

***Muenster Hospital Announces New Programs
Weight Management Program Tops List
For Immediate Release***

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If you need a flu shot, your cholesterol checked or to lose some weight, Muenster Memorial Hospital has you covered in the month of October.

Weight Management Program

Being overweight is not an “ideal” situation, but Abena Krow-Rodney, M.D., and Nurse Dana Skinner at MMH Family Health Clinic have introduced a weight loss management program that is.

“**Ideal Protein**” is a medically supported 4-stage weight management protocol developed and endorsed by medical doctors. Participants are medically screened prior to starting the program and are seen on a weekly basis by a specially trained coach who provides ongoing support and education. With Ideal Protein, you not only see results, but you will be provided with the nutritional information you need to maintain your weight loss on a long-term basis.

“The body has 3 sources of energy from which it draws to meet its metabolism needs: carbohydrates, muscle and fat,” says Doctor Krow-Rodney. “Typically, the body will first draw on its carbohydrate reserve before turning to muscle and fat. During the weight loss phases of the weight loss method, carbohydrates are limited in order to encourage the body to turn to its fat and muscle components for energy.”

By eating high biological protein foods, the protocol helps participants support muscle mass – all by burning the fat you are carrying! Following, you are taught to develop smarter eating habits to maintain your weight and new lifestyle.

If interested in this exciting weight loss management program, come learn more during “Back To School – Back To Health”, a dinner presentation scheduled for 5:30 p.m. Tuesday, October 17, at the MMH Family Health Clinic. The hospital will provide dinner, using some great Ideal Protein recipes, right out of the cookbook, and let you sample some of the Ideal Protein branded drinks and food items, all while you learn about the Ideal Protein program.

Seating for this free introductory program is extremely limited, so please call Dana Skinner at (940) 759-2226 or stop by the MMH Family Health Clinic to reserve a seat today! There will be a substantial discount for the first 25 who register for the program.

Also coming up in October is the hospital’s extremely popular **Fall Health Screening and Flu Shot Clinic**, 7-9 a.m., October 20-21, in the main lobby of MMH.

MMH will offer its deeply discounted lab panel and individual tests, such as Hgb A1C, testosterone, thyroid, PSA and Vitamin D, along with vouchers for urine analysis and EKG. For best results, please fast for 12 hours prior to the tests. Water and medications are permitted. No insurance will be filed.

Flu shots will be available for \$25 or with your Medicare card; and Muenster Police will be on hand to safely dispose of expired prescription drugs. No liquids please.

Flu clinics are also being scheduled at local schools and worksites. If you are interested in setting up a clinic for your employees, please contact Gayla Blanton at (940) 759-6139 as soon as possible.

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