

Healthy Solutions[®] Diet
HMR Program for Weight Management[™]

Patient Testimonial

SAINT
JOSEPH
MERCY
HEALTH SYSTEM

A Member of Trinity Health

Weight Loss Maintained

Eleven Months and counting...

Medications Eliminated

Diabetes

Medications Reduced

Cholesterol and Hypertension

Medical Risk Factor

Sharon no longer has sleep apnea or requires the use of the CPAP sleep apnea machine

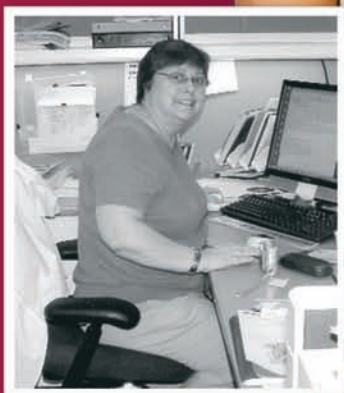
Sharon Hoffman

64 years old

Very Low Calorie Diet

Lost Weight in: 2007

Pounds lost: 60



“For nearly 20 years I did not like myself at all. I always felt dumpy and looked dumpy. I was really down about developing sleep apnea and Type II Diabetes. I perspired so much I could never hug anyone. I just kept gaining and gaining and couldn’t get the weight off.

“In 2007, I told my doctor that I wished I could lose weight. We discussed HMR and within a couple of days I went to orientation, desperate for help. After trying other diets, I felt that if this one didn’t work nothing else was ever going to work.

“You need a lot of support when you’re changing something this major and other diets didn’t have that. I look forward to group meetings, there’s not one person that doesn’t have a friendly “Hi, how are you?” I learn something new at every meeting and we all really like each other. Their support really inspires confidence.

“When I started HMR, I remember thinking ‘I can’t wait to lose all this weight so I can start eating cookies, cakes and pie again.’ and today I know that’s so ridiculous. HMR has changed my way of thinking. I’m careful because I don’t want to lose what I’ve accomplished.

“Today I’m a lot more active. I walk three miles everyday – I couldn’t even walk before. I also ran in a 5K race! A coworker told me that I was a real inspiration to my staff and I’m pretty proud of that.

“Thanks to HMR I finally like myself! I just can’t say enough about the program, support and personnel. I feel very lucky.”

HMR[®] and the HMR Program for Weight Management[™] at Saint Joseph Mercy Health System make no claim that results are representative of all patients in the HMR Program. For many dieters, weight loss is temporary. Weight-loss results shown include participation in the HMR Maintenance Program.

For more information, call 734-712-5540

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sjmercyhealth.org/hmr

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