

Our Experts



David Rometo, MD

Endocrinologist

Clinical Director, Obesity Medicine
Board-certified in Obesity Medicine



Hussain Mahmud, MD

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Sann Mon, MD

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Chief of Endocrinology, UPMC Mercy

Board-certified in Obesity Medicine



Katrina Han, MD

Endocrinologist

Board-certified in Obesity Medicine



Jillian Herschlag, MS, RDN, LDN

Dietitian II



Georgina Burrows, MS, RD

Dietitian



LIFE CHANGING MEDICINE

Visit the UPMC Center for Diabetes and Endocrinology at one of our participating locations:

Falk Medical Building (Oakland)

3601 Fifth Ave., Suite 3B
Pittsburgh, PA 15213

UPMC at Oxford Drive (Monroeville)

400 Oxford Drive, Suite 100
Monroeville, PA 15146

UPMC Mercy

1400 Locust Street, Suite 5120
Pittsburgh, PA 15219

UPMC McKeesport

500 Hospital Way
Painter Building, Suite 401
McKeesport, PA 15132

Any location is appropriate for an initial appointment and telemedicine options are available. Patients participating in the OPTIFAST Program will be required to go to the Falk Medical Building for two in-person medical visits. All lifestyle programs with the registered dietitian are virtual.

To make an appointment, contact the program administrator at 412-586-9780. To learn more, visit [UPMC.com/DROP](https://www.upmc.com/DROP).

Consult your health plan if you have questions about your coverage of medical visits. Visit [UPMC.com/DROP](https://www.upmc.com/DROP) for program pricing information.

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DROP: Disease Remission in Obesity Programs

DROP bad habits, pounds, inches, medications, and symptoms



UPMC Center for Obesity Medicine
UPMC Center for Diabetes and Endocrinology



LIFE CHANGING MEDICINE

Contact Us

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Like high blood pressure and high cholesterol, obesity is a chronic disease. Therefore, we should treat it like a disease—early, aggressively, and persistently.

Obesity Can Cause or Worsen:

- Arthritis and chronic pain
- Fatty liver disease and cirrhosis
- Heart disease and stroke
- High blood pressure
- High cholesterol and triglycerides
- Infertility and pregnancy complications
- Many cancers
- Sleep apnea
- Type 2 diabetes

If you are ready to lose weight and improve your health, DROP can help. People are successful when they create goals and are motivated to achieve those goals. Even modest lifestyle changes can provide health benefits and some weight loss. Each step in the direction of improved health is worthwhile.

Our Approach

The DROP philosophy is to manage obesity as a chronic disease with you, the patient, at the center of our approach. This is achieved by:

- A patient-centered program model that uses Shared Medical Appointments (SMAs), as well as group lifestyle visits for accountability and comprehensive care.
- Experts from the UPMC Center for Diabetes and Endocrinology, including physicians certified by the American Board of Obesity Medicine, to help with medical supervision, nutrition, and behavioral counselling.
- Aftercare and follow-up to help prevent weight regain.

Program Options

Mediterranean Life: Whole food, plant-heavy, healthy-fat diet derived from large cardiovascular and diabetes trials

The Mediterranean diet consists of a variety of whole foods (including vegetables, fruit, beans, nuts, fish, olive oil, and wine). The Mediterranean lifestyle also incorporates quality sleep, activity, stress management, and social relationships, all components of living a longer, healthier, happier life. This lifestyle can result in significant health improvement (both symptoms and blood test results) and medication reduction, often without calorie counting and restriction. This program includes an introductory class followed by monthly group visits with a dietitian for 1 year.

Partial Meal Replacement: Build a healthy lifestyle and weight loss habits while incorporating some meal replacements

Weight loss programs can feel overwhelming with many new eating recommendations to follow. Having a few meal replacements daily, like protein shakes or bars, can help alleviate some of the need to choose, plan, and prepare each meal and snack. This program incorporates nutritional and behavior change guidance for long-term weight loss success.

This is a 6-month program with twice-monthly virtual group visits with a dietitian. The recommendation is to follow with the Optimize maintenance program for 1 year after the 6-month program.

OPTIFAST: Total meal replacement low-calorie diet for maximal non-surgical weight loss and disease remission

Certain medical conditions reach a severe stage where a healthy lifestyle and moderate weight loss is not enough. Some patients need to lose a large amount of weight quickly to get off of medications, to safely undergo a necessary surgery, or for infertility treatment. Others have found that adequately following less intense interventions has only resulted in small amounts of weight loss. For all of these, there is OPTIFAST, a medically supervised diet that begins with total meal replacement, followed by gradually building a new weight maintenance diet and habits. In clinical trials, those that have participated in OPTIFAST and similar programs have

experienced results including diabetes remission and reversal of polycystic ovary syndrome (PCOS) and fatty liver disease. The average weight loss result is 18-20% among those who complete the six-month program. This program requires a one-on-one medical evaluation followed by Shared Medical Appointments monthly by one of our obesity medicine providers and 16 group visits over six months with a dietitian. The recommendation is to follow with the Optimize maintenance program for 1 year after the 6-month program.

Optimize: Focus on maintaining weight loss with monthly sessions that provide continued accountability

The Optimize program is developed for those who have completed the Partial Meal Replacement and OPTIFAST programs and are now working to maintain their weight loss. This program provides more in-depth educational information and strategies for building habits that will help to keep the weight off and maintain healthy lifestyle habits.

This program includes monthly group visits with a dietitian for 1 year.

Height	Weight																											
	160	170	180	190	200	210	220	230	240	250	260	270	280	290	300	310	320	330										
5'0"	31	33	35	37	39	41	43	45	47	49	51	53	55	57	59	61	63	65										
5'1"	30	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60	62	64										
5'2"	29	31	33	35	37	39	41	43	45	47	49	51	53	55	57	59	61	63										
5'3"	28	30	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60	62										
5'4"	28	29	31	33	34	36	38	40	41	43	45	46	48	50	52	53	55	57										
5'5"	27	28	30	32	33	35	37	38	40	42	43	45	47	48	50	52	53	55										
5'6"	26	27	29	31	32	34	36	37	39	40	42	44	45	47	49	50	52	53										
5'7"	25	27	28	30	31	33	35	36	38	39	41	42	44	46	47	49	50	52										
5'8"	24	26	27	29	30	32	34	35	37	38	40	41	43	44	46	47	49	50										
5'9"	24	25	27	28	30	31	33	34	36	37	38	40	41	43	44	46	47	49										
5'10"	23	24	26	27	29	30	32	33	35	36	37	39	40	42	43	45	46	47										
5'11"	22	24	25	27	28	29	31	32	34	35	36	38	39	41	42	43	45	46										
6'0"	22	23	24	26	27	29	30	31	33	34	35	37	38	39	41	42	43	45										
6'1"	21	22	24	25	26	28	29	30	32	33	34	36	37	38	40	41	42	44										
6'2"	21	22	23	24	26	27	28	30	31	32	33	35	36	37	39	40	41	42										
6'3"	20	21	23	24	25	26	28	29	30	31	33	34	35	36	38	39	40	41										
6'4"	20	21	22	23	24	26	27	28	29	30	32	33	34	35	37	38	39	40										

- Healthy weight (BMI between 18 and 24.9)
- Overweight (BMI between 25 and 29.9)
- Obesity (BMI between 30 and 39.9)
- Severe obesity (BMI of 40 and above)

What is Obesity?

Today, over one third of American adults have obesity. This term is used to describe those with a Body Mass Index (BMI) over 30 kg/m², or a waist circumference over 35 inches for women and over 40 inches for men. It is caused by a person's genes, environment, habits, life experiences, and sometimes other medical conditions and medications. These factors result in the body storing fuel as adipose tissue (fat) in excess, and in unhealthy areas of the body, often resulting in illness and discomfort. After successful efforts to lose weight, it is normal for the body to try to regain all of the lost weight. So, permanent changes in a person's environment, habits, and often medications are needed to keep the weight off.

DROP is fully supported by a team of medical professionals at UPMC. We are here to help you on your weight-loss journey with medical supervision and nutritional counseling.