



The VCU Institute for Women's Health Presents Weight Loss: Practical Strategies ... That Work

How to Treat a Woman: Strategies for Healthcare & Self-Care

An ongoing, year-round series of brown-bag seminars focused on women's health — for all healthcare professionals

Date: Wednesday, November 11, 2009

Time: 12 p.m. to 1 p.m.

Location: Critical Care Hospital, Conference Room # 304

Objectives: By the end of this presentation participants should be able to:

1. Identify current approaches to the prevention and management of obesity
2. Discuss the evidence supporting the effectiveness of popular diets
3. Discuss practical strategies for counseling patients about nutrition, activity, and behavioral changes for weight loss

About the Presentation:

The presentation will provide an overview of nutrition, activity, and behavioral change strategies for helping patients develop individualized weight loss plans to improve health and well-being, prevent disease and improve chronic diseases associated with obesity.

Fees: None — free to all. No pre-registration required.

Continuing Education: This program awards 0.1 VCU CEUs.

For more information: Visit www.womenshealth@vcu.edu or call 804-827-1200.

About the Speaker:

Jeffrey Sicat, MD FACE is co-founder and president of the Virginia Endocrinology and Osteoporosis Center in Richmond, Virginia and an Assistant Clinical Professor in the Department of Internal Medicine at Virginia Commonwealth University. He is board certified in Endocrinology, Diabetes & Metabolism, Internal Medicine, and Bariatric Medicine (non-surgical weight loss).

As a clinician, he has an active practice in non-surgical weight loss and endocrine-related disorders. He specializes in developing individualized weight loss plans to improve health and well-being, prevent disease, and he is passionate about working with patients to decrease or discontinue the use of medications as their chronic diseases improve with weight loss.

A National Center of Excellence

VCU Institute for Women's Health

Designated by U.S. Department of Health & Human Services