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FOR IMMEDIATE RELEASE

ROSEBURG'S FIRST MEDICALLY-SUPERVISED, PHYSICIAN-GUIDED WEIGHT LOSS CLINIC TO OPEN MAY 15

Roseburg's Garden Valley Shopping Center will soon be home to the area's first physician-guided weight loss center, according to Dr. James Daskalos, an established Roseburg physician who will direct the clinic. Monarch Medical Weight Loss Center will open its doors May 15 and is accepting appointments now.

The Roseburg clinic will be directed by Dr. Daskalos, who is also the medical director for the Cow Creek Health and Wellness Center. The concept of a physician-guided weight loss program isn't new--clinics in other parts of the country are an established way to effectively lose weight under the watchful eye of a physician familiar with the patient's medical history and personal issues related to weight and nutrition.

Monarch began in Eugene as the Medical Weight Loss Center of Oregon. Founded by seven local doctors who created a state-of-the-art weight loss program, Medical Weight Loss opened its doors in March 2006 and today has offered treatment to more than 1,350 people. The group changed its name to Monarch Medical effective May 1. Approximately a dozen Roseburg patients who have been traveling to Eugene are expected to transfer to the Roseburg clinic immediately.

The Monarch approach utilizes medical testing techniques, body composition analysis, and other methods to design a personalized weight loss program for each patient. "A doctor's involvement is particularly critical in the cases when there are what are called 'comorbidity' issues like high blood pressure, diabetes, and cardiac concerns," says Daskalos. He is careful to distinguish between his role with the weight loss center and his

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Medical Weight Loss – CONTINUED 2/2

role in the treatment of other medical issues. “Monarch is here to offer a medically-guided approach to medical services. Monarch will not become or take the place of the patient’s primary health care provider,” explains Daskalos. “I’ve been in the field for decades, so yes, I could treat patients, but that’s not Monarch’s mission. We’re about weight loss – about transforming the body.”

Monarch’s staff also includes medical assistants and nurse practitioners. Like those working in the Eugene clinic, most of the health professionals have gone through the Monarch program.

For more information, patients can contact Monarch Medical at 541-673-2774 or visit www.monarchmedical.net.