

Attend a free weight-loss seminar



We invite you to learn more at one of our free online or on-location weight-loss seminars.

Call 1-877-477-6954, or visit ssmweightloss.com for more information.

SSM DePaul Health Center
12266 DePaul Drive, Suite 310
St. Louis, MO 63044


 **SSM Weight-Loss Institute**

1-877-477-6954
www.ssmweightloss.com

We offer a comprehensive weight-loss program

SSM Weight-Loss Institute offers a comprehensive program that is tailored to fit your unique health and weight-loss goals. Our team of physicians, nurses, dietitians, health educators and exercise physiologists, led by Mario P. Morales, MD, medical director of SSM Weight-Loss Institute, will help make this the time of your life.

"Our philosophy is to offer a complete program for patients with any type of weight problem," says Dr. Morales. "Our programs cover the entire spectrum, from moderate and rapid weight-loss diets to surgery when necessary."

 **SSM Weight-Loss Institute**



Remember
when you could fly
without excess weight
keeping you down?

A mission of hope

SSM Weight-Loss Institute is committed to relieving suffering from clinically severe obesity. Our program provides unsurpassed multidisciplinary care, combining scientific knowledge, medical technology, surgical expertise, psychological and social insights, and spiritual support. We strive to improve your health by helping you achieve lasting weight loss that reduces life-threatening risk factors, improves self-esteem and enhances daily living.

A healthier life starts today

Take the first step toward a healthy lifestyle today, by contacting SSM Weight-Loss Institute at 1-877-477-6954, or online at www.ssmweightloss.com.



Do you know your body mass index?

HEIGHT	WEIGHT (pounds)																							
	120	130	140	150	160	170	180	190	200	210	220	230	240	250	260	270	280	290	300	310	320	330	340	350
5'0"	23	25	27	29	31	33	35	37	39	41	43	45	47	49	51	53	55	57	59	61	62	64	66	68
5'2"	22	24	26	27	29	31	33	35	37	38	40	42	44	46	48	49	51	53	55	57	59	60	62	64
5'4"	21	22	24	26	28	29	31	33	34	36	38	40	41	43	45	46	48	50	52	53	55	57	58	60
5'6"	19	21	23	24	26	27	29	31	32	34	36	37	39	40	42	44	45	47	49	50	52	53	55	56
5'8"	18	20	21	23	24	26	27	29	30	32	34	35	37	38	40	41	43	44	46	47	49	50	52	53
5'10"	17	19	20	22	23	24	26	27	29	30	32	33	35	36	37	39	40	42	43	44	46	47	49	50
6'0"	16	18	19	20	22	23	24	26	27	29	30	31	33	34	35	37	38	39	41	42	43	45	46	47
6'2"	15	17	18	19	21	22	23	24	26	27	28	30	31	32	33	35	36	37	39	40	41	42	44	45
6'4"	15	16	17	18	20	21	22	23	24	26	27	28	29	30	32	33	34	35	37	38	39	40	41	43

■ Underweight
 ■ Healthy
 ■ Overweight
 ■ Obese
 ■ Severely Obese
 ■ Morbidly Obese

BMI, or body mass index, is a numerical value of your weight in relation to your height. BMI is a good indicator of healthy weights for adult men and women, regardless

of body frame size. Higher BMIs (30 and above) are associated with significantly increased health risks in some people.

Are you looking for weight-loss assistance?



For more than 20 years, Health Management Resources (HMR®) has been helping people achieve long-term weight loss that leads to life-changing health benefits. The HMR® Program at SSM Weight-Loss Institute offers program options to meet individual weight-loss goals.

SSM Weight-Loss Institute offers four program options.

Choose the one that best fits your needs:

- Medically supervised, low-calorie diets for rapid and significant weight loss
- Healthy Solutions® – a moderate weight-loss diet without medical supervision
- HMR at Home® Program – the Healthy Solutions® program with weekly phone support
- Self-directed weight loss using HMR® meal replacements and program materials
- Order food online at ssmweightloss.com

Are you considering weight-loss surgery?

At SSM Weight-Loss Institute, the Roux-en-Y divided gastric bypass, the adjustable gastric band placements, and the sleeve gastrectomy are performed laparoscopically by our nationally recognized surgeons.

Candidates for weight-loss surgery must be at least 18 years of age, and:

- At least 100 pounds above ideal body weight, or
- Have a BMI (body mass index) of 40 or greater, or have a BMI of 35 or greater with one or more obesity-related health conditions

Many health insurance companies will cover the cost of weight-loss surgery if requirements are met.

