

# Patients praise Dr. Benton Baker for helping them lose weight

By Ruth Fields  
Courier Advertising Writer

Chris Bush had never been more than slightly overweight – until he quit smoking. Then, the weight piled on. When his wife, Mindy, suggested that they both see Dr. Benton Baker III at M.D.'s Weight and Wellness Center, Chris agreed. At their first appointment, Chris learned that Baker's motivation for helping patients lose weight is to improve their health. Chris was impressed that Baker ordered an EKG and blood work before recommending a weight loss program.

Chris also discovered that Baker provided helpful education; in addition, his positive attitude encouraged Chris to succeed. He was always available to provide support.

"Most doctors are in and out the door and you don't have time to ask any questions, but he has always been available," Chris said. "If you call, unless he's with a patient, he's right there to answer any questions."

To help Chris manage his appetite, Baker suggested that he eat six small meals a day rather than three large ones. That way, when he got hungry, he could nibble on an apple or another healthy snack and wouldn't be tempted to binge on unhealthy foods. Baker also prescribed an FDA-approved, appetite-suppressing drug that helped Chris form new eating habits.

Once Chris began exercising and eating the right foods in the right proportions, he began to lose weight rapidly.



*Chris Bush lost 65 pounds in three and a half months with help from Benton Baker, M.D.*



"I had no idea it would come off this fast, but I had been very stagnant," Chris said. "When I began eating right and exercising, it just fell right off."

Before long, Chris was able to discontinue taking medications for acid reflux and high cholesterol.

"My cholesterol is perfect," he said.

Since his first appointment with Baker on July 9, Chris has lost about 65 pounds; he hopes to lose another 18 to 20 pounds. He is now gradually reducing his usage of the prescribed appetite suppressant and plans to see Baker in the near future to work out the details of a weight maintenance plan.

Friends and co-workers often do a double-take when they see Chris and want to know how he achieved such dramatic success in just three and a half months.

"I tell them I went to a weight management doctor and they want to know who it is," Chris said. "I recommend Dr. Baker with confidence because he's not a quack. He's somebody who cares about your health and monitors it very closely."

During a 34-year career practicing obstetrics and gynecology and serving as a professor of Ob/Gyn at several universities, Baker discovered something alarming: two-thirds of Americans are at high risk of serious health problems because they are overweight.

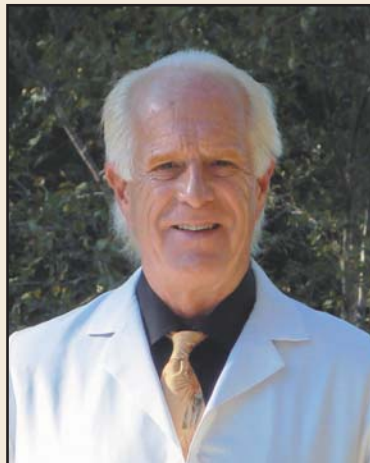
"Weight is responsible for all sorts of horrible medical conditions," Baker said. "It raises the risk of cardiovascular disease. It raises the risk of certain forms of cancer – in women, particularly, breast and uterine cancer.

In fact, according to Dr. Robert Weinberg, a professor of cancer research at MIT, one in every seven cancer deaths is caused by excess body fat.

"Obesity also raises the risk of a variety of forms of gastroenterological problems. . . It raises the risk of osteoarthritis and sleep apnea," Baker said. "And one of the real problems associated with

it are psychological problems and depression."

So, Baker decided to devote the remainder of his career to helping patients achieve better health through weight loss. He and his wife, Joy, a registered nurse, founded M.D.'s Weight and Wellness Center in 2007.



*Dr. Benton Baker*

Because his primary goal is to improve his patients' health, Baker examines his patients and conducts lab work before they begin weight-loss programs. Then, he develops individualized programs for each patient and personally sees them at every visit. When they reach their target weights, Baker helps patients create maintenance plans so that they won't regain the weight they lost.

"What impressed me was that he took the time to discuss my situation, my challenges, my own personal goals – the things that were individual to me," one patient said. "He gave me good, solid, factual, medical information. He didn't just write me a prescription and say, 'See you next time.' He has the experience to know what really works and what doesn't."

"He's a real doctor," another patient agreed. "He always sat down and talked about every detail with me. He's available 24 hours a day."

While most of Baker's patients give him much of the credit for their weight loss, Baker is quick to compliment their dedication to achieving their weight loss goals.

"Their outstanding weight loss, spectacular change in appearance and marked improvement in health are due to their commitment and the personalized, direct physician care we provide for every patient," he said. "They have accomplished this without the use of fad diets, diuretics, deprivation, questionable dietary supplements of unapproved and potentially-dangerous injections."

"He really wants you to get healthy," one patient agreed. "He's not there just to run you through a program. He's committed to you and wants you to be successful."

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