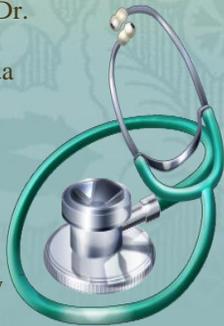


## COLEEN M. ANDRUSS, MD

Dr. Andruss is board certified in both Internal Medicine and in Bariatrics, which is the study of obesity. She has practiced several years of primary care Internal Medicine; however, after realizing the neglect of obesity in society, her practice is now limited to weight management. She has treated hundreds of overweight patients over the last several years, including a practice in southern Nevada for four years, in Virginia, and now in Utah. She received her MD degree as a graduate of the University of Minnesota School of Medicine. She continued her post-graduate training by completing an internship and residency in Internal Medicine at the University of Pittsburgh. She accepted an invitation to serve an additional year as Chief Medical Resident and staff physician at the University of Pittsburgh Medical Center. She has been the medical director of a multi-physician clinic in southern Nevada, as well as medical director of Physicians Certified Weight Loss Center based in Las Vegas. She then opened her own practice at the Health South Hospital facility after moving to Virginia, with patients limited only to the overweight and obese. Her Healthy Lifestyles Medical Weight Loss practice in Virginia still exists with the success of patients under the supervision of a fellow bariatric physician. Dr. Andruss has now returned to the southern Utah/Nevada area and will continue to promote Healthy Lifestyles through a well monitored weight loss program. She also has experience in Hormone Therapy and believes in aging gracefully through eating right and exercising regularly.



## What have others experienced with

### Dr. Andruss??

“I had tried every weight loss program out there. The results were always the same. The pounds would come back and bring a few friends with them. From my first meeting with Dr. Andruss, I knew I was onto something different. I was in control. This was not a 19 year old trained individual trying to sell me a pre-packaged product masquerading as food. Dr. Andruss and I worked together to calculate the number of calories I would need to lose weight at a slow but steady rate. How I structured the nutritional plan was up to me, so that I would stick with it. I started at 162 pounds and in about ten months I was at a very comfortable 127 pounds. Much to my delight, I went from a size sixteen to a size ten. The success with Dr. Andruss compared to the countless other diets was a combination of a mild medication (which I felt was safe), keeping a daily calorie journal so I stayed within my caloric limit, a small amount of exercise that I could do despite my knee problems, and MOST OF ALL, the warm and caring encouragement I got from Dr. Andruss herself. What will keep the weight off is the stabilization part of her program and the new healthier eating habits I have developed while I was losing the weight. I was a SUCCESS and will continue to be a success thanks to Dr. Andruss.”

(former patient)

Coleen M. Andruss, M.D.

## HEALTHY LIFESTYLE

### WEIGHT LOSS PROGRAM



**COLEEN ANDRUSS MD**

*Board Certified Bariatrics  
and Internal Medicine*

**WEIGHT LOSS SPECIALIST and  
HORMONE THERAPY**

1173 South 250 West Suite 110

St. George, Utah 84770

**435-986-3800**

## INITIAL VISIT

1. Patient History & Medical Questionnaire
2. Consent Form (Side effect review)
3. Screening by Provider - Review of History and Medication List
4. Body Mass Index and Body Fat%
5. Physical Exam with Electrocardiogram (EKG)



6. B 12 Injection
7. Goal Discussion
8. Exercise Counseling
9. Nutritional Counseling
10. Hormone Counseling if requested
11. Written Prescription for medications if physician feels it is appropriate

## FOLLOW-UP VISITS

1. Weigh In
2. Monitoring of symptoms, Blood Pressure, pulse, heart and lung exam
3. B 12 Injection
4. Body Fat
5. General Counseling
5. Behavioral Therapy
6. Prescription Medication (if appropriate)
7. If requested - **Hormone Therapy**, HCG, Protein Supplements, vitamins, etc.

**W**hen you are sick, you see your doctor. When you have a chronic illness, you see your doctor.

### OBESITY IS A CHRONIC ILLNESS.

You should see a physician if you are overweight. Being overweight is not just a cosmetic concern. It can pose serious threats to your health. Obesity is associated with heart disease, stroke, high blood pressure, sleep disorders, diabetes, osteoarthritis and more.

If you are like most people, you have probably tried numerous diets - - some successful and some not. Too often, diet and exercise alone are not enough. Prescription medication may be helpful as an adjunct to a nutritional and exercise plan. They can be used safely when monitored closely and when used in the appropriate person.

Hormone therapy has also been shown to help weight loss in certain individuals and can potentially make a person feel more balanced. Hormone therapy in both males and females can make a difference in a person's energy level and in the aging process.

The understanding of the importance of weight as a **disease** and not just a risk factor is crucial. The understanding of a treatment plan and thorough education by a trained professional will significantly enhance the success rate of the individual.

## MAINTENANCE

Once a goal weight is reached or the physician feels you need to come off the medication, the medication will be tapered slowly and appropriately, visits



will be less frequent, but visits will still be necessary.... As maintenance is the toughest part of the weight loss program. A patient **NEEDS** someone to be accountable to.

*REMEMBER*, obesity is a chronic disease and needs to be monitored frequently by a physician just like any other disease. Continued Monitoring with improved nutrition and exercise leads to **SUCCESS** and **SATISFACTION** as well as a new **HEALTHY LIFESTYLE!!!**

**CALL NOW**  
**435-986-3800**