

**Dr. Rader, Dr. Freshwater, Dr. Hafer,
Dr. Swindler, and Dr. Gilman follow
the American Society of Bariatric
Physicians**

PRINCIPLES OF EXCELLENCE

1. Maintain patient welfare above all.
2. Provide adequate and truthful information to the patient and obtain informed consent when suggesting therapeutic interventions.
3. Respect patient confidentiality and reveal confidential data only when required by law.
4. Cooperate fully with other physicians and provide medical records to aid patient care.
5. Improve public awareness and concern for obesity as a disease.
6. Stay current as to new medical treatments and information relevant to bariatric medicine.
7. Exemplify personally the healthy lifestyle.
8. Avoid value judgments concerning patient's behavior.
9. Prescribe anorectic agents only when part of a comprehensive program.
10. Refrain from marketing materials that deceive the public and deviate from accepted medical care.
11. Maintain licensure and consider membership in local and state societies.
12. Report violations of state or federal law.
13. Not engage in inappropriate personal relationships with patients.
14. Comply with state and federal laws.
15. Comply with the ASBP Bariatric Practice Guidelines.



Michelle Freshwater, MD

Dr. Freshwater is a graduate of University of Kansas School of Medicine and is double board certified by the American Board of Family Medicine and American Board of Bariatric Medicine.

Allen Rader, MD

Founder of Medical Bariatrics America, Dr. Rader was an honors graduate University of KY College of Medicine. He is board certified in Bariatric medicine, a recognized national expert, and has practiced Bariatric Medicine over 10 years. His own struggles with obesity led him to this career path to help others afflicted with the disease.

Mary Hafer, MD & Brad Gilman, MD

Dr. Mary Hafer, board certified OB/GYN joined the IWL staff in the fall of 2007. She is a 1981 Magna Cum Laude graduate of the University of Washington.

Dr. Brad Gilman joined the staff March 2008. He is board certified in Family Practice and trained in Bariatrics under Drs. Rader and Freshwater.

Both associate MDs are members of ASBP.

Idaho Weight Loss

W. Allen Rader MD

Michelle Freshwater MD

**Idaho's Board Certified
Medical Bariatric Specialists**

**Weight Loss and
Health Maintenance
Programs**



115 W Main St Suite 101 Boise ID

(208) 343-3652

1162 Eastland Dr N #5 Twin Falls ID

(208) 420-9310

1509 N Whitley Dr Suite 10 Fruitland ID

(208) 739-5679

www.idahoweightloss.com

OBESITY IS A DISEASE

NOT A PERSONAL FAILURE

Obesity is a disease of excess body fat. BARIATRICS is the medical specialty treating obesity and obesity related medical and psychological conditions.

2006 Dr. Rader Was Elected to ASBP Board of Directors



2007 Dr. Rader Awarded National Bariatrician of the year

CLINIC STAFF

The assisting staff, Cheryl, Sandee, Terrie, Shy Anne, Janet, Debbie, Lori, Alicia Hope, Heather, Cathleen, Cindy, Connie and Tammy have over 120 combined years of experience assisting the physicians in counseling and helping patients manage their disease.

CLINIC RESULTS

Results are updated on our web page www.idahoweightloss.com

Weight Loss Results

7896 Patients

(Jan 2000 – Aug 2007)

(Avg beginning weight 216 pounds)

97.7% lost wt (5904) at first follow-up

71,555 pounds in first month

9.3 pounds avg 1 mo loss

Over **210,000** total pounds lost

75% of patients in our maintenance program keep some if not all of their weight off (locf)

78% lose at least 5% Initial body weight (IBW). (A 50% reduction DM)

44% lose at least 10% within the first 6 months in our program.

Lipid improvements

	<u>% pts decreased</u>	<u>% pts increased</u>	<u>avg change %</u>
TGY	75		38
Tot Chol	59		12
HDL		61	22
LDL	53		45

HDL is good cholesterol

LDL is bad cholesterol

**“We Are the Doctors,
Other Doctors See
for Weight Loss”**

**WEIGH YOUR RISK
WITH BMI OR BODY
FAT MEASUREMENTS**

Body fat measurements can be done in several ways. In our office we perform infrared body compositions to determine body fat %. This is used in determining a program that is right for you.

In general, **males over 25% body fat need improvement or treatment.**

In general, **females over 30% body fat need improvement or treatment.**

www.idahoweightloss.com

Please call our office or visit our web page to get all your questions answered, to have us determine your BMI or to test your % body fat. To schedule an appointment call the office closest to you.

**Obesity is the only disease
non-medical persons and programs
attempt to treat.**

Imagine.....

*A-1 Metal Welding **And** Skin Cancer
Removal*

*Idaho Roto-Rooter **And** Prostate Repair.*

Don't take chances! Overweight and obesity is a disease. See Idaho's only Board Certified Medical specialists in weight loss medicine.