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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 is now taking appointments for its newest clinic in Hillsboro, which will open Jan. 9 — just in time to help people who want to lose weight in the New Year. According to Dr. Robert Graham, the center's administrative medical director, the holiday season is traditionally difficult for those struggling with extra pounds.

Monarch Medical Weight Loss Center distinguishes itself 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 history 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.

"Our program is applicable to all overweight and obese people, but a physician's involvement is particularly important if there is diabetes, high blood pressure or another obesity-related disease," 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."

"There is certainly a demonstrated need for this 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.

The first clinic opened in Eugene as Medical Weight Loss Centers of Oregon. With the opening of regional clinics, it is now known as Monarch Medical Weight Loss Center. Founded in early

2006 by seven physicians, including Graham, Monarch has provided treatment to more than 1,500 people and is growing rapidly. Locations also include Roseburg, Florence, Albany, Salem, south Eugene, Lake Oswego, southwest Portland and Beaverton. The Hillsboro clinic is located in Amberglen Marketplace at 2376 N.W. Amberbrook Dr.

For appointments or more information, patients may contact Monarch Medical Weight Loss Center in Hillsboro at (503) 352-3226 or visit www.monarchmedical.net.