

*Specialized, Safe
and Effective.*

**Individualized treatment by
a physician specialist.**

We recognize there are many factors that can have an effect on a person's weight and overall health. Identifying and working to resolve these factors helps make the weight control process easier for our patients. NorthStar can develop a comprehensive, physician managed weight control program that is medically sound, customized to each patient's individual needs and focused on helping enhance the overall health of the patient.

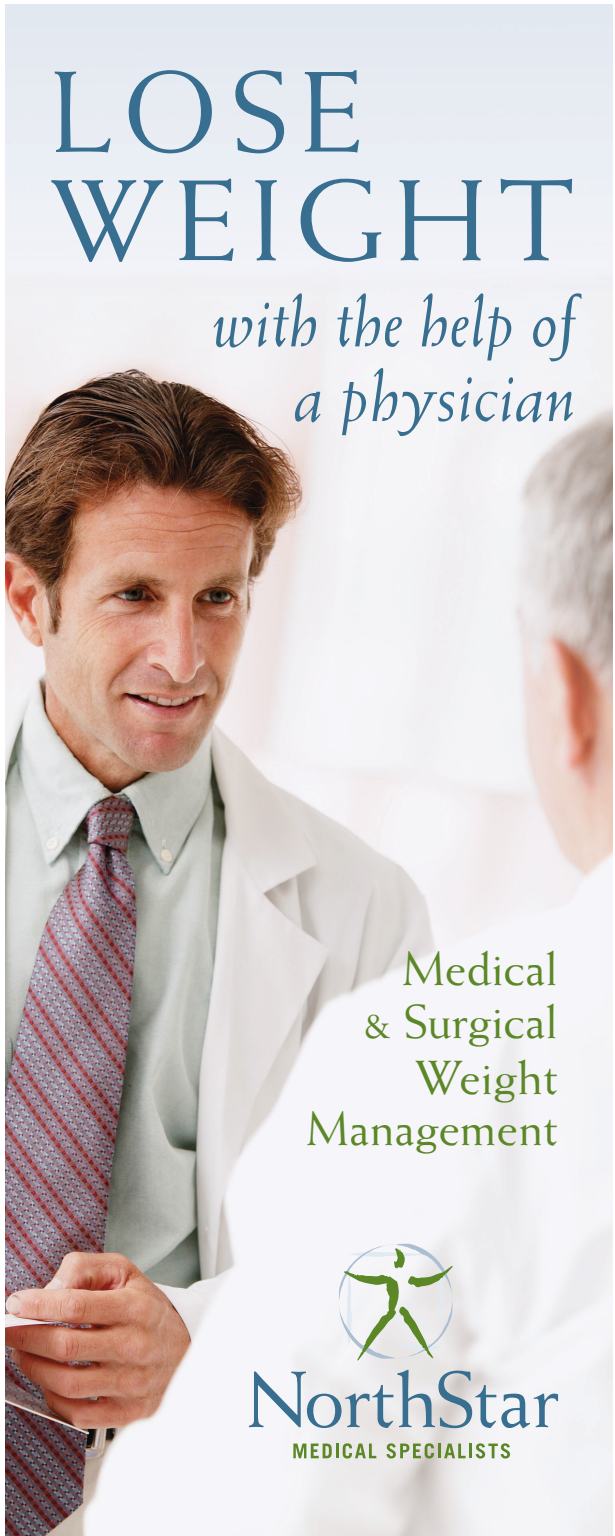


NorthStar
MEDICAL SPECIALISTS
MEDICAL & SURGICAL
WEIGHT MANAGEMENT
PULMONARY REHABILITATION
SLEEP DISORDERS CENTER

1345 King Street
Bellingham, WA 98229-6223

Tel: (360) 676-1696
Fax: (360) 676-6636

email: contact@northstarmedicalspecialists.com
www.northstarmedicalspecialists.com



LOSE WEIGHT

*with the help of
a physician*

Medical
& Surgical
Weight
Management



NorthStar
MEDICAL SPECIALISTS



One Size Does Not Fit All.

"My primary care physician recommended NorthStar, and I'll be eternally grateful. They tailored a program that met my needs and my lifestyle. I've lost 56 pounds. . . I find that I have much more energy, I'm doing more exercise, and I'm healthier."

"It's a way of changing your lifestyle to adapt and understand what you can do."

See additional testimonials on our website at northstarmedicalspecialists.com



Our physician-managed approach to weight loss has helped hundreds of people achieve the healthier lifestyle they desire.

Expert Care

NorthStar's medical and surgical weight management center is directed by bariatric specialists wholly dedicated to the practice of Bariatric Medicine/Medical Weight Management. Patients receive a professional, detailed evaluation, followed by a prescribed treatment plan and ongoing follow-up and support.

Individualized Treatment

Understanding that every patient is unique, NorthStar creates a comprehensive lifestyle and nutrition program for each individual, designed to help them reach their personal weight goal and maintain it long-term.

Lasting Results

NorthStar's physician-managed weight loss program achieves a higher rate of success by placing patients under the managed care of an expert physician to regulate long-term weight loss treatment.

Comprehensive medical treatment of obesity can include the following:

Nutrition Therapy

Proper nutrition can reverse inefficient metabolism, minimize hunger, and supply the most balanced fuel for proper function. Several safe, effective nutrition plans are available for either rapid or gradual weight loss.

Lifestyle & Behavioral Counseling

Helping you become aware of and reverse ineffective ideas, perceptions, and habits used over the years that directly and indirectly lead to weight problems is critical. Problem solving, planning, and stress-management are fundamental skills covered in treatment.

Exercise Counseling

Learn about the most effective ways to use activities for burning fat and enhancing cardiovascular health. Developing a life-long pattern of activity is part of a successful strategy to long-term maintenance of weight loss.

Appetite Control

Several safe prescription medicines and natural supplements can be used to suppress hunger and add support to your dietary and lifestyle plan. Prescription medications, for example, have been shown to increase weight loss by 50-100%.

Surgery

NorthStar offers a variety of surgical weight loss options and can recommend which approach might be appropriate for each patient.