

# Medical Treatment of Obesity

“Obesity is not a condition of choice,” said internist/bariatrician Margaret Gaglione, M.D., who serves as medical director for Tidewater Bariatrics on the corner of Volvo Parkway and Kempsville Road. “Rather it is a disease that needs intensive therapy to treat the illness. Then the patient must learn the skills that are necessary to succeed in maintaining a healthy weight.”

“Unfortunately, while most primary care physicians correctly diagnosis their patient’s obesity, their time is often spent treating the damage that obesity causes; hypertension, diabetes, and even cancer, rather than the obesity,” explained Dr. Gaglione. “Tidewater Bariatrics is a very different medical practice. We are exclusively dedicated to the medical treatment of obesity.”

One of the tools Dr. Gaglione uses for the acute weight loss phase is the Health Management Resources® Program for Weight Management. HMR® is a program that has treated over 900,000 patients nationwide, primarily at large academic medical centers. Tidewater Bariatrics is one of two programs in Virginia that offers HMR®; the other is in Roanoke. Patients may refer themselves or be referred by their primary care physicians.

“The average weight loss on the Decision Free Diet is 65 pounds with 74% of patients maintaining weight loss of greater than 50 pounds at two years,” said Dr. Gaglione, who



received her degree from Pennsylvania State University College of Medicine.

“Our web site, [www.tidewaterbariatrics.com](http://www.tidewaterbariatrics.com), offers great information regarding our program and as well as patient testimonials,” Dr. Gaglione continued. “I have found no greater gratification in my many years of medical practice than helping my patients lose weight and keep it off.” \*

**Tidewater Bariatrics**  
**1413 Kempsville Rd.**  
**Chesapeake**

**757.644.6819**

[www.tidewaterbariatrics.com](http://www.tidewaterbariatrics.com)