



DEC. 21, 2007

FOR IMMEDIATE RELEASE

For Information, contact:

Jonni Gratton
Monarch Medical Weight Loss Center
(541) 465-3966
jgratton@monarchmedical.net

EMERGENCY PHYSICIANS TACKLE OBESITY CRISIS

**Monarch Medical Weight Loss Center opens four
Portland metro-area clinics in time for the New Year**

As 2008 begins, many will commit to the traditional New Year's resolutions to get healthy, exercise and lose weight. Monarch Medical Weight Loss Center now has 10 locations, including four new clinics in the Portland metropolitan area, to help people achieve success.

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.

"Obesity is a disease. Treatment of obesity 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 Clinical Medical Director Dr. Richard Lindquist, who lost over 40 pounds on the program and has kept it off.

Lindquist, along with co-director Dr. Robert Graham, both left their emergency practices to tackle the obesity crisis. "The need is so great and our system of medically-supervised weight loss has proven itself. Monarch is different, and it makes a difference," says Lindquist.

Monarch physicians and staff provide patients an effective plan to achieve individual weight loss goals through a multi-faceted program, which includes a medical evaluation, proper nutrition, education, guidance and support. In turn, many patients who have participated in Monarch's programs have experienced improved overall health.

"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 Graham. "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."

Lindquist and Graham, former emergency physicians at McKenzie-Willamette Medical Center in Springfield, co-founded the center in 2006 with five other physicians. The first clinic in Eugene opened under the name Medical Weight Loss Centers of Oregon. With the success of the first clinic and its many patients, the company has expanded regionally and is now known as Monarch Medical Weight Loss Center. Monarch's Portland area locations include: 7405 S.W. Barbur Blvd. in Portland, 2376 N.W. Amberbrook Dr. in Hillsboro, 4655 S.W. Griffith Dr. in Beaverton and 17020 Pilkington Rd. in Lake Oswego. Other regional clinics are located in Salem, Albany, Eugene, Roseburg and Florence.

For more information, visit www.monarchmedical.net or call (503) 542-4001.

Dr. Richard Lindquist and Dr. Robert Graham are available for media interviews upon request.