Weight Management Program Experts:

Deborah Blenner, MD
Dr. Blenner specializes in Internal Medicine for adults and adolescents. Her expertise includes the science of weight management for adults and children 12 years and older, sleep disorders and treatments for peri/post menopausal women. She is dedicated to fighting the national obesity epidemic, as well as helping patients achieve a healthier and more fulfilling life. Dr. Blenner was a feature presenter at The Albert Einstein College of Medicine Obesity Symposium. She completed courses in obesity diagnosis and treatment with the American Society of Bariatric Physicians and the American Board of Obesity Medicine. Dr. Blenner has specifically designed the weight management program at Siena Proactive Internal Medicine.

Josephine Tutrani, MS/RD/CDN
Clinical Nutritionist
Ms. Tutrani of “Diet by Design” is a Clinical Nutritionist with over 30 years of experience in obesity. She received her B.S. degree in Nutrition from James Madison University and her Masters degree from the University of Bridgeport and completed an additional 1000 hours of continuing education in integrative and medical nutrition therapy.

Michael Niebuhr, CSCS
Certified Strength Conditioning Specialist
Mr. Niebuhr of “Transitions Fitness” is a graduate of the University of Albany. He has over 25 years experience in the field of fitness and nutrition and works with highly skilled athletes, post-rehab patients as well as weight management clients. His attention to detail, program design and ability to get results for his clients truly sets him apart.

For information about the Weight Management Program contact the office of Deborah Blenner, MD 323 Middle Country Rd, Ste 3 Smithtown, NY 11787 (631) 656-8171 www.sienaproactive.com

Watch Dr. Blenner’s interview on “What is a Healthy Weight?” Visit:
http://tinvurl.com/CHSLifestyles
Weight Management Program

The Weight Management Program is a customized medical treatment plan coupled with permanent lifestyle modifications designed to restore natural body composition and improve overall health. This medically supervised weight loss program teaches strategies for long-term weight loss success and lifestyle changes.

The program is designed to determine why you gain weight and help you achieve safe and effective weight loss using the latest FDA approved weight loss medications, natural weight loss supplements and hormones. The program also offers additional support through nutritional counseling by an experienced Registered Dietician and a Certified Strength and Fitness Specialist who will design a program to assist with optimal weight loss.

The cost to participate in a physician-supervised weight-loss program varies depending upon the services offered. Health insurance companies may cover some of your treatment if you have weight-related health conditions such as heart disease, hypertension or diabetes. The office staff will assist with any questions regarding insurance or costs.

Participants in the program will undergo an initial work-up that will include:

- Comprehensive History and Physical
- Detailed Laboratory Evaluation
- Medication Review
- Metabolic Rate Testing
- Polar Body Age Fit Testing
- Cardiac Testing (if necessary)
- Hormonal Analysis
- Sleep Disorder Assessment

Participants can expect:

- Skills to lose weight and keep weight off
- Customized Medical Diets
- Strategies for lifestyle changes
- Reduced health risk factors as weight loss is achieved
- Education in nutrition and fitness
- Fitness and flexibility testing
- Body Composition Analysis—includes fat percent, muscle mass and total body weight
- Support for long term success!

A 4 MONTH COMMITMENT IS REQUIRED TO ACHIEVE RESULTS