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FOR IMMEDIATE RELEASE

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PHYSICIAN-GUIDED WEIGHT LOSS CLINIC OPENS IN TIME FOR NEW YEAR'S RESOLUTIONS

Monarch Medical Weight Loss Center has opened a new clinic in Portland at 7405 S.W. Barbur Blvd. — just in time to help the overweight cope with the New Year. According to Dr. Robert Graham, the clinic's administrative medical director, the holiday season is notoriously difficult for those struggling with extra pounds.

Monarch Medical Weight Loss Center sets itself apart from common weight loss programs by offering a medically-based, physician-guided approach to the treatment of obesity. The physicians and nurses become familiar with the patients' individual medical histories and focus on problems specific to weight and nutrition. The Monarch approach includes medical testing and body composition analysis to create a personalized weight loss program for each patient. "A doctor's involvement is particularly important when there is diabetes, high blood pressure or other obesity-related diseases," says Dr. Graham.

Dr. Graham is careful to distinguish between the role of Monarch Medical Weight Loss Center and that of a primary care provider. "Monarch offers medical weight loss services. We do not take the place of the patient's primary care provider. We focus on the treatment of obesity and rely on our patients' primary care and specialist physicians to provide their other medical needs."

The first clinic opened in Eugene as the Medical Weight Loss Center of Oregon and with the opening of regional clinics is now known as Monarch Medical Weight Loss Center. Founded in early 2006 by seven physicians, including Graham, the clinic has provided treatment to more than 1,500 people and is growing rapidly. Locations also include Roseburg, Florence, Albany, Salem and Lake Oswego. Two more clinics are scheduled for the region by the end of the year.

"There is certainly a demonstrated need for this type of medical approach to weight loss. And with the New Year rapidly approaching, many people will need assistance with losing weight. Monarch is here to help," says Dr. Graham.

For more information, patients can contact Monarch Medical Weight Loss Center at 7405 S.W. Barbur Blvd., Suite 250, in Portland at 503-542-4001 or visit www.monarchmedical.net.