

WOMENCARE

A Healthy Woman is a Powerful Woman

BRENDA M. BARRY, M.D.

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Weight Management Program

The Need

Obesity is the number two preventable cause of illness in the U.S. An estimated 97 million adults in the U.S. are overweight or obese & are at a much higher risk of contracting more than 30 medical conditions including diabetes, hypertension, heart disease, some cancers, arthritis, & stroke. Over 300,000 deaths per year can be attributed to being overweight or obese. Many factors, including metabolism, genetics, lifestyle & cultural differences can influence a person's weight.

Weight Program Summary

Dr. Barry's weight program is individualized & consists of a review of your medical history, a physical examination, & one-on-one counseling. Her program focuses on four key elements:

- Nutritional counseling
- Behavior modification
- Exercise planning
- Medication, if needed

Brenda M. Barry, M.D.

Dr. Barry graduated from the State University of New York College of Medicine in Syracuse, New York, & completed her residency at the Medical College of Pennsylvania in Philadelphia. She attained Board Certification in Obstetrics & Gynecology in 1992 & in Bariatric Medicine in 2003. She is a Diplomat of the American Society of Bariatric Physicians which is the only national medical society that teaches physicians how to comprehensively treat obesity.

Program Consult

- Is this program right for you? (15 minute consult with Dr. Barry)

Frequency of visits

- Initial evaluation – 2 visits (one with Nurse Practitioner, one with Dr. Barry)
- Then monthly visits

What may be prescribed or recommended?

- Varies by individual – this program is tailored to you
- Various prescription medications and/or supplements

What are the fees?*

- Program consult - \$45 (15 minute consult with Dr. Barry – is this program right for you?)
- First nurse visit - \$100 (EKG, blood test, measurements, photo, review paperwork)
- First doctor visit - \$150 (review of medical history, interpretation of blood work and EKG, discussion of weight loss plan)
- Follow-up visits - \$65 (includes visit with Dr. Barry \$35, body fat analysis \$10, lipoplex injection \$20)
- EKG - \$50 (done periodically – refunded if covered by your insurance)
- Blood work – may be covered by insurance (done periodically)

(*) This program is usually not covered by health insurance providers. Lab fees for blood work, prescription medications, & supplements are not included in the fees provided above.

**If you would like to schedule a Weight Program Consult,
please call the office at 407-898-1500 ext. 10**