OPTIFAST®
The serious solution for weight loss™
Alexian Brothers
Weight Loss Solutions

Your Success is Our Goal!
Alexian Brothers Weight Loss Solutions offers a comprehensive approach that addresses the medical, nutritional, behavioral and emotional changes necessary to promote long-term weight loss.

Meet Your Team

Anthony Auriemma M.D., J.D.
Medical Director
Dr. Anthony Auriemma graduated Cum Laude from Hope College before receiving his Doctor of Medicine Degree at Loyola University, Chicago. He is board-certified in both Family Medicine and Obesity Medicine. Dr. Auriemma is dedicated to helping people lose weight in order to improve their health and embrace their quality of life.

Marge Connor, R.D., L.D.N.
Program Coordinator
Marge graduated from the University of Illinois at Urbana-Champaign, with high honors, and completed her dietetic internship with graduate work at the Mayo Clinic and University of Minnesota, Rochester. She is currently finishing her Masters of Nutrition from Benedictine University.

To ensure success, all participants meet on a regular basis with our:
- Physician
- Registered Dietitian
- Fitness Specialist
- Behavioral Counselor

All team members specialize in weight loss.

Pathways to Weight Loss

Full Meal Replacement
On this program you will experience a break from regular food allowing you time to focus on the behavioral change needed for long term weight maintenance. Most participants consume five to six OPTIFAST® meal replacements daily which provide high quality, complete nutrition and result in an average weight loss of 2-5 pounds per week.

Partial Meal Replacement
This option combines the use of OPTIFAST meal replacements with a calorie-controlled meal under the support and direction of the dietitian. The flexibility of this plan will allow you to eat with family and friends while losing weight an average of 1-2 pounds per week.

Medical Nutrition Therapy
Using the metabolic rate calculated from a body composition analysis, the dietitian will formulate a meal plan for weight loss taking into account your lifestyle. If medically appropriate, patients may be prescribed FDA approved medications for weight loss.

Steps to Change Your Life
Alexian Brothers Weight Loss Solutions consists of four phases, all under the care of a board-certified physician:

1. Assessment: You begin the program with a comprehensive evaluation and physical exam to help personalize goals and expectations.

2. Active Weight Loss: During this phase, you’ll eat a calorie-restricted diet that may include OPTIFAST while under medical supervision.

3. Transition: Self-prepared foods are gradually reintroduced into your diet as you continue with lifestyle education sessions.

4. Long-Term Management: You will be able to participate in ongoing support and education sessions aimed at helping you manage your weight long-term.

Support Along the Way
We offer important resources to help you lose weight and keep it off.
- Medical Supervision – to ensure you lose weight safely
- Meal Replacement Products – to help limit your caloric intake while providing complete nutrition
- Comprehensive Lifestyle Education – weekly classes to help you maintain a healthy weight through nutrition, exercise, and lifestyle changes
- Expert Counseling – for personalized support and advice
- Ongoing Personalized Support – to help ensure long-term success