Abstract
Challenges in treating weight-loss, development of a formal business plan, and clinic establishment were examined. Obesity, recognized as one of the fastest growing diseases nationwide, is thoroughly addressed in regards to preventative care, medical therapy, and surgical treatment. Clinics providing education, evaluation, assessment, and treatment of obesity and weight-loss need to be aware of the challenges facing preventative medicine. A treatment approach aimed at sustained weight-loss with incorporation of long-lasting lifestyle changes is essential. In addition to treatment, identification and management of co-morbidities is necessary. Review of treatment and payment options and the use of multidisciplinary teams are vital. Prior to treatment, development of a formal business plan to aid in clinic establishment is fundamental for long-term success and sustainability. These findings suggest that establishing a weight-loss clinic will help individuals focus on prevention and treatment of obesity, while improving overall quality of life.