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**EMERGENCY ROOM PHYSICIANS LEAVE POSTS TO FOCUS ON OBESITY
AND NORTHWEST'S FASTEST GROWING MEDICAL GROUP**

Emergency room physicians Dr. Richard J. Lindquist and Dr. Robert D. Graham left their posts at Springfield's McKenzie-Willamette Emergency Department in 2007 with a pressing mission: a plan to directly address obesity as a major health problem that faces the U.S. population — including people in the Pacific Northwest who are known for their love of the outdoors and active lifestyles.

Today the team, with its supporting physicians and business managers, has opened four Oregon weight loss clinics in the past five weeks (Florence, Albany, Salem and south Eugene). The Monarch Medical Weight Loss Center physicians are poised to open four more by year's end (Lake Oswego, southwest Portland, Hillsboro and Beaverton). Consider a May 2007 opening in Roseburg, and a rebranding of the flagship clinic in Eugene, and Monarch is a newcomer — times 10.

“Obesity is a disease whose treatment has immediate and profound benefits in a patient's quality of life and life expectancy. It certainly has been true in my life,” says Monarch's Clinical Medical Director Richard Lindquist, who lost over 35 pounds and has kept it off. “The need is so great and our system of medically-supervised weight loss makes a difference.”

Lindquist and Graham bring outstanding credentials and credibility to the field of weight management. Both are members of the American Society of Bariatric Physicians. Lindquist has practiced medicine for over two decades, and Graham has served for more than a decade. Lindquist earned his MD at the University of Washington, and Graham received his MD at the University of Texas. Each has been honored for his work in the medical field, and Lindquist was recognized as Oregon EMS Medical Director of the Year in 2001.

The physicians consider the leap from emergency room to weight loss clinic surprisingly intuitive. “So much of what we saw in the emergency room was a direct result of a body with too much weight on it. From diabetic complications to cardiac conditions, a lot of the life-threatening situations could be avoided or at least better managed with weight management,” explains Graham.

Monarch’s programs use FDA-approved medications, nutritional supplements, lipotropic vitamin injections, blood chemistry monitoring, one-on-one counseling and a variety of meal replacement alternatives to assist patients during the diet phase of their programs. Extensive patient education throughout the program plays a large role in the maintenance mode of Monarch patient’s success. From eating habits to lifestyle choices, the physicians and their materials position the patients for success. A Monarch cookbook is in its final stages of editing, and will become an integral part of patients’ post-diet life.

Monarch originated in Eugene Oregon after forming its first clinic on Coburg Road in April of 2006. A team of seven physicians — including Lindquist and Graham — worked on the unique design and one-on-one counseling necessary to build a medical clinic concept that would provide demonstrable solutions to the U.S. population’s epidemic of obesity and its associated medical complications.

Now, with rapid growth underway, the team is directing much of its attention to ensuring that the new Monarch medical teams are exceeding the standards that have defined the success of the group’s first clinic in Eugene. “Quality of care is our most important focus at this point,” says Dr. Graham.