

## Life Couldn't Be Better!

Jessica was ready to make a change and wanted to schedule weight loss surgery at Iowa Weight Loss Specialists. When insurance denied her request for bariatric surgery, she decided to try our non-surgical Medical Weight Loss program and has since seen great success with over 80 pounds lost to date!



### *What changes have you seen since losing weight with IWLS (changes in medical conditions, etc.)?*

I had terrible knee, lower back and hip pain for which I would have to get injections. Now I am injection free for over a year. Other changes include the things only an overweight person would not take for granted, like being able to cross my legs and tie my shoes sitting down. I can walk 4.8 miles in 50 minutes. The biggest change is getting healthy for my family!

### *What made you decide to try medical weight loss at IWLS?*

As I sat down to have dinner one night my youngest child (5 years old) asked, "Are you going to eat all that?" I offered her some, but she said "no thanks, I don't want to look like you." That was my breaking point. I had to make this change. We are our children's teachers and role models.

### *What would you tell someone who was considering medical weight loss?*

I would tell them to look no further. Iowa Weight Loss Specialists' staff, from the front desk to everyone else you have contact with, are the most amazing, caring, supportive, uplifting and positive people! At IWLS I am treated as a person and like family, not like a number. I am so very happy here. I've been to other classes and have listened to other speakers and IWLS is by far the best.

## Are You Ready For A Change?

Contact us today with questions or call us for a consultation to start achieving the results you want and live the healthy life you deserve.

**Stop waiting and start succeeding.**



**IOWA WEIGHT LOSS  
SPECIALISTS**



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# Your Dedicated Weight Loss Team

**West Des Moines Clinic**  
Sonoma Building  
1089 Jordan Creek Parkway, Suite 116  
West Des Moines, IA 50266 | 515-327-2000

**Belmond Clinic**  
403 1st Street SE  
Belmond, IA 50421 | 641-444-5577

[iowaweightloss.com](http://iowaweightloss.com)

**MEDICAL WEIGHT LOSS**

## About Iowa Weight Loss Specialists

Everyone deserves to live a long and healthy life. For those who have had difficulty losing weight and keeping it off, we offer a Medical Weight Loss Program that can help you start achieving success.

At Iowa Weight Loss Specialists, we're devoted to providing the best care to our patients. We believe in a team approach, which includes dietitians, psychiatric providers, exercise specialists, and more. Our highly trained, dedicated team of professionals will guide you along your journey every step of the way.



**IOWA WEIGHT LOSS  
SPECIALISTS**

## Medical Weight Loss

We provide you with all of the tools, education, and support you need to make the necessary lifestyle changes for you to see weight loss success.

Our program includes, but is not limited to:

- Evaluation of health issues caused by excess weight, such as: sleep apnea, diabetes, high blood pressure, and more
- Evaluation of barriers related to weight loss, including: depression, emotional or stress-based eating, binge eating, joint pain, and more
- Evaluation of weight promoting medications
- Implementation of medications to aid in weight loss, if necessary
- Assistance with meal planning
- Body composition analysis
- Collaboration with insurance companies including Wellmark and UnitedHealthcare
- Referral to mental health clinicians as needed for additional help

Wendy was pre-diabetic, had high cholesterol and struggled with depression. After trying numerous diet fads that failed, she finally tried medical weight loss. Wendy has lost over 40 pounds so far.



*"I really considered this my last hope – and it's working!" – Wendy W., Des Moines*

Education regarding surgical program with Dr. Todd Eibes is available for those who qualify.

## Know the Facts

- Obesity can decrease life expectancy by up to 10 years. 300,000 deaths annually are due to obesity-related diseases.
- Morbidly obese individuals have increased chances of developing type 2 diabetes, hypertension, and sleep apnea.
- Obesity negatively impacts mental and emotional health.
- Over 65% of Americans are overweight or obese and the number is dramatically increasing.
- **Losing 10% of total body weight can improve the length and quality of life, decrease incidence of these diseases, and reduce the number of medications a patient has to take.**

## Meet Our Specialists

You'll find success with our team of dietitians, exercise coaches, support groups, mental health specialists, and more, to help you achieve your health goals. Our team is led by:



Only Nurse Practitioner in the U.S. to complete the Obesity Medicine Association® Advanced Curriculum Fellowship Program

**Alissa Kruger, ARNP, NP-C**

*"Many people don't understand that everyone faces different obstacles. My role is to identify all barriers in order to treat each patient individually and help them achieve success."*



**Jody Hortsman, ARNP, NP-C**

*"I am passionate about the privilege to help people live their best possible life."*