

## Are you ready...

- to feel stronger—physically and mentally—through better nutrition?
- to learn how “functional foods” can help with diabetes, hypertension, high cholesterol, ulcers, and other chronic diseases?
- to shed the extra pounds you’ve been carrying for years—and keep them off for life?
- to learn how nutrition can vastly enhance your sports performance, as well as recovery from pregnancy, cancer, or other physical challenges?

*It is time to put your health first.*



### HMF Center for Human Nutrition

375 Huntington Drive, Suite G, San Marino, CA 91108

Call **626/441-4231** for an appointment.

Services provided by the HMF Center for Human Nutrition are covered by most insurance plans. Patients must be at least 13 years old.

Questions? Email [nutrition@huntingtonmedical.com](mailto:nutrition@huntingtonmedical.com) or visit [www.huntingtonmedical.com/nutrition](http://www.huntingtonmedical.com/nutrition).

### More on Dr. Hong

Dr. Hong earned his B.S. degree in Bioengineering at UCLA and his medical degree at Harvard Medical School. He completed his internal medicine residency at Scripps Clinic in La Jolla, California before completing a fellowship in clinical nutrition at UCLA School of Medicine.

He was the recipient of the prestigious STAR Scholarship, which allowed him to complete his Ph.D. studies. In 2006, Dr. Hong identified a novel fat stem cell that contributes to fat tissue growth. Based on this discovery, current therapeutics is being developed to target this unique stem cell for the treatment of obesity.

Dr. Hong is the author of more than 100 scholarly papers, presentations, and reviews. In addition, he serves on the editorial board of several scientific journals and is frequently invited to speak about Metabolic Syndrome and obesity therapeutics at national events such as the annual meeting of the Obesity Society.

HUNTINGTON MEDICAL FOUNDATION

# NOW

is the time to  
eat your way to  
better health.

The HMF Center for Human  
Nutrition is here to help.



# IT'S TIME

**The HMF Center for Human Nutrition was created to respond to the unique needs of each patient.**

**We know that the best treatment for chronic conditions such as diabetes or heart disease is through preventive medicine and a healthier lifestyle. Fundamentally, this starts with food.**

## What's eating you?

Juggling multiple personal and professional obligations can mean less time for taking care of yourself. Unfortunately, daily stress and aging often lead to weight gain.

*Did you know that gaining just five to ten pounds of body fat can lead to high cholesterol and diabetes?*

If you are obese, or are just carrying excess pounds, our unique program and multi-disciplinary team offer an effective approach to weight management. Our one-on-one, customized treatment will change your approach to the foods you eat.

## Meet your Physician Nutrition Specialist

Kurt Hong, M.D., Ph.D., is a Physician Nutrition Specialist. Just 300 physicians in the United States are board-certified to practice in this specialty.

In the past decade, he has helped more than 8,500 patients with his realistic, balanced and manageable approach to lifestyle-based eating and exercise.

His real passion is to bridge the gap between the scientists who talk about the latest nutrition/diet research and the "real life" food and exercise choices that you face daily.

Dr. Hong joined HMF after successfully practicing in both Los Angeles and Orange counties. Between 2003 and 2008, Dr. Hong was on faculty at the UCLA School of Medicine, where he was the Director of Resnick Immuno-Nutrition Laboratory & Program.

## The medical nutrition consultation

Your personal consultation with Dr. Hong will include:

- a comprehensive exam,
- a detailed body composition analysis,
- laboratory screening for weight-related metabolic diseases (if indicated),
- an initial plan of action, and
- customized meal plans.

Your customized dietary plan will reflect your goal weight, cardiovascular risk factors, body fat percentage and distribution, metabolic rate analysis, and current lifestyle.

## Disease-based nutrition therapy

Even if you are normal weight, Dr. Hong can design a diet to support intense sports participation, pregnancy, or recovery from injury or cancer. He can also customize an eating plan to address high cholesterol, diabetes, and other conditions.

## Follow-up visits and support

After the initial consultation, you'll return for follow-up visits (typically every 2 or 3 weeks) until you reach your goal.

At each visit, Dr. Hong and his team will review your current progress, counsel you on meal planning and exercise, and make necessary modifications. If medication to address cravings, stress eating, or poor metabolism is indicated, he will discuss these options.

Your weight, body composition, and metabolic rate will be monitored to make sure you're losing fat while preserving important lean muscle mass.

## Good nutrition is good medicine

Studies have demonstrated strong correlation between obesity and many diseases including:

- Asthma
- Certain types of cancers (breast, ovarian)
- Diabetes
- Eating disorders
- Edema or leg swelling
- Fatty liver disease
- Food allergies/sensitivities
- High cholesterol
- Hypertension (high blood pressure)
- Inflammatory bowel disease
- Obstructive sleep apnea
- Osteoarthritis
- Polycystic ovarian disease

Even modest weight loss can lead to significant improvement in these diseases. In addition, excess weight causes fatigue, shortness of breath, joint and back pain, and reduced mobility.

As you continue to lose weight, Dr. Hong will contact your primary care physician about changes in obesity-related issues such as diabetes, hypertension or high cholesterol.

The dosage for these medications often decreases as the pounds come off. Even a weight loss of 10 or 15 pound can make a significant difference!

Once you reach your goal weight, the focus will shift to maintenance. Education is the key to staying at a healthy weight—for life.

The goal of our program is provide you with important tools for healthy diet and healthy cooking, and nutrition information to manage your chronic diseases.

## How to get started

Your primary care physician or specialist may recommend that you undergo nutrition therapy, or you may decide to pursue it on your own.

## Services are covered by most insurance plans.

For more information, or to schedule a consultation, call the HMF Center for Human Nutrition at **626/441-4231**.

