Yale Metabolic Health and Weight Loss Program
Helping You Back to Health

If you would like to make an appointment or are a Physician who would like to make a referral, please call (203) 785-4138

Yale Medical Group
yalemedicalgroup.org

ABOUT OUR MULTI-SPECIALTY LEADERSHIP TEAM

W. Mehal, MD, D.Phil obtained his medical degree from the University of Oxford, England and post-graduate training from Yale-New Haven Hospital. He is board certified in Gastroenterology, and has an active research program studying the triggers of obesity and obesity related inflammation.

Louis Chaptini, MD obtained his medical degree from St Joseph University, Lebanon and completed his post-graduate training from University of Medicine and Dentistry of NJ. He is board certified in Gastroenterology and has published on the management of obesity and its complications.

Leah McManus is a Registered Dietitian with a Master of Science in human nutrition and post-graduate training in adult weight management. She obtained clinical training from Yale-New Haven Hospital and has been providing medical nutrition therapy within both inpatient and outpatient settings since 2010.

Carol Eggers, APRN is a Nurse Practitioner (NP) dually certified as a Family Nurse Practitioner and as an Adult Psychiatric/Mental Health NP. She graduated from Yale School of Nursing, completed a Post-Masters at Fairfield University, and an NP fellowship at Yale School of Medicine. For the last ten years she has provided treatment for complex disease requiring co-ordination of medical therapy and psychological support. This has been done on an individual basis as well as in group session. She is also an instructor of mindfulness-based interventions.
is committed to providing weight loss interventions with strong evidence for being effective. The program is multi-disciplinary and has close links with many associated specialist such as surgeons, diabetologists, experts in sleep medicine and stress reduction.

The philosophy of the program is to focus on your health, rather than any specific disease. This is important in keeping you center-stage, and dealing with what is most important to you. The practical aspect of the program is to provide all the effective weight loss interventions in one place. Some such as the Optifast meal replacement program have a proven record over many decades. Others, such as weight loss medications, have been recently approved after testing in high quality clinical trials. A number of other interventions for weight loss are under review by the food and drug administration and will become available on approval.

Excess body weight has many negative effects on your life. We offer effective therapies that can help you get back to a healthy place where you can enjoy life to the fullest.

Conditions that can benefit from weight reduction:

High blood pressure
Diabetes
Fatty Liver
Sleep Apnea
Sexual Health
Cancer risk
Joint disease

Yale Metabolic Health and Weight Loss Program Highlights

- A focus on your health
- An understanding of your goals for weight loss
- Approved and effective medications
- Optifast meal replacement program
- Clinical trials to develop better therapies
- Personalized interventions
- Individual and group sessions
- Multidisciplinary team
- Close relationship with related specialties

Multidisciplinary Approach

One of the challenges of helping patients lose weight is that many specialists have something to offer, but there is no place that a patient can be evaluated in a comprehensive way to develop a personal therapy plan. Our program has a regular case-conference where challenging cases are discussed. This allows the in-put of dietician, psychologists, gastroenterologists, surgeons and others to be considered and the best management plan to be developed. This is key to developing a personalized approach that will work for individual patients.