

Weight Management Center Helps Business Owner Change Lifestyle

“It’s the best thing I’ve ever done.”

Jenny Jones was at the heaviest weight of her life, and she knew a lifestyle change was in order. With the support from weight loss and nutrition experts at Fort Sanders Weight Management and Nutrition Center, a spark of determination and a lot of hard work, she lost 75 pounds over the course of a year. “At age 65, if I can do it, anyone can do it – everyone should be as happy as I am,” Jones beams.

Last spring, the business owner recalls telling herself that she could make an effort to change or she could stay stagnant. She opted to make a change. Arriving at Fort Sanders Regional Medical Center, Jones met certified bariatric nurse practitioner Dana Webber, MSN, NP-C, CBN, whose mission is to help her patients and to treat obesity, improving their health and quality of life.

Webber and the Fort Sanders Weight Management and Nutrition Center staff educate patients about dietary and exercise regimens that are right for them. The result is behavioral changes people can practice for the rest of their lives.

Jones felt an instant connection with Webber. “We hit it off – she did some tests and told me I had the metabolism of 79-year-old woman,” she laughs.

Webber’s goal for her patients is improving overall health, whether the focus is on comorbid conditions like hypertension, diabetes, high cholesterol, or whether it’s preventing other health issues from occurring. “My focus is to treat the obesity – a disease – because it causes many other problems,” she says.

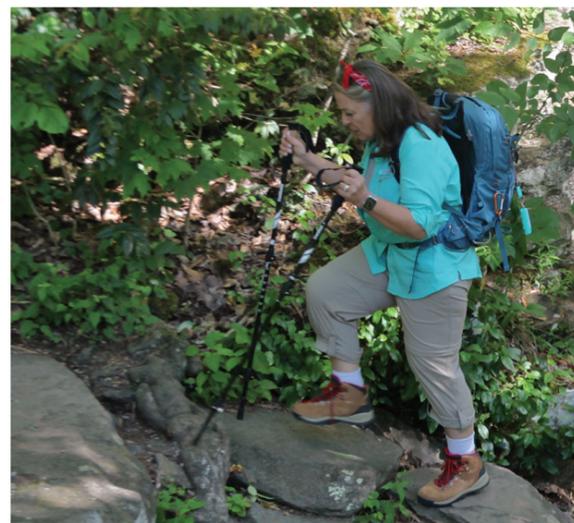
Webber helped Jones make behavior changes including mindful eating, not grazing or skipping meals, and focusing on better choices of food. “With patients like Jenny, it’s a complete lifestyle change. If they ‘mess up,’ I let them know it’s OK, and to get right back on track making the next meal a better one,” she says.

A Shift in Mindset
“Mindset is important,”



Jenny Jones weighed more than 200 pounds at the start of her weight loss journey. Today, she is happy to say she’s dropped 75 pounds with the help of the Fort Sanders Weight Management and Nutrition Center.

“Learning to fly a plane has been a lifelong goal,” Jenny Jones says. However, she felt embarrassed to tell her instructor what she weighed and self-conscious that the seatbelt had to be fully extended. “I could still attend lessons, but your weight matters. It was the equivalent of carrying an extra suitcase.”



Jenny Jones now enjoys hiking. She says, “Hiking is hard when you’re heavy. Some people might be able to, but I couldn’t. I felt like I couldn’t play with my grandchildren, and being that heavy kept me from doing the things I really wanted to do.”

Jones says, referring to the mental challenges of losing weight. She says she trained her mind to get past thinking it needs a larger amount of food.

“I still love to cook, I just don’t feel the need to eat everything on the plate,” she says. “I realized I could not spend the rest of my life feeling like I was missing out on good food and ever hope to stick to it. So I limit those things I crave to small portions, and I limit the times I eat them.”

In addition to mindful eat-

ing, Jones is also more active than she was a year ago. She owns a market research company in west Knoxville and sits at her desk all day for work, but she is more cognizant of intentionally moving her body.

Jones is able to check items off her “bucket list” that felt restricted or difficult when she carried more weight. She now takes flying lessons and has learned how to fly a plane. She also plans to hike Mt. LeConte in the Great Smoky Mountains. “A friend and I bought hiking

gear, and we’re going this month! I couldn’t have done that before.”

The Goal: To Feel Better

Jones’s overall goal was to feel better. She is on her way to lose a few more pounds, but she doesn’t obsess over the number on the scale and feels good with where she is. Jones reflects that having energy, accomplishing long-held goals, and feeling good in her clothes are all excellent motivators.

“I was a size 18 and now

I’m a size 8. I sleep better at night, and I breathe better.” She recommends the Fort Sanders Weight Management and Nutrition Center to anyone considering a lifestyle change similar to hers. “Get happy!” she says. “Life’s too

short not to be happy. If you are unhappy because of your weight, do it!”

To find out more, visit FSRegional.com/bariatrics or call 865-331-2290. The clinic also offers telehealth options for virtual visits.

Deciding Between Surgical and Non-Surgical Options

Surgical candidates typically have a body-mass index (BMI) of 35-40 with two comorbid conditions such as diabetes, hypertension or sleep apnea, or a BMI of 40 with no comorbid conditions. The non-surgical candidate typically has a BMI of 27 or higher. Patients who

fit criteria for the non-surgical option participate in a 12-week program that includes nutrition, exercise, medical management and emotional psychological work.

For more information about Fort Sanders Regional’s bariatric services, visit FSRegional.com/bariatrics.



A Non-Surgical Approach to Weight Loss

The non-surgical bariatric program offered by Fort Sanders Weight Management and Nutrition Center is designed for adults with a BMI of 27 or higher who need to lose moderate to significant amounts of weight. Services include:

- Therapeutic diet education for chronic health conditions including diabetes, hypertension, kidney disease and heart disease



- Nutrition counseling for weight management
- Weekly meetings with a nurse practitioner
- Monthly support groups and health education classes
- Lab testing
- Optional B12 injections

To learn more about the Fort Sanders Weight Management and Nutrition Center, please call (865) 331-2290 or visit FSRegional.com/fort-sanders-weight-management-and-nutrition-center.

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