



What are you waiting for?

You are ready! This is your personal journey to lose weight, keep it off, and become the healthiest you have ever been in your life. However, you need a weight loss program that is unique and offers more support than you have had in the past.

The **Kips Bay Integrative Weight Management Program** provides this support with a meaningful intervention. It is a novel comprehensive weight loss tool that motivates and inspires you to lose unwanted pounds, keep them off, and instill healthy habits to last a lifetime!

What Sets This Program Apart?

The Kips Bay Integrative Weight Management Program is one of the first programs to merge weight loss with on-demand cutting edge technology, making nutrition and fitness counseling convenient and flexible. This is comprised of our innovative at home online-guided exercise activities and monthly nutritional visits. To reinforce the program, patients will have frequent in-person visits.

With the healthy lifestyle coach, you will have **12 visits** in person or online over the course of the year. Our health coach is also a patient advocate who has first-hand experience with bariatric medicine and procedures. Additionally, the online platform allows your weight loss team and patients alike to track your progress.



Our Story

Recognizing that obesity is an emotional and chronic health condition, we have created a personalized weight loss program that integrates medical support with a highly skilled team of gastroenterologists, nutritionists, advocates, healthy lifestyle coaches, and sports medicine physicians to help patients meet and maintain their long-term weight loss goals.

Our Team

The Kips Bay Integrative Weight Management Program integrates leading gastroenterologists with a highly skilled group of physicians and allied health personnel to support our patients during the course of the program. These include cardiologists and endocrinologists from Concorde Medical Group, bariatric trained nutritionists available for in-person consultation in addition to online nutritional visits, as well as consultants in psychiatry, physiatry (sports medicine), and social work.

Concorde physicians are faculty members of the prestigious NYU School of Medicine and are affiliated with NYU Langone Health. Concorde doctors have been regularly recognized for their excellence by **Castle Connolly, New York Magazine, US News & World Report, and New York Super Doctors**®.



What results can I expect?

Studies have shown that those following a medical weight loss program lose **3x** more weight than diet and exercise alone. We provide you with our unique tools of an integrated exercise and nutritional program that will successfully alter your lifestyle and keep you on track.

Who is a candidate?

- You want to lose weight and be healthier
- Diet and exercise alone have been a challenge
- You are an adult 18 years or older
- You are willing to undergo a medically supervised weight loss program
- You are either not a candidate or unwilling to undergo weight loss surgery
- You have had prior weight loss surgery and have regained weight

Is this covered by insurance?

Similar to most weight loss programs, the Kips Bay Integrative Weight Management Program is not covered by most insurance plans.

To learn more about the program, contact:

(212) 889-5544

www.gastro-nyc.com





How can the IWMP work for you?

The Kips Bay Integrative Weight Management Program is a one-year program that is designed to help you develop sustainable, long-term healthy habits. We offer two different options for weight loss: one that involves a non-surgical endoscopic intervention along with our integrated lifestyle plan, and the other comprised entirely of the lifestyle approach.

If you are a candidate for an endoscopic intervention to jump start your weight loss journey, you will then undergo a simple non-surgical gastric balloon placement or endoscopic sleeve gastropasty (ESG). The balloon's volume and shape is meant to take up space in the stomach, which encourages portion control. The balloon will remain in place for six months before removal. ESG similarly significantly reduces stomach size by placing several sutures that stay in place without the need for a repeat procedure. In both cases, you will feel less hungry and are satiated by eating less.

Simultaneously, with the gastric balloon or after the ESG procedure, your physician will supervise your progress and you will have access to online nutrition and fitness counseling as well as visits with a healthy lifestyle coach. Once the balloon is removed through a quick endoscopy, the next six months of the program is an opportunity to capitalize on your momentum of substantial weight loss by incorporating healthy choices and the reduced caloric intake that your body has fully adjusted to. When your year-long program is over, your new healthy lifestyle will continue to help you lose weight and maintain your results for a lifetime.

Our Physicians



Dr. Jonathan Cohen graduated from Harvard College and Harvard Medical School. He completed his residency at The Beth Israel Hospital in Boston, his fellowship in gastroenterology at UCLA in Los Angeles, and advanced fellowship in interventional therapeutic endoscopy at The Wellesley Hospital in Toronto, Canada. Dr. Cohen is currently a Clinical Professor of Medicine at NYU School of medicine. He

has co-authored numerous articles on his research findings in gastroenterology and endoscopy and presented results of his studies at several scientific meetings. He edited the textbook "Comprehensive Atlas of High-Resolution Endoscopy and Narrowband Imaging". A frequent lecturer, he has directed several courses at the national level and is a past President of the New York Society for Gastrointestinal Endoscopy. Dr. Cohen also has been named to the New York Super Doctors® list for several consecutive years.

Co-Director of the of the Integrative Weight Management Program at Concorde Medical Group , Dr. Cohen is dedicated to providing a holistic, intensive, yet convenient approach to help patients with obesity achieve their long term health goals. In addition to providing general gastroenterology care, Dr. Cohen performs specialized advanced therapeutic endoscopy procedures such as ERCP, large polyp resection, Barrett's ablation and endoscopic obesity procedures such as intragastric balloon placement, suture anastomosis revision for weight regain following gastric bypass surgery and ESG . He has an expertise in the field of disorders of the bile duct, pancreas, and liver.



Dr. Heather Klavan is double board-certified in Gastroenterology and Internal Medicine, and is a Clinical Assistant Professor at NYU Langone Health Medical Center. She graduated summa cum laude in Neuroscience from Tulane University. She earned her medical degree with AOA honors from the Albert Einstein College of Medicine with a distinction in gastroenterology research. Dr. Klavan then

completed internship at Columbia University Medical Center, followed by residency in Internal Medicine and fellowship in Gastroenterology & Hepatology at Yale-New Haven Hospital/ Yale School of Medicine.

Dr. Klavan has a variety of clinical and research interests. She has a particular expertise in novel endoscopic, nonsurgical weight loss procedures and the medical management of obesity. In her capacity as the co-director of the Integrative Weight Management Program at Concorde Medical Group, she hopes to provide this cutting-edge technology to help her patients achieve their weight loss goals. In addition, her special clinical interests include gastroesophageal reflux disease, inflammatory bowel disease, irritable bowel syndrome, colon cancer screening and prevention, and liver disease (cirrhosis, fatty liver/NASH). She has numerous peer-reviewed publications in the medical literature in topics including GERD/Barrett's Esophagus, liver cirrhosis, and a publication in Nature Scientific Reports outlining the discovery of a newly identified anatomic structure in the human GI tract.

Dr. Klavan prides herself in providing compassionate and individualized expert care for each of her patients. She performs upper endoscopy, colonoscopy, capsule endoscopy, pH testing, gastric balloon placement and endoscopic sleeve gastropasty (ESG) for weight loss.



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