

Patient loses one-third of body weight with help from local doctor

By Ruth Fields
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Brittney Nobs was slender for most of her life; when she graduated from high school, she weighed about 115 pounds. When she enrolled at Sam Houston State University, however, she developed bad eating habits.

"I was eating junk all the time," she admitted.

Fast food and too many high-calorie snacks soon caused her weight to soar. She gained weight throughout her college years.

When she became pregnant, Brittney gained more weight. After her daughter, Kristin, was born, Brittney tried losing weight on her own and through organized programs, but the extra weight stubbornly refused to go away.

"I was constantly hungry," she said. "All I was ever thinking about was what I was going to eat next."

Being overweight had many disadvantages. Brittney had always liked to shop, but at size 18, she found she didn't like to shop any more. Cute clothes, she said, weren't available in larger sizes, so she shopped only for a basic, functional wardrobe. It also bothered her that she was sadly lacking the energy she needed to keep pace with Kristin.

When a friend became a patient of Dr. Benton Baker III, she recommended him to Brittney.

"She told me it's one on one; he would talk to you and take whatever time you needed," Brittney said.

Inspired by her friend's weight loss, Brittney resolved to make an appointment with Baker. When she first met him in May 2009, she was impressed that his main concern was her health.

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

Baker suggested that Brittney keep track of her food consumption by using an online food journal that helps patients track their caloric intake. He also gave Brittney useful, practical advice, such as using the size of her fist to help her determine appropriate portion sizes.

"I cut down my portion sizes drastically," Brittney



Brittney Nobs has lost 70 pounds since May 2009 with help from M.D.'s Weight and Wellness Center.



"I was frumpy looking," she said. "I knew I was big but you don't realize just how different you look until you go back and look at pictures. I feel better about myself. People say, 'Wow! You are so tiny.' They just can't believe it."

Brittney does not hesitate to recommend Baker to others who need to lose weight.

"He has been there every step of the way," she said.

said. "Even when I was eating healthier things, I was eating too much of it."

Baker also recommended exercise, so Brittney began working out with an exercise video. When she told Baker that she often took Kristin to a park near their home, Baker suggested that they walk there – about a 10 to 15 minute walk – instead of driving. As she began to lose weight, Brittney found that walking and exercising became easier.

To help Brittney control her raging appetite, Baker prescribed an FDA-approved, appetite-suppressing drug. Brittney found that it helped her lower her caloric intake. As she did, her weight began to plummet.

"I started dropping pounds immediately,"

she said. She often lost five pounds a month.

Just over a year later, Brittney has lost 70 pounds – over one-third of her heaviest body weight. She now weighs 128 and is within five pounds of her goal.

Brittney loves being able to shop for fashionable clothes and she appreciates being able to play actively with her daughter; however, she said the best part of being slender again is the boost it has given her self confidence.

"I just felt like

For Dr. Benton Baker III, who spent 34 years practicing obstetrics and gynecology and serving as a professor of Ob/Gyn at several universities, it's a matter of grave concern that two-thirds of Americans are at high risk of serious health problems – including cardiovascular disease, diabetes and cancer – because they are overweight.

So, Baker and his wife, Joy, a registered nurse, founded M.D.'s Weight and Wellness Center in 2007. The practice is dedicated to helping patients achieve better health through weight loss.

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."

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



Dr. Benton Baker

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