New Patient Guidebook, "Live Healthier - Weight Loss Options for Treating Obesity," Now Offered by the American College of Physicians Foundation

The Associated Press

Health care professionals tend to underestimate a patient's willingness to discuss their weight and treatment options(1). To help address this communication gap, the American College of Physicians Foundation has developed a Patient Centered Education guidebook and DVD called "Live Healthier - Weight Loss Options for Treating Obesity." This tool was supported by funding from Ethicon Endo-Surgery, Inc., (EES), a leader in bariatric and metabolic surgical solutions.

(Logo: http://photos.prnewswire.com/prnh/20110513/NY01718LOGO) The guidebook and video - available now at http://acpfoundation.org/materials-and-guides/video/videos-for-patients/weight-loss-options-for-treating-obesity.html - are intended to help physicians and patients learn more about obesity and obesity treatment options, ultimately leading to weight-related conversations in the doctor's office.

"We're currently in an obesity epidemic. More than 72 million Americans are struggling with obesity, a disease that can directly lead to health issues including type 2 diabetes, cancer, cardiovascular disease, obstructive sleep apnea and many others," said Dr. Robert F. Kushner, M.D., Clinical Director of the Northwestern Comprehensive Center on Obesity and past president of The Obesity Society. "Primary care physicians play a vital role in a patient's weight loss journey, which starts with having frank discussions about available treatment options, including lifestyle modifications, medications and weight loss surgery." Obesity is a complex disease with many causes, including social, cultural, and genetic factors. Many people affected by obesity have tried for years to lose weight without long-term success. Today there are many weight-loss options for those who suffer with obesity.

Treatment options include tips for a healthy lifestyle, the importance of a lifelong commitment to healthy living as an integral part of any weight loss plan, prescription drugs, and weight loss surgery. The guidebook includes an overview of obesity, its associated risks and available treatment options based on body mass index (BMI).

An accompanying DVD contains educational content brought to life by patient stories and commentary from leading physician experts, including: -- Dr. Robert Kushner, Clinical Director of the Northwestern Comprehensive Center on Obesity and past president of The Obesity Society -- Dr. Christopher Still, Director of the Geisinger Obesity Institute, Medical Director, Center for Nutrition and Weight Management -- Dr. Robin Blackstone, President of the American Society for Metabolic and Bariatric Surgery and Medical Director, Scottsdale Healthcare

Bariatric Program.

About Ethicon Endo-Surgery, Inc.

Ethicon Endo-Surgery, the maker of the REALIZE Solution for bariatric and metabolic surgery, develops and markets advanced medical devices for minimally invasive and open surgical procedures, focusing on procedure-enabling devices for the interventional diagnosis and treatment of conditions in general and bariatric surgery, as well as gastrointestinal health, gynecology and surgical oncology. More information can be found at www.ethiconendosurgery.com or www.realize.com.

(1) "Bariatric Surgery Study: Physician and Patient Data Summary Sheets." Harris Interactive Inc. April 2011.

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