

OBESITY & RISK FACTOR PROGRAM

2601 Hospital Boulevard
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MEDICAL DIRECTORS

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Dear Hector:

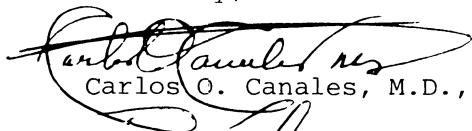
Early in March we will be establishing an Obesity and Risk Factor Program here in Corpus Christi. This program is aimed at the morbidly obese patient whose obesity has become a significant risk factor affecting their longevity. The basis of the treatment will be a supplemented fast program which was pioneered by Dr. Victor Vertes in Mt. Sinai Hospital five years ago. To date, more than 2500 patients have gone through the Mt. Sinai program with 78% of those losing at least 40 pounds - only about 5% of the morbidly obese in other weight reduction programs lose that much. The program includes supplemented fasting, plus an intensive behavior modification course aimed at facilitating the eating habit changes necessary for healthy weight maintenance. The program follows a protocol developed over the past several years at Mt. Sinai and the UCLA Medical Center. Assisting us in the Risk Factor obesity management program will be a team of health care specialists, including a nutritionist, psychologist and exercise therapist. Data compiled by our program will be shared with co-investigators at Mt. Sinai, Cleveland, UCLA and other centers nationwide.

This program is not intended for those people who desire to lose a few pounds for an entirely cosmetic reason. Only patients with a weight of at least 20% greater than ideal weight, or those who cannot undergo elective surgery because of excessive risks caused by their obesity will be accepted. Patients with serious medical problems are not excluded per se. The only absolute contraindications are pregnancy or a recent myocardial infarction (within six months).

Our program is not designed to supersede normal doctor-patient relationships. Patients will be accepted only if they and their physician agree that the patients remain under the care and control of the primary physician who can obtain medical data on his patient at any time. Periodic case updates will be continually sent to the primary physician.

Enclosed is a bibliography of journal articles relating to obesity and the protocol used in our program. We shall be pleased to furnish you with any additional information about our program as you may wish.

Sincerely,



Carlos O. Canales, M.D., P.A.



Humberto Garcia, M.D., P.A.

Enclosure