

# Comprehensive Weight Loss Center

## overview

The Froedtert & The Medical College of Wisconsin Comprehensive Weight Loss Center offers a complete range of services and dedicated expertise to help obese individuals reach their weight loss goals. Intensive pre-treatment evaluation, individualized treatment plans, access to all types of specialty care, and consistent follow up provide the tools needed for greatest success potential — whether patients desire to reach their goals through medically supervised weight loss alone or in combination with bariatric surgery.

- Unique, multi-faceted approach emphasizes health and lifestyle changes
- In-house, multidisciplinary team collaborates on each case
- Communicate regularly with patient's primary care physician regarding treatment strategies
- Weight loss team includes endocrinologists, bariatric surgeons, advance practice nurses, nurse practitioners, registered nurses, physician assistants, dietitians, psychologists, professional counselors, exercise physiologists, physical therapists and access to other clinical specialists
- Obesity treatment plans tailored to work for each individual
- Complete range of treatment strategies, depending on health co-morbidities and individual goals include:
  - Nutrition and eating strategies
  - Lifestyle modification guidance
  - Exercise and/or physical therapy prescription
  - Behavioral therapy, cognitive behavioral therapy, psychotherapy
  - Management of all medications
  - Pharmacological options, such as appetite suppressants, absorption inhibitors
  - Bariatric surgery (including laparoscopic adjustable band and laparoscopic gastric bypass)
- Multiple convenient locations — Wauwatosa, Menomonee Falls, West Allis, Milwaukee
- Intensive evaluation before treatment and consistent follow up
- Bariatric Surgery Program is the only local program offering life-long post-operative follow-up care
- Bariatric Surgery Program is a bariatric surgery "Center of Excellence" as designated by the American Society for Metabolic and Bariatric Surgery.
- Bariatric inpatient rooms and furniture designed specifically for the needs of bariatric patients
- State-of-the-art minimally invasive surgical suites ("Endosuites")
- Support services and education, including bariatric support groups
- Exercise plans and classes designed specifically for obese individuals
- Access to the only academic medical center in southeastern Wisconsin — with experts in all related fields, e.g., cardiovascular medicine, sleep medicine, orthopaedics
- Academic medical center offers translational and basic science research discovering advances in obesity treatment

# Comprehensive Weight Loss Center Team

## Weight Loss Clinics (medically supervised weight loss)

*Froedtert & The Medical College of Wisconsin  
Wauwatosa*

Irene O'Shaughnessy, MD  
*Medical College of Wisconsin Endocrinologist  
Interim Chief and Director, Clinical Services  
Medical Director, Metabolic Syndrome Clinic*

Kawaljeet Kaur, MD  
*Medical College of Wisconsin Endocrinologist*

Kay Czaplowski, APN, CNS, *Advanced Practice Nurse*  
Nicole Fischer, RCEP, *Exercise Physiologist*  
Amy Kulwicki, RD, CD, *Registered Dietitian*  
Mark Rusch, PhD, *Medical College of Wisconsin Psychologist*  
Erica Smith, Pharm D, *Pharmacist*  
Chris Truskowski, PT, *Physical Therapist*  
Wendy Wahl, *Medical Assistant*  
Sarah Zangerle, RD, CD, *Registered Dietitian*

*Community Memorial Medical Commons  
Menomonee Falls*

Bradley Javorsky, MD,  
*Medical College of Wisconsin Endocrinologist\**

Nicole Fischer, RCEP, *Exercise Physiologist*  
Leslie Hill, MS, LPC, *Professional Counselor*  
Mark Husband, RCEP, *Exercise Physiologist*  
Amy Keller, APNP, *Nurse Practitioner*  
Lisa Mleziva, PA-C, *Physician Assistant*  
Christine Steiner, RCEP, *Exercise Physiologist*  
Sharon Wittman, RD, CDE, *Registered Dietitian*

*\*Also sees patients at Froedtert & The Medical College  
of Wisconsin Lincoln Avenue Clinic (West Allis) and  
Wheaton Franciscan Medical Arts Pavilion (Milwaukee)*

## Bariatric Surgery Program

James R. Wallace, MD, PhD  
*Medical College of Wisconsin Surgeon  
Director, Bariatric Surgery Program*

Matthew I. Goldblatt, MD, FACS  
*Medical College of Wisconsin Surgeon*

Lois Connolly, MD, *Medical College of Wisconsin Anesthesiologist*  
Rose Franco, MD, *Medical College of Wisconsin Pulmonologist*  
Samer Gawrieh, MD, *Medical College of Wisconsin Hepatologist*  
Kia Saeian, MD, *Medical College of Wisconsin Gastroenterologist*  
Chris Truskowski, PT, *Physical Therapist*

Catherine English, MSN, APNP, *Nurse Practitioner*  
Brad Grunert, PhD, *Medical College of Wisconsin Psychologist*  
Nedra Ohm, RN, BSN, CBN, *Nurse Coordinator, Certified Bariatric Nurse*  
Kate Pollock, RD, CD, *Bariatric and Sports Medicine Registered Dietitian*  
Mark Rusch, PhD, *Medical College of Wisconsin Psychologist*  
Keri Blaszczyński, *Administrative Assistant*  
Colleen Flynn, *Administrative Assistant*

## How to Refer Your Patient

To refer a patient to the Froedtert & The Medical College of Wisconsin Comprehensive Weight Loss Center, receive more information or speak with one of our physicians, please call **877-770-LOSE**. You can also learn more by visiting [froedtert.com/lose](http://froedtert.com/lose).