

Patient's commitment to doctor's advice leads to loss of 108 pounds

By Ruth Fields
Courier Advertising Writer

In May 2009, Guy Yancey opted for early retirement after a 36-year career in banking. He was ready to "take it easy," but after just a few months of retirement, Yancey, already overweight, gained 50 additional pounds. At six feet tall, he weighed 290. Both his cholesterol and blood pressure were elevated.

"I was retiring myself to an early grave," he said.

In August, Yancey stumbled across an article in *The Courier* about Dr. Benton Baker III, a physician whose practice is dedicated to helping patients achieve better health through successful weight loss. Yancey was intrigued, so he did a little investigative work. He checked Baker's credentials and researched his background; then, he asked his doctor about him.

"He said, 'There are a lot of people out there who are kind of quacks, but Dr. Baker is the real thing and he can really help you.' So, I made an appointment because I was determined I had to do something," Yancey said.

At his first visit in September, Yancey was impressed. Baker ran blood tests, analyzed his body composition, and asked lots of questions about Yancey's health, lifestyle and goals. He told Yancey that he could help, but that it would take a commitment to make a lifestyle change.

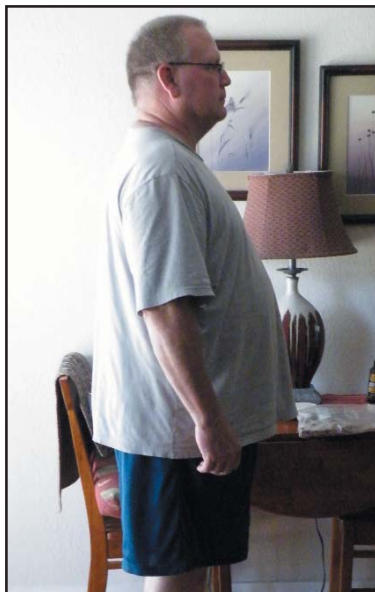
"There is no placebo to get you where you need to be," Yancey said. "It takes commitment, hard work and determination."

He was not, however, alone. Baker and Yancey quickly formed a relationship that helped Yancey stay focused on his goals. He soon found that he was motivated to eat the right foods in the right quantities because he didn't want to disappoint Baker at his monthly appointments with him. He also learned that Baker was genuinely concerned about his health.

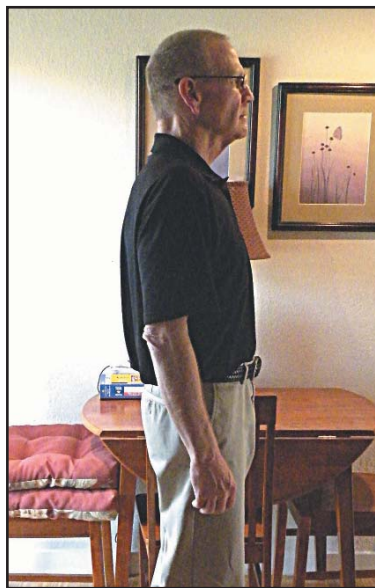
"He really wants you to get healthy," Yancey said. "He's not there just to run you through a program. He's committed to you and wants you to be successful."

Over the next few months, Yancey discovered that Baker provided lots of encouragement and useful help. He provided an online food journal, which enabled Yancey to

analyze and keep track of the foods he ate. He also educated Yancey about the mechanics of weight loss and provided practical advice. In addition, he prescribed an FDA-



Guy Yancey has lost 108 pounds with help from M. D.'s Weight and Wellness Center.



approved, appetite-suppressing drug that helped curb Yancey's voracious appetite while he cut back drastically on the amount of food that he consumed.

"I was eating probably 6,000 to 8,000 calories a day. You don't just flip that switch off overnight," Yancey said. "I utilized the tools that he provided me to be successful."

Yancey also began walking and even took a part-time job unloading semi-trailers several times a week to make his lifestyle more vigorous. He did not, however, totally deprive himself of his favorite foods. At Baker's suggestion, he occasionally treated himself so that he didn't feel deprived.

Yancey quickly began to lose weight, sometimes 15 pounds or more between his monthly visits with Baker. At those visits, Baker encouraged him and warned him that his initial weight loss would slow as he neared his goal weight.

"He's an encourager," Yancey said. "He can give you all the tools. He knows what you need to do and how to tell you to do it, but if you are not committed and you don't follow what he tells you to do, you are not going to be successful."

When the holidays approached, Baker gave Yancey helpful tips.

"I didn't have any trouble making it through Thanksgiving and Christmas," Yancey said.

Last week, Yancey weighed 182 pounds – remarkably 108 pounds less than he weighed in September and just two pounds shy of his goal

weight. His cholesterol has dropped drastically and he no longer takes cholesterol medication. He hopes to be able to discontinue taking blood pressure medication soon.

Yancey is determined to follow Baker's advice during the maintenance phase of his weight loss program and plans to continue his relationship with him well into the future.

After many years of practicing obstetrics and gynecology and serving as a professor of Ob/Gyn at several universities, Dr. Benton Baker III decided to devote the remainder of his career to helping his patients successfully lose weight.

About two years ago, Baker and his wife, Joy, a registered nurse, founded M.D.'s Weight and Wellness Center. The practice is dedicated to helping patients achieve better health through weight loss. Baker noted that 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," he said. "It raises the risk of cardiovascular disease. It raises the risk of certain forms of cancer – in women, particularly, breast and uterine cancer. It raises the risk of a variety of forms of gastroenterological problems. . . It raises the risk of osteoarthritis and sleep apnea. And one of the real problems associated with it are psychological problems and depression."

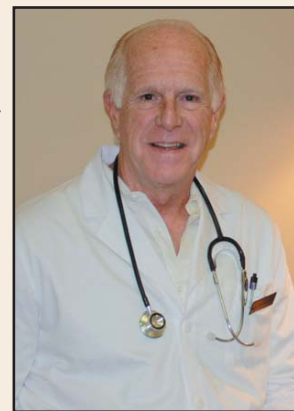
Because his main goal is to improve his patients' health, Baker examines his patients and conducts labwork before they embark on weight-loss programs. Then, he develops individualized programs for each patient and personally sees them at every visit. When they reach their target weights, Baker helps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

"Our individualized and supportive care is just one of the many keys to the success our patients experience," he said.

"What's more important to me than getting down to this weight is keeping the weight off," Yancey said. "If I have any problems, I will have a professional to fall back on."

Yancey does not hesitate to recommend Baker to his friends.

"He has been my guiding light," he said.



Dr. Benton Baker

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