

Benefits of Obesity Treatment for Patients with Hypertension

Hypertension affects nearly one third of the American population, with a higher prevalence among individuals with obesity. Many patients with hypertension require increasing doses of medicine as they age and/or gain weight. Lifestyle modifications that demonstrate a decrease in blood pressure include: weight loss, exercise, decreased sodium intake, smoking cessation and mindfulness/meditation practice. For individuals who have hypertension, participation in a Very Low Calorie Diet (VLCD) program has been proven beneficial to better control their hypertension and/or eliminates their medications.

Benefits of Treatment

As a result of weight loss from a VLCD, patients often experience about a 10% decreased risk of heart disease, stroke, a-fib and AAA while on a VLCD. In addition, as patients are able to decrease their hypertension medications, they enjoy fewer medication side effects and a decreased risk of medication interactions.^{1, 2, 3}

About Robard Corporation

Treating the chronic disease of obesity is a nationally accepted plan of care affecting cardiovascular disease, diabetes, hypertension, high cholesterol, orthopedic stresses, and some cancers. In fact, the American Heart Association, American College of Cardiology, and The Obesity Society recently published their findings on the importance of treating obesity and suggest a sense of urgency. These are similar guidelines to what the U.S. Preventive Services Task Force supports.

Robard provides all the resources needed to help you provide obesity treatment within your practice. We are comprehensive weight management experts, offering proven medical obesity treatment guidelines, a line of nutritionally complete, high-quality protein meal replacements and supplements, and executive level business management assistance.

Robard offers a suite of complimentary practice enhancement services, including:

- Comprehensive medical protocols
- In-person and online staff training
- Patient education and engagement materials
- Insurance coding and billing assistance
- Business growth support for the lifetime of our relationship

... All the help you need to implement a program within 30 to 60 days to treat obesity and its associated medical conditions.

For further information, contact one of our experienced Business Development Managers by calling 800.222.9201. Or visit us online at www.Robard.com.

References

1. American Heart Association. Statistical Fact Sheet: Blood Pressure. 2013. <https://www.heart.org>.
2. Sonne-Holm S, Sorensen TI, Jensen G, Schnohr P. Independent effects of weight change and attained body weight on prevalence of arterial hypertension in obese and non-obese men. *BMJ*. 1989;299(6702):767.
3. Elmer PJ, Obarzanek E, Vollmer WM, Simons-Morton D, Stevens VJ, Young DR, Lin PH, Champagne C, Harsha DW, Svetkey LP, Ard J, Brantley PJ, Proschan MA, Erlinger TP, Appel LJ, PREMIER Collaborative Research Group. Effects of comprehensive lifestyle modification on diet, weight, physical fitness, and blood pressure control: 18-month results of a randomized trial. *Annals of Internal Medicine*. 2006;144(7):485.