

Breakthrough Online Weight Loss Options Offered by Local Experts in Virginia

(Newport News, VA - November 6, 2008) The Center for Metabolic Health, a comprehensive weight management facility focusing on dietary counseling, behavior modification, and exercise physiology in Newport News, Virginia, launched a revolutionary website in October of this year. It's one of the first websites of its kind in the U.S. as it provides patients with a genuine "in person" office experience from the comfort of their own home. Besides ordering vitamins and nutritional supplements from the online eStore, patients can schedule an appointment and listen to frequently updated podcasts created by the expert staff providing a new option for patients considering an alternative to weight loss surgery for the treatment of obesity. More information is available at www.centerformetabolichealth.com.

The Center for Metabolic Health is directed by Dr. Thomas W. Clark, MS, MD, FACS, a bariatric surgeon who has performed more than 2,000 weight loss surgery procedures since 1994. Just as he truly enjoys working with his surgical patients to assist them in meeting or exceeding their health goals, he also feels committed to patients who struggle with weight-related issues and who are interesting in pursuing non-surgical weight loss options. His dynamic team is composed of certified personal trainers, certified dietitians, nurse practitioners, psychologists and licensed wellcoaches who create a warm and motivating environment to ensure long-term weight loss success through flexible program options.

Not only has the Center for Metabolic Health team established for themselves the reputation of being premier local experts in Virginia for weight management, but it has since its inception been pushing the envelope to combine technology with its already personalized program.

"People need more one-on-one time because even if you've lost weight -- even if you've had surgery -- you can easily gain it back if you don't change your behavior," said Dr. Clark. A large part of the success that Dr. Clark sees in his patients is the result of the intense education they receive as a result of his program and the website. Pertinent online weight loss news is updated regularly; and personalized ever changing podcasts offer people the opportunity to take their program with them when they leave the doctor's office. A patient can select from a series of podcasts such as, "Weight Loss from the Inside Out," a nutrition series, a behavior series and other supportive online materials.

In keeping with the Center for Metabolic Health's philosophy of comprehensive, personalized care and attention, the staff is working on creating a ground breaking online weight loss curriculum in which participants have full discretion in how they participate. This six-month program can be done face-to-face, online, or in combination depending on what kind of support the patient and support team deem necessary. The online component will enable precise monitoring of patients' progress in reaching their weight loss goals. Instant feedback from the staff regarding nutrition, fitness and behavior will be available to participants via the web providing a level of care that is simply unmatched by other programs.

As Dr. Clark states, "Life is what we do minute to minute and day to day...not what occurred in the past or what will happen in the future." By providing the Center for Metabolic Health experience online, patients have the power to reach their goals and maintain the encompassing support system whether they are at home, in the office or on the road.

Dr. Thomas W. Clark graduated from Davidson College and The Bowman Gray School of Medicine in North Carolina. He is certified by the American Board of Surgery and is a Fellow of the American College of Surgeons. He has also passed his written and oral boards in bariatric medicine. He is a member of the American Society for Metabolic & Bariatric Surgery, American Society of Bariatric Physicians, the American Medical Association, and the International Federation for the Surgery of Obesity.

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