Is A Medically Supervised Weight Loss Program Right For You?

Holli Brousseau, NP, is a graduate of Rhode Island College and has worked in surgical and medical weight loss since 2010. She received her Nurse Practitioner degree from RIC in 2014. She is also a member of the American Society for Metabolic and Bariatric Surgery.

Find Out From the Weight Loss Experts at Roger Williams Medical Center.

What is Medically Supervised Weight Loss?

Using a combination of change in diet, weight loss medications and regular exercise, overweight and morbidly obese people can achieve meaningful weight loss objectives. Under the direction of a qualified weight loss professional, patients are given individualized weight loss programs designed to meet their goals. Most often a combination of prescribed medication, diet changes such as shakes or bars, one small meal a day and sensible exercise will be used.

How Do I Know It's Right For Me?

Patients with a Body Mass Index (BMI) of 27 or greater are eligible for medical weight loss. In some cases, the desired weight loss goal does not require weight loss surgery, and in other cases surgery is not an option until some weight reduction is achieved through medical weight loss techniques.

Who Will I See for Medical Weight Loss

Our nurse practitioner, Holli Brousseau, NP, is qualified to design and direct a medical weight loss program, working in conjunction with a registered dietitian. Each patient receives a custom diet plan that ensures weight loss progress can be made without the risk of undue hunger or medical risk.

What's Involved in This Program?

This is not a prepackaged food diet plan, and patients buy their own food at the grocery store, using our suggestions for food selection. To enhance the affordability of our program, we use our own products and suggest the right store-bought shake and bar products. A suggested exercise routine, personalized to you and your ability, will also be offered.

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