

# OBESITY: A DISEASE OF EPIDEMIC PROPORTIONS

Look around. It's obvious that obesity is not something that most people can overcome on their own. Just eating less or exercising more aren't enough. People need help, and so they spend \$20 billion annually trying to lose weight. *And most of it is wasted.*

*Obesity is a complex disease of multiple interlocking aspects which inevitably causes more health issues.* To beat it, your patients need an obesity medicine specialist - someone who employs a comprehensive approach:



An effective treatment plan employs multiple elements including evidence-based diets, pharmacotherapy, behavior modifications, encouragement for increasing activity, and coaching to help them overcome their struggles.

**DR. ROBERT ABBATE** OFFERS AN  
APPROACH TO OBESITY **THAT WORKS**  
**972 292-7258**

## WHAT THE PATIENTS SAY

*I have been going to Dr. Abbate for a few months. I started at 213 lbs. I am now at 173 lbs and in my best health in over 20 years...We worked together to achieve my goals. I say "we" because Dr. Abbate truly cares and always took the time during my appointments to work through any issues/concerns I had...Thank You Dr. Abbate!*

S. Stanberry

*In my first month I lost 17lbs. I lost another 10 in my second month. I have gone from a size 14 to a 9, and I'm still losing...Finding Dr. Abbate has changed my life for the better.*

J. Reece

### ROBERT ABBATE, DO

972 292-7258

OBESITY MEDICINE SPECIALIST  
BOARD CERTIFIED INTERNAL MEDICINE

*Abbate Aesthetics & Wellness*  
10100 N Central Expressway, Suite 250  
Dallas, TX 75231



Active member of the  
American Society of Bariatric Physicians

NO FADS  
NO TRICKS  
NO GURUS

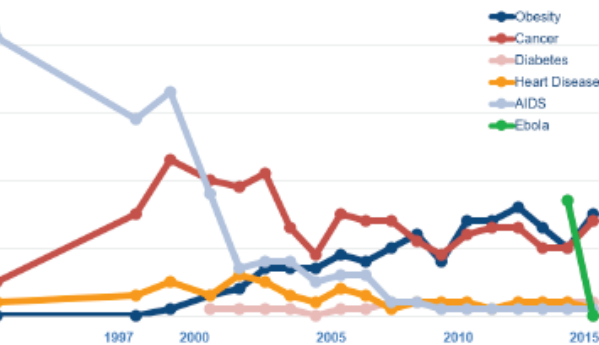


A  
**PHYSICIAN'S**  
APPROACH TO  
WEIGHT LOSS

# OBESITY: A HEAVYWEIGHT ISSUE THAT DEMANDS A DOCTOR'S SOLUTION

Obesity is the second leading cause of preventable death in the country - a disease with substantial associated risks of morbidity and mortality.<sup>1</sup> Obesity affects heart & vascular disease, cancer, sleep apnea, and diabetes as well as adiposopathy and fat-mass disease leading to ever worsening multi-system organ dysfunction and physical debility. All this on top of serious psychological effects like body shame and lowered self-esteem.

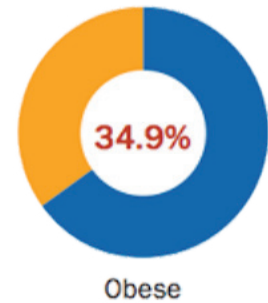
- Obesity now affects almost 35% of the population, and 70% are overweight<sup>2</sup>
- Obesity is a direct cause or contributing factor in nearly 1 in 5 US deaths<sup>3</sup>
- The USA leads the entire world in rates of obesity



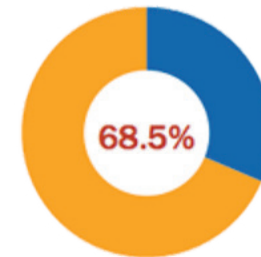
A 2015 Gallup Poll of adults named obesity as the most urgent health problem facing the country, outranking even cancer and heart disease.<sup>4</sup> It is no wonder that so many fad diets, weight loss tricks, and fitness gurus are clamoring for the public's attention. But the real solution lies with medical specialists - doctors who can bring a range of different treatment options to the table: behavior, exercise, diet, medications and more to fight weight gain and improve health outcomes.

The most favorable outcome for your patients is to advise that they be treated with knowledge and compassion by a specialist in bariatric and obesity medicine.

*Robert Abbate is currently accepting new patients in this area and would welcome your referrals.*



Obese

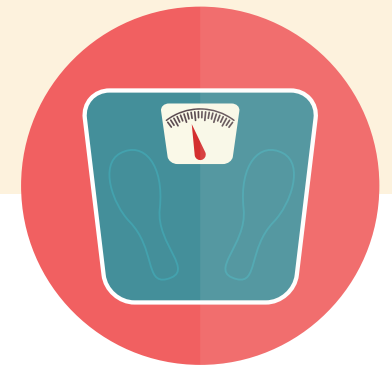


Overweight or Obese

## A MULTI-DIMENSIONAL, CLINICALLY PROVEN APPROACH TO OBESITY

Dr Abbate and his staff start by learning all about the patient - lifestyle, medical history, social history, dietary, metabolic and exercise patterns.

Dr. Abbate coaches them through a comprehensive, individualized, treatment plan that ensures the patient loses weight without difficulty - and keeps going. Patients understand the disease and approach it in a new and healthier manner.



**ROBERT ABBATE, DO**  
THE ABBATE  
AESTHETICS  
& WELLNESS  
CENTER

**972 292-7258**

affordable, doctor-tested, personalized weight-loss programs

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