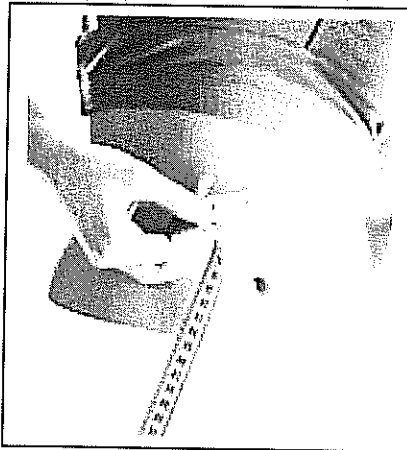


**\*Dia-Bolic™**  
*Weight-Loss Program*

*For those with :*

- *\*Diabetes*
- *\*Metabolic Syndrome*
- *\*Pre-Diabetes*



**Medical Director**  
*Dr. Christy Cugini Jr.*  
*M.D. F.A.C.P.,*  
*F.A.C.E.*

**Program Coordinator**  
*Karyn Capozzo R.D.*



## Do I have a Carbohydrate Metabolism Problem?

There are many diets and diet programs out there. The one thing they have in common is that they are geared for the masses not for individuals with specific metabolic disorders!

Our program is dedicated to those who have a predisposition towards diabetes either because they have diabetes or possibly there is a family history of diabetes.

Those people who have had gestational diabetes, metabolic syndrome or the polycystic ovary syndrome are also at risk and would benefit from our program.

Typically, individuals with these problems tend to crave carbohydrates and gain weight in the midsection.

If you are in any of these groups you would benefit from Dia-Bolic Weight-Loss Clinic

## What is the Metabolic Syndrome (MS)?

*MS is a constellation of metabolic risk factors that can lead to illness*

### **Risk factors**

The following factors increase your chances of having metabolic syndrome:

- **Age.** The prevalence of metabolic syndrome increases with age,
- **Race.** Hispanics and Asians seem to be at greater risk of metabolic syndrome than other races are.
- **Obesity.** A body mass index (BMI) — a measure of your percentage of body fat based on height and weight — greater than 25 increases your risk of metabolic syndrome. So does abdominal obesity — having an apple shape rather than a pear shape.
- **History of diabetes.** You're more likely to have metabolic syndrome if you have a family history of type 2 diabetes or a history of diabetes during pregnancy (gestational diabetes).
- **Other diseases.** A diagnosis of high blood pressure, cardiovascular disease or polycystic ovary syndrome — a similar type of metabolic problem that affects a woman's hormones and reproductive system — also increases your risk of metabolic syndrome.

## The Program

- Initial introduction consultation – with Dr. Cugini
- 12 weekly visits/consultations
- Exit consultation
- Body fat analysis
- Dietary information and recommendations
- Exercise information and recommendations
- Dia-Bolic book authored by Dr. Cugini
- Evaluation for possible medication assistance
- Supplements
- Additional benefits



**Dia-Bolic™**  
Weight-Loss Program

This program was created with much careful planning by **Dr. Cugini** a well-established physician who has been *specializing in metabolic disorders* for over 18 years. Dr. Cugini has recognized the need for a weight-loss program geared towards this special population of people. With the assistance of **Karyn Capozzo R.D.** this program has become a reality.

Karen has been involved in educating and instructing people with diabetes for many years and brings her experience to this program

