

IMPROVING YOUR HEALTH THROUGH WEIGHT LOSS AND WELLNESS

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The hustle and bustle of the holidays is over, but if you're like most people, you gave into temptation by eating and drinking holiday foods and drinks, after all they taste so good, and now your clothes are ripping at the seams. Last year you promised yourself you would do better – stick to a strict diet, join the gym, and watch what you eat. At first you lost 10 pounds and felt great, but old habits die hard, and you regained the 10 pounds, plus an additional eight, and you're frightened to step on the scale after the holidays.

There is no reason to begin 2013 frustrated and depressed about your weight. It's common for men and women to gain an additional 10 to 15 pounds between the age of 30 and 40. Although genetics and environmental factors might influence whether or not you gain weight, there are a number of other influences, including increased stress levels, a lack of fitness or activity, and emotional eating.

UniqueU Medical Weight Loss & Wellness specializes in helping patients lose excess weight, quickly and in a healthy manor, which aids in the patient's journey to health and wellness. Founders Dan Buchanan, DC, and James Lutz, MD, focus on helping patients maintain muscle mass while focusing on fat loss. Their plan consists of six fundamentals: supplements, medication, support, education, diet, and exercise. Each element is crucial in helping patients reach their primary goal, which is achieved by helping patients lose fat, maintain muscle, and increase metabolism. Dr. Buchanan and Dr. Lutz work closely with each patient to formulate an individualized plan. The doctors at UniqueU are joined by an experienced and compassionate staff to aid the doctors in getting their patients to their weight loss and wellness goals.

The staff at UniqueU has helped countless patients reach their aesthetic goals through weight loss, but more importantly helped patients regain their health. As cases of Type II diabetes, heart disease, high cholesterol, hypertension, sleep apnea, and certain cancers continue to rise, Dr. Lutz and Dr. Buchanan have taken measures to help improve their patients' overall health.

"It is one thing when you lose the weight, but the hard part is keeping it off. The wellness program is helping you lose the weight and keep it off. They are constantly monitoring how I'm doing and how I am doing in the



program," explains Tom Paquette, who is a chief financial officer. "I've recommended that my clients go in because they've seen the positive effect it has had on me. I have more energy, I'm more focused, and I sleep better at night. So it helps me be better at my job."

To better serve their patients and the community, the doctors at UniqueU have joined the Foundation for Wellness Professionals (FWP). Members of this organization volunteer their time giving talks to the community on various health topics, including disease prevention and wellness. Volunteers are asked to give at least four informative talks each month. Dr. Lutz and Dr. Buchanan will host seminars and workshops about the following topics: the obesity epidemic and solutions; Type II diabetes and metabolic syndrome; corporate wellness; and stress and sleep related health issues and solutions.

Corporations and employers are beginning to focus on employee health and wellness in order to reduce healthcare costs and expenses and improve employee productivity. To better serve the needs of corporations, Dr. Lutz and Dr. Buchanan were certified through the Corporate Health and Wellness Association. Through this program, the doctors learned skills and techniques to help them create specialized health and wellness programs for specific corporate cultures.

"We can calculate the hard costs of unhealthy workers with not only health insurance increases due to obesity-related diseases, but also higher workers' compensation, absenteeism, and presentism – where people are at work but due to low productivity they aren't doing anything," explains Dr. Buchanan.

The doctors continue to increase their knowledge of corporate wellness by participating in various seminars throughout the year. Dr. Buchanan recently returned from the American College of Occupational and Environmental Medicine, the nation's largest medical society dedicated to promoting the health of workers through preventive care, research, and education. They participated in a "Worksite Wellness: The Healthy Worker Advantage" program while they were there.

"I have been in the employee benefits business for over 15 years. In that time, I have watched medical inflation outpace every other industry,



at times driving cost increases over 50 percent for my clients," says Brennan Scanlon of Scanlon & Associates. "While some conditions driving these renewal increases are hereditary and accidental, a large percentage are lifestyle and obesity related. UniqueU has successfully helped over 1,400 patients lose over 40,000 unwanted pounds. Dan Buchanan and Jim Lutz have taken these proven results and packaged them into a corporate wellness program. The UniqueU Corporate Wellness program is a physician-directed approach to aid employees and executives in regaining and maintaining health, with an ultimate goal of preventing, improving or even reversing the following obesity related diseases: hypertension, Type II diabetes, certain cancers, dyslipidemia, heart disease, and sleep apnea.

"Upon reversing many of these conditions for their patients, Dr. Buchanan and Dr. Lutz then enlisted me to determine precisely what kind of impact would removing these lifestyle-related medical conditions have on a company's health insurance pool. What would this do for their insurance rates? Of the 1,400 previous UniqueU patients, I began looking for common themes in professions and conditions. By compiling many of the previous patients from the same industry, this allowed us to create hypothetical groups. Then I took these hypothetical groups to health insurance underwriters to determine what the

premium and claim costs would be before the weight and condition loss and after. The results were staggering. Two quotes in particular resulted in a 22 percent and 49 percent reduction in premiums, and this did not include a reduction in cost of actual claims."

Seminars and workshops are presented as the doctors' service to the community, which means there is no charge. To have one of the doctors speak to your business, group, club, or church, please contact UniqueU. UniqueU is also developing relationships with local schools to educate parents on treatment and prevention of childhood obesity, another near epidemic problem. ❖

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