

LIQUID PROTEIN DIET PROGRAM

Welcome to the UT Southwestern Medical Center, Division of Gastrointestinal and Endocrine Surgery's Liquid Protein Diet Program. This program is medically supervised and personalized to meet each participant's desire to reach his or her weight loss goal. The GI/Endocrine division diligently focuses on services to provide each participant with the medical attention necessary to help maintain a healthy lifestyle.

HOW THE PROGRAM WORKS

Our liquid protein program consists of three levels. The beginning level is the Very Low Calorie Diet (VLCD) which consists of only protein supplements. As participants approach their weight goal they gradually move into a Low Calorie Diet (LCD) and ultimately into the Maintenance Program with more foods, regular meals and fewer protein supplements. This helps to slowly develop healthy eating habits that will last a lifetime.

Level I - Very Low Calorie Diet (VLCD)

Less than 1,000 calories per day are consumed, composed only of protein supplements (soups, shakes, etc.). The average monthly cost for the program, including protein products, totals \$590/month.

- \$350 every four weeks (excluding cost of protein products), which includes:
- Physician or Nurse Practitioner visits
- Dietitian visits
- EKG**
- All lab work (blood tests)**
- BIA (bioimpedance analysis, also known as body composition analysis)
- Lectures

Modified Very Low Calorie Diet (MVLCD): This alternative to the Very Low Calorie Diet allows daily consumption of small amounts of healthy foods that will remain under the 1,000-calorie limit per day.

Week 1: The initial visit consists of a meeting with the physician or nurse practitioner for a brief physical exam, a meeting with the dietitian for consultation, lab tests, EKG and BIA. This requires about three to four hours.

Week 2: Visit with the physician or nurse practitioner to review the previous week's lab results; visit with the dietitian to discuss any diet modifications; and laboratory studies.

Week 3: Visit with the physician or nurse practitioner to review lab results.

Week 4: Visit with the dietitian and lab studies.

Every Week Thereafter: Alternate visits with the physician or nurse practitioner and dietitian for the duration of the program.

Every 8th Week: More comprehensive laboratory studies, an EKG and BIA.

Lab Tests and Results: Program labs are drawn on the date visits are scheduled with the dietitian. The lab results are reviewed during the follow-up visit with the physician or nurse practitioner. Lab results are reviewed by the staff on Tuesdays, and the participant is contacted only if there are abnormalities.

***Lab and EKG costs are included in the total price of the program. The cost of lab work performed outside the program cannot be deducted from the participant's monthly fee. It is strongly recommended that all labs and tests be performed at UT Southwestern as we do not guarantee the promptness of test results performed off-site.*

Liquid Protein Diet Program

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Aston Clinic

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Level II - Low Calorie Diet (LCD)

The 1,000 to 1,500-calorie daily diet is for participants whose medical conditions will not permit the VLCD option due to liver or kidney failure; and for those who are uncomfortable with the severity of the VLCD option. The average monthly cost for the program, including protein product, totals \$440/month.

- \$200 every four weeks (excluding cost of protein products)
- Does not require intensive medical supervision
- Includes one visit each with the dietitian and visit with the Physician or Nurse Practitioner per month
- Lab work not required
- BIA
- Lecture series

Level III - Maintenance Program (MP)

This is for patients who have achieved their weight goal. There are no physician visits or laboratory studies performed (other than BIA every three months), but patients weigh in and attend the educational sessions.

- \$300 every 26 weeks
- BIA
- Physician, nurse practitioner or dietitian visits and lab work are billed separately, if requested by the patient during maintenance visits.
- Weigh-in
- Lecture series

ALL PROGRAMS

Exercise: Participants are encouraged to increase their physical activity to include daily exercise to improve or maintain weight loss results.

Follow-up Visits: Appointments are scheduled on Monday afternoons or Wednesday mornings. Participants may schedule their visit at any time and will be seen in order of arrival. Last appointment time is 4:30 p.m. on Mondays and 11:30 a.m. on Wednesdays.

Liquid Protein Products: The average weekly cost for protein supplementation is \$50-\$60. Cost will vary according to the participant's need. The amount of protein supplement required is determined by the individual's lean body mass. Combining adequate nutritional intake with minimal total calorie intake is the key to relatively rapid weight loss. The protein product shake flavors are: chocolate, vanilla, strawberry and cappuccino. Protein bars are available in Vanilla Peanut and Creamy Fudge Divine. Soup options are chicken and mushroom.

Lectures and Discussions: Behavioral lectures and discussions are provided on Mondays 3:30 p.m. - 4:30 p.m. and Wednesdays 10:00 a.m. - 11:00 a.m., by the dietitians, behavioral psychologists and exercise specialists. Participation is voluntary, but attendance is highly recommended. On busy days patients will be asked to see the provider during these sessions. To avoid being interrupted while in session, please arrive early to complete your medical visit prior to the lecture and discussion sessions.

Payment: The program is purchased in four-week blocks (except for the Maintenance Program). Protein products are purchased each week at the clinic in quantities sufficient for the following week.

Refunds and Credits: We do not offer refunds or pro-rated rates on the four-week program, nor can missed weeks be applied as a credit to future monthly payments. Participants who are unable to attend the program for an extended period (three or more consecutive weeks) will restart the program with an initial visit work-up.

Insurance Coverage: Since insurance coverage is varied and unpredictable, the program is private pay only.

ABOUT UT SOUTHWESTERN MEDICAL CENTER

UT SOUTHWESTERN RANKS AMONG THE TOP ACADEMIC MEDICAL CENTERS IN THE WORLD WITH A MISSION TO IMPROVE HEALTH THROUGH INNOVATIVE PATIENT CARE, RESEARCH AND EDUCATION. ITS PIONEERING BREAKTHROUGHS HAVE LED TO INTERNATIONAL RECOGNITION FOR THE FACULTY, INCLUDING FOUR NOBEL PRIZES. UT SOUTHWESTERN PHYSICIANS ARE CLINICAL LEADERS IN THEIR SPECIALTIES AND TREAT A VARIETY OF PATIENTS, MANY WITH THE MOST COMPLEX OF DISEASES.