



**DIABETES**

**MEDICALLY SUPERVISED  
WEIGHT LOSS**

**FITNESS PROGRAMS**

**GENERAL HEALTH  
CARE SERVICES**

## NH Integrated Health Care, LLC

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, LLC, we specialize in diabetes, and weight loss. 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.

We are now providing cutting edge blood testing for Lyme and co-infections and individualized treatment plans for both acute and chronic Lyme.



NH Integrated Healthcare, LLC

# NH Integrated Health Care, LLC



**CHOICE CENTER FOR DIABETES**

**CHOICE CENTER FOR FITNESS**

**CHOICE CENTER FOR NUTRITIONAL THERAPY**

**CENTRAL NH WEIGHT LOSS CENTER**

**CHOICE CENTER FOR LYME**

**DUSTIN FORREST, PLLC**

Family Nurse Practitioner, APRN, CDE

**MARIE L. VESELSKY,**

RD, LD, MS, CDE, BC-ADM

**NHIntegratedhealthcare.com**

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Conway, NH 03818

24 Chestnut Street, Suite 4, Dover NH 03820

603-662-0234 • Fax: 888-444-1204

*Covered by most insurance*



# SERVICES PROVIDED



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## DIABETES

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

## MEDICALLY SUPERVISED WEIGHT LOSS

- Individualized carbohydrate number for weight loss
- Individualized meal plan created for the client
- 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 (HIIT)** has been shown to reduce high blood pressure, cholesterol, blood sugars and reduce the risks of metabolic syndrome through weight loss.

Monday, Tuesday, Thursday at  
5:00pm, 6:00pm (1 hour class)

Please call to register before attending at 603-770-4856.

Must be fully COVID vaccinated and provide proof before or at the first class.

## LYME DISEASE

• **Lyme Disease** – Lyme disease is an increasingly common bacterial infection that is acquired from the bite of an infected black-legged (deer) tick. Most people who become infected with Lyme disease do not recall a tick bite. CDC surveillance case data documents that ~30% of confirmed cases lack a reported rash. **Early Lyme disease may present as a “summertime flu,” producing fever, fatigue, muscle or joint pain and headache with or without the EM rash.**

Diagnosis is often a clinical diagnosis based on a person’s exposure to ticks, their symptoms, and their physical examination findings. There are people that have tested negative for Lyme and/or co-infections for several years only to find out when they get more accurate testing that they are indeed positive.

People suffering symptoms of Lyme and other tick-borne illnesses now have new options for diagnosis and Lyme Disease treatment.

**At NH Integrated Health Care, we provide cutting edge blood testing and individualized treatment plans for both acute and chronic Lyme.** Black legged ticks often carry multiple bacteria, viruses and parasites that can be transmitted individually or along with Lyme disease bacteria. Potential infections include babesiosis, anaplasmosis, ehrlichiosis, bartonella, and others. We provide tick borne disease panels and/or co-infection panels.

Lyme disease and tick-borne illnesses are expensive to test and treat and treatment is often out of pocket for many patients. We accept most insurance.

We provide the latest in diagnostics. We educate you on treatment options and provide treatment for you or refer you to other quality high care professionals as appropriate.

We provide better outcomes through better testing for the pathogens that cause Lyme and a range of tick-borne illnesses. We also do lab testing to assess your overall health.

We provide ongoing care to manage your chronic illness and also offer nutritional therapy, fitness programs and support groups for people that continue to feel the effects of their Lyme disease.



**MARIE VEESKY,** MARIE VEESKY, 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 pre-

scribed. 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 diabetes, weight loss and Lyme.



**DUSTIN FORREST,** PLLC 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. Dustin also accepts Lyme Patients.