



We Welcome You to Children's Healthy Weigh of Buffalo!

Tuesday & Thursday Clinics 8am to 4pm

- **Body Composition Measurement & Clinic Visit with 2, 3 or 4 Providers**
 - Endocrinologist
 - Child Psychologist & Clinical Social Workers
 - Registered Dietician
 - Physical & Occupational Therapists

***Evaluation with Surgeon for select Patients seeking Weight Loss/Metabolic Surgery**

What to expect...

No Mention of Weight!

Our specialized scale follows body composition, that is, muscle, fat & bone mass. You will quickly see why this is a much more accurate way to measure progress.

No Mention of Diets!

- **Discussion centers around being healthy & active with structured meals at structured times.**
- You can expect sensitive issues to be approached in a gentle manner by a team of professionals who all specialize in pediatrics and bariatrics. Summaries of your progress will be shared with your doctor.
- There will be realistic goals, lots of learning and even some fun... Hands-On Cooking Classes, Fitness guidance, our private Healthy Weigh Facebook Page... and possibly some Yoga soon.
- You can expect monthly visits for about 6 months.

Commonly asked questions:

Why is the Initial Visit between 2 & 3 hours long?

- You will meet with 4 different providers who will get to know you & your goals, and will work with you to develop a personalized plan.

What will you need for your Initial Visit?

- We ask that you eat a good meal prior to this longer visit so that you are alert and comfortable to share and receive a good amount of information. Please bring your completed Patient Questionnaire and the Food Log. Wear sneakers or comfortable shoes for the fitness portion of program.

My child is on the autistic spectrum, can she/he participate in the program?

- Yes. All providers in the program have experience caring for children with developmental disabilities. All are welcome.

Will medical tests and consults be necessary?

- It is likely that fasting blood work will be ordered at some point. For some participants, a sleep study will be recommended. Referrals to specialists will be made as needed.

Who should attend Healthy Weigh appointments with my child?

- Adults who are primary caretakers of the child, provide childcare for the family and/or reside with the child; Those who shop for groceries and prepare meals for the family; many care managers attend with their clients to offer added support.

Do you offer Weight Loss/Metabolic Surgery?

- Dr. Harmon is our bariatric surgeon and he will follow patients who are interested in weight loss surgery over a minimum of 6 months before deciding with family whether an adolescent meets criteria. The Healthy Weigh psychologist & counselor welcome those interested in surgery and those who have had bariatric surgery to their monthly support group held the last Tuesday of the month at 12:30pm.

Does the American Academy of Pediatrics support weight loss/metabolic surgery in older children?

- The AAP supports the option of bariatric surgery for adolescents who are faced with obesity related disease. These include sleep apnea, hypertension, dyslipidemia, diabetes, prediabetes, insulin resistance, joint pain, recurrent headaches, depression & anxiety, polycystic ovarian syndrome, metabolic syndrome and fatty liver/NASH.



I'd like to participate in the Healthy Weigh Program... What are my Next Steps?

- Complete our Questionnaire and a 3 day Food Log. Fax to 323-6687 or bring them to first appointment.
- Reach us at **323-6120** to set up appointment & to obtain any paperwork needed.

WHERE? Conventus Building (a walkable bridge connects to Oishei Children's Hospital)
1001 Main Street, Buffalo, NY 14202
Elevator to 3rd floor → look for the Yellow Lion

- Valet Parking at entrance (\$7 for 3 hours) 818-6143
- Parking Ramp beneath Conventus Building (max \$9)
- Street Parking on High Street
- Metro Rail station: Allen/Medical Campus Station then 1 block to High St & Main St.

Medicaid Transportation. Go to [www. medanswering.com](http://www.medanswering.com) to set up an online account.

Home Health Care Managers can help with this.

Or call 1-800-651-7040 at least 1 week prior to appointment.

ON FACEBOOK?

Parents, Caregivers & Adult Patients... Once enrolled in the program, you'll have access to our private Facebook page.

Search "**OCH Healthy Weigh Family**" and ask to JOIN the group!

DID YOU KNOW? School Breakfast & Lunch Menus are posted online ...here are a few

Amherst Schools: <https://www.amherstnutrition.com>

Buffalo Schools: <http://www.schoolnutritionandfitness.com/index.php?sid=0603142256068325&page>

Jamestown Schools: <https://www.jpsny.org/Page/2233>

Lockport Schools: <https://www.lockportschools.org/Menus>

Orchard Park Schools: <https://www.opschools.org/Page/195>

Silver Creek Schools: <https://www.silvercreekschools.org/departments/cafeteria/menus>

Tonawanda City Schools: <https://www.tonawandacsd.org/food%20services>