What you can expect at the Lifestyle Medicine Program
Scheduling Number (720) 777-2691

The Lifestyle Medicine Program is a team approach. All of our staff members will help your child be healthier by learning new habits and how to make good choices. These are people you may meet at different times.

- **A medical provider** (doctor, nurse practitioner, or physician’s assistant) to talk about health problems. The following is a list of the medical providers and clinic nurse in our lifestyle program:
  - Matthew Haemer, MD
  - Renee Porter, PNP
  - Kim Gracey, PA
  - Liliane Diab, MD
  - Darcy Thompson, MD

- **A dietitian** to guide eating behaviors. The following is a list of dietitians in our Lifestyle Program:
  - Helen Seagle, RD
  - Deidra Barlow, RD
  - Jessica Hildebrandt, RD
  - Jessica Youngberg, RD
  - Cinda Nab, RD
  - Torie Christensen, RD
  - Lisa Pederson, RD
  - Genelle Beerbower, RD

- **An activity specialist** to help your child find their strengths in activity. We have one exercise physiologist:
  - Michael Witten, MS, CSCS

- **A psychologist** for children to assist with weight management and eating behaviors:
  - Richard Boles, PhD

What the Program Offers

Following are listed several options for how the Program can help your family to meet your child’s needs.

**Clinic Visits**

Private family visits with a medical provider, dietitian or psychologist will help you choose and reach your child’s personal health goals.

**Your First Clinic Visit**

This is a group visit, for all new patients entering into our Lifestyle Medicine Program. This ORIENTATION class will provide an overview of our weight management program and also initiate education and goal setting. At this visit, you will obtain appointments with the medical provider and dietitian.

**Follow Up?** We will create an individual plan with your family. This may include visits in our exercise classes, group programs or dietitian visits. Typically families visit with the Medical Provider 1-2x a year, and with the dietitian once a month.

**Group Classes @ Anschutz Medical Campus**

**Medical Subspecialty Visits at Anschutz Medical Campus**

Some patients who have been evaluated through the medical visit (visit 1 or 2) will then see a specialist to discuss particular weight related issues. Only some of the patients in the program will need this appointment. The Weight Management Specialty Clinic provides evaluation and treatment of children and adolescents whose weight is associated with insulin resistance-related disorders or lipid disorders which may include:

- Type 2 Diabetes
- Hypertension
- High Cholesterol
- Polycystic ovary syndrome
- Impaired glucose tolerance/impaired fasting glucose

The following are the providers associated with the weight management specialty clinics:

- Phil Zeitler, MD
- Melanie Green, MD
- Natalie Abramson, PhD
- Steve Daniels, MD
- Sonali Patel, MD
- Jessica Hildebrandt, MD
- Megan Kelsey, MD
- Kristin Nadeau, MD
- Claudia Retamal-Munoz, RN
- Liz Yeung, MD
- Christine Chan, MD