

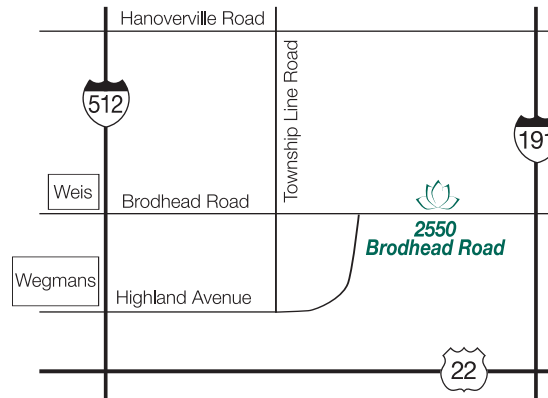


Gene Whang, M.D., F.A.C.O.G.

Dr. Whang is a board certified physician practicing in the Lehigh Valley area for over 14 years. He is an honors graduate from the University of Chicago with a B.A. degree. Dr. Whang received his M.D. degree from Rush Medical College in Chicago and is a Fellow with the American College of Obstetrics and Gynecology.



Center for Healthy Living and Weight Management



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Weight Loss Management

The Center for Healthy Living and Weight Management was formed to address the problems associated with obesity.

Our goal is to empower our patients to live a healthier life and lose weight accordingly.

Obesity is a national epidemic that kills approximately 350,000 to 400,000 people per year and is second to smoking as the most deadly preventable disease in the United States.

Unlike other weight loss centers, we seek to find the underlying cause of weight problems and treat it accordingly. Many medical practices will treat the "symptoms" of obesity and do not spend enough time or resources to treat the underlying cause of the medical conditions.

We do not place our patients on diets. Most diets fail because patients cannot maintain a specific diet for a lifetime.

Our programs include compiling a complete history, physical examination and comprehensive blood work to help determine the cause of fat deposition and metabolic function. We treat the weight gain with an appropriate plan and structure.



Structure

Once a patient is evaluated for weight loss, the doctor will recommend a specific program to fit the individual. The recommendation will be based on the individual's present weight, medical conditions, past success and lifestyle schedule.

We assess a person's lifestyle:

- Eating Habits
- Activity Level
- Medical History
- Home and Work Stress
- Menopausal

The patient will be encouraged to be seen by our doctor every week to track the progress of the weight loss as well as other issues like hunger, hydration, schedule conflicts and other food issues.

Each week the patient will be evaluated. There may be a need to adjust the food program depending on the patient's progress.

Each consultation is individualized and a private one on one session.

Appetite Suppression Medication

We utilize only FDA approved medication for hunger control. We monitor drug interactions, contradictions and blood pressure when the patient is prescribed the medication.

The medications are only available via prescription.

Patients lose an average of 2 to 5 pounds per week while on the program with an aid of appetite suppression. Medications sometimes act as a stimulant, so strict monitoring is mandatory, and there will be adjustments to the treatment as patients progress through the program.

Length of program

We offer different programs to fit an individuals needs. The plans range from monthly, to 6-month, to 1-year.

Cost

The cost of the program varies depending on the program the patient chooses. We are competitive in our pricing, costing approximately \$12/visit. (Less than the cost of a co-pay for a doctor's visit.)

We empower our patients to live a healthier life, maintain better weight control, and address the many medical problems associated with obesity.