



New Hope for a New Healthier You

Offering Lasting Weight Loss Solutions with OPTIFAST®

Proven Outcomes in 26 Weeks!

How Does It Work?

The OPTIFAST® Program is patient-focused and you'll work directly with the Center for Weight Control's clinical nutrition manager, who will manage, monitor and assess your weight loss.

The program, which usually lasts 26 weeks, utilizes a full meal replacement plan that transitions to self-prepared "everyday" meals in conjunction with comprehensive patient education and support, to help patients achieve long-term weight loss.

The OPTIFAST Program is designed for the severely obese, those with a body mass index higher than 35.

Why Choose OPTIFAST®?

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

Typical Results for OPTIFAST Participants include:

- > Over 50 lbs. average weight loss*
- > 11% average decrease in blood pressure
- > 14% average decrease in cholesterol
- > Approximately 50% of patients maintain a loss of greater than or equal to 5% of initial weight five years after treatment

The OPTIFAST® Difference

The OPTIFAST Program succeeds because it treats the whole patient, focusing on more than just weight. Patients work with a team of health care professionals, including physicians and a clinical nutrition manager to help patients achieve long-term weight loss.

The Benefits of OPTIFAST®

The OPTIFAST Program provides tools and support to help patients lose weight and keep it off.

These include:

- Expert resources to address, modify and support lifestyle, behavior and diet decisions
- Progression towards better health and emotional well-being
- High quality, complete nutrition, pre-portioned and calorie-controlled weight management products
- Quick and simple preparation of products

Take the First Step to Begin your Weight Loss Journey!

Call 978-784-9314 to schedule an appointment with our clinical nutrition manager, or register to attend a free information session with our clinical nutrition manager.

Nashoba Valley Medical Center

A STEWARD FAMILY HOSPITAL



Center for Weight Control