



Welcome to Cape Fear PM&R's Ivy Weight Loss and Wellness program. We are excited that you have taken the first step toward improving your health and that you have invited us to partner with you on this journey. Our approach to medical obesity management is similar to that of other chronic diseases, like asthma or high blood pressure. Treatment is tailored to your needs and may look different than someone else in our program. Success is dependent on many factors, including genetics, other health conditions, medication use, and your personal goals for long-term treatment.

Our staff promises to provide compassionate care that is non-judgmental and sensitive to your needs. We are committed to your medical safety along this journey, and we will monitor your health accordingly. As healthcare providers, we measure success not only by "pounds lost" but also by improvements in your functional status, laboratory work, vital signs, body composition, other medical conditions and quality of life.

Obesity management includes weight loss and maintenance, and we recognize this is a challenging, long-term endeavor. Along your journey, we will celebrate your successes and support you during difficult times. Please don't hesitate to ask us questions and share with us any struggles you may have. For some patients, there may be many attempts at weight loss before lasting success is found, but we are committed to helping you find your success!

Sincerely,

Cynthia Richards, MD, MS, FAAPMR

Meisha Abbasinejad, MD, FAAPMR