What is Obesity?

Today, many American adults are either overweight or obese. The term “obesity” is used to describe the health condition of an individual who is greater than 20 percent above a normal BMI. Obesity is caused by a combination of heredity and environment.

Visit the UPMC Center for Diabetes and Endocrinology at one of our participating locations:

**Falk Medical Building (Oakland)**
3601 Fifth Ave., Suite 3B
Pittsburgh, PA 15213

**UPMC at Oxford Drive (Monroeville)**
400 Oxford Drive, Suite 100
Monroeville, PA 15146

To make an appointment or to learn more, call **412-586-9780**.
Program Tracks
An initial consult with one of our weight management physicians can help you decide which track is appropriate for you. Weight loss can look very different from person to person so we welcome you to explore different plans. Often when people start to lose weight, their appetite increases as a result of hormonal changes. Appetite suppressants can be a helpful tool to counteract this increased appetite. The medications are discussed in detail before starting therapy.

The OPTIFAST® track* is excellent for those needing to lose a lot of weight in a short amount of time as it is designed for rapid weight loss. This program consists of 26 weeks of intensive lifestyle therapy. For the first 13 weeks, the diet is mainly meal replacement products. Average weight loss is greater than 20 percent body weight after 22 weeks.

The Mediterranean Life track* is ideal for those wishing to make healthy changes gradually and emphasizes lifestyle change. The nutrition plan emphasizes vegetables, fruits, whole grains, lean proteins, and healthy fats like olive oil and nuts. This track will explore new and creative ways of cooking, as well as meal planning.

The OPTIMIZE track* is an ongoing weight loss option for “completers” of the OPTIFAST track, or a standalone option for those wishing to use meal replacement shakes/bars for 1-2 meals/day. Balanced eating can be worked on slowly as you only prepare 1-2 meals/day. This plan is great if you are constantly on the go or if you do not enjoy cooking.

*These weight loss programs are available only at the Falk Medical Building location.

Obesity Can:
- Increase blood pressure
- Raise blood cholesterol and triglyceride levels
- Cause diabetes
- Increase the risk for heart disease and stroke
- Cause osteoarthritis and respiratory problems
- Cause infertility and pregnancy problems

If you are ready to lose weight, DROP can help. Everyone needs a goal and positive reasons to achieve that goal. Even losing a few pounds can provide cardiovascular benefits, so every step in the right direction is a step toward healthier living. These are some good reasons to work toward obtaining and maintaining a healthy weight.

Our Approach
The DROP Program philosophy is to manage obesity as a chronic disease with you, the patient, at the center of everything we do. We do this by providing you with:
- A patient-centered program model that uses Shared Medical Appointments (SMAs) as well as group visits for accountability and comprehensive care.
- Experts from the UPMC Center for Diabetes and Endocrinology to help with medical supervision and nutritional counseling.
- Aftercare and follow-up to help prevent weight regain.

Our Experts
DROP is fully supported by the experts at the UPMC Center for Diabetes and Endocrinology. We are here to help you on your weight loss journey with medical supervision and nutritional counseling.

The DROP Program team includes:

David Rometo, MD
Endocrinologist, UPMC Center for Diabetes and Endocrinology
Diplomate of the American Board of Obesity Medicine

Hussain Mahmud, MD
Endocrinologist, UPMC Center for Diabetes and Endocrinology

Emily Timm, MS, RDN, LDN, BC-ADM, CDE
Clinical Programs Coordinator, Metabolic Disease

Nicole Newingham, CRNP
Certified Nurse Practitioner, UPMC Center for Diabetes and Endocrinology

Lauren Metarko, PA-C
Physician Assistant, UPMC Center for Diabetes and Endocrinology

Contact Us
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