

DIABETES

MEDICALLY SUPERVISED WEIGHT LOSS

FITNESS PROGRAMS

NH Integrated Health Care

What does "integrated health care" mean? Integrated health care is when more than one licensed credentialed health care provider, who provide diverse therapies, work out of one space. This allows the client to have ready access to programs or services that will help them reach their optimal health!

At NH Integrated Health Care, we specialize in diabetes, and obesity. Overweight and obesity are defined as abnormal or excessive fat accumulation that presents a risk to health. A body mass index (BMI) over 25 is considered overweight and over 30 is obese.

NH Integrated Healthcare (formerly Integrated Optimal Health) has been a health care provider since August 2010. We are based out of Conway, NH and our health care providers are Dustin Forrest, APRN, CDE, our prescriber, who specializes in diabetes and medically supervised weight loss and Marie Veselsky, RD, LD, MS, CDE, BC-ADM who specializes in diabetes and in medical nutritional therapy for all ages.



NH Integrated Health Care



CHOICE CENTER FOR DIABETES CHOICE CENTER FOR FITNESS CHOICE CENTER FOR NUTRITIONAL THERAPY CENTRAL NH WEIGHT LOSS CENTER

DUSTIN FORREST, Family Nurse Practitioner, APRN, CDE

> MARIE L. VESELSKY, RD, LD, MS, CDE, BC-ADM

NHintegratedhealthcare.com

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Covered by most insurance





DIABETES

• Prevention of diabetes

- Type 1 & Type 2 diabetes
- · Basic/Advanced carbohydrate counting
- Diabetes Self-Management group classes
- Intensive diabetes management
- Insulin Pump
- Support Group

MEDICALLY SUPERVISED WEIGHT LOSS

- Individualized carbohydrate number for weight loss
- Mediterrean diet
- Medical quality protein meal replacement programs
- Weight loss medications for appropriate candidate
- Referral for gastric bypass surgery
- Support Groups
- Weekly check-ins
- Monthly follow-ups with the health care provider
- Preparation for elective surgery Patients work with multidisciplinary specialists in obesity medicine, nutrition, diabetes management and psychology to achieve your goal BMI and to lower post-operative complications.

FITNESS PROGRAMS

• Personal training – based on your personal needs and fitness level. Whether it is advanced training you need for a sport or help with weight loss and overall health we will work with you to help you reach your goals.

• High intensity interval workout (HITT) has been shown to reduce high blood pressure, cholesterol, blood sugars and reduce the risks of metabolic syndrome through weight loss. It is individualized for each person's fitness level. Get your health and core strength back! Weight training, flexibility, coordination, balance, aerobic, & stress reduction!

• Movement classes – Movement is medicine! Not only do we want to help people lose the weight they need and prevent progression of existing diabetes, but also provide programs for prevention! Whatever level of fitness you are, we have programs for you! We provide both group and individualized movement classes.

•All fitness program participants can get an individualized meal plan for weight loss.

Stress Reduction programs



all fitness participants are eligible for our trade marked meal plan



MARIE VESELSKY,

MARIE VESELSKY, RD, LD, MS, CDE, BC-ADM, is a licensed Registered Dietitian that specializes in weight loss and diabetes education

for individuals that want to use diet and lifestyle changes first, or in addition to, any medications that have been prescribed. Marie is licensed to practice Medical Nutrition Therapy (MNT) in the state of Maine & New Hampshire and provides nutritional therapy for adults and children which include diabetes type 1, diabetes type 2, pre-diabetes, high blood pressure, high cholesterol, gluten intolerance, food allergies, and Lyme. Appointments are covered by most insurance if you are seeing a licensed registered dietitian. We provide support groups for both diabetes and weight loss.



DUSTIN FORREST,

APRN, CDE, Family Nurse Practitioner, specializes in all types of diabetes and provides medically supervised weight loss with a focus on metabolic syndrome. Metabolic syndrome typically consists of elevated

blood sugars, high blood pressure, high cholesterol and a large waist circumference related to being significantly overweight. Dustin will provide individualized diabetes care, education, and intensive diabetes management, including prescribing diabetes medicine and insulin therapy as appropriate. Our comprehensive medically monitored weight loss program can help people lose the weight and improve weight related medical conditions