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Paul Lessack would like to thank you for your interest in the **LESSACK'S MAKE SENSE WEIGHT LOSS PROGRAM**. This consultation will be your first positive step toward permanent weight loss and better health.

Attached are questionnaires for you to fill out and bring with you to your appointment, and just a few of his hundreds of success stories. Not only do his past successful clients think it is the best program in the state but (ABC TV Channel 8) in a News Special, evaluated many diet programs in the state. Reporter Al Terzi said, "Lessack's Make Sense Program was one of the most comprehensive (individualized) and one of the few which followed the AMA's advice in terms of adherence to dietary regulation and permanency."

When you come in for your initial consultation you will see that Mr. Lessack will determine your general problem areas that caused your overweight state and that he will come up with a positive **INDIVIDUALIZED** solution to **YOUR** weight problem.

Again, rest assured that he will not release your 2-hour time slot to anyone else but if you cancel within 72 hours, we then will be able to fill that 2-hour gap with another patient and will not charge you for the cancelled consultation. Should you cancel, we assume that you will in good faith send in payment without being invoiced for it.

We're looking forward to meeting with you.

Sincerely,
Paul Lessack, Ph.D. & Staff



Please be advised that we are in the office even during bad, stormy weather. Please make every effort to be there. Thank you again.

DATE: _____

NAME: _____ AGE: _____ BIRTH DATE: _____

ADDRESS: _____ PHONE: Home: _____

_____ Work: _____

OCCUPATION: _____

1. When did you begin to gain weight? _____

2. What did you weight at age: 15 ____ 20 ____ 30 ____ 40 ____ 50 ____ 60 ____

3. How many meals do you have daily? _____

4. How many serious attempts have you made at dieting? _____

5. How long have you been able to stick with a diet? _____

6. Have you ever attended any other weight reduction clinics? _____

7. Which ones? _____

8. Were they successful? _____

9. State the problems you encounter while dieting: _____

10. State any physical problems that you can associate with your weight: _____

11. Have you been advised by your family physician to lose weight? _____

12. What physical activities do you do regularly? _____

13. What do you do for relaxation/ enjoyment? _____

14. Has your spouse encouraged you to lose weight? _____

15. Why do you feel it is important to lose weight at this time? _____

16. What are you looking for in a good weight loss program?

1. _____
2. _____
3. _____

17. What is your weight today? _____

18. What is your ideal weight? _____

19. How many pounds do you want to lose? _____

20. How motivated are you to lose weight? (Circle)

Very Little Moderately Very Motivated Extremely Motivated

21. Check if you are also looking for the following:

1. A diet that provides all of the nutrition which your body needs. _____
2. A diet that comes as close as possible to your tastes and habits of eating. _____
3. A diet that protects you from between-meal hunger, gives you a sense of well-being and energy and does not make you sick or tired. _____
4. A diet that enables you to eat at home and away from home without feeling like a freak at whom everyone is staring. _____
5. A diet that you can live with for the rest of your thin, new life. _____

23. What credit cards do you use the most? Check the appropriate answer.

1. Visa _____
2. Mastercard _____
3. American Express _____
4. Do not have credit cards. _____

NOTE: The State of Connecticut requires 6% sales tax on any fees related directly or indirectly to weight loss.

Before you come in for your initial consultation, visit our website www.drlessack.com. Also, go online to read more about the dangers of "Visceral (or Belly) Fat".

Compliments of the American Board of Bariatric Medicine

Professional certification for bariatric physicians

How To Determine BMI

Height (Feet and Inches)

	5'0"	5'1"	5'2"	5'3"	5'4"	5'5"	5'6"	5'7"	5'8"	5'9"	5'10"	5'11"	6'0"	6'1"	6'2"	6'3"	6'4"
100	20	19	18	18	17	17	16	16	15	15	14	14	14	13	13	12	12
105	21	20	19	19	18	17	17	16	16	16	15	15	14	14	13	13	13
110	21	21	20	19	19	18	18	17	17	16	16	15	15	15	14	14	13
115	22	22	21	20	20	19	19	18	17	17	17	16	16	15	15	14	14
120	23	23	22	21	21	20	19	19	18	18	17	17	16	16	15	15	15
125	24	24	23	22	21	21	20	20	19	18	18	17	17	16	16	16	15
130	25	25	24	23	22	22	21	20	20	19	19	18	18	17	17	16	16
135	26	26	25	24	23	22	22	21	21	20	19	19	18	18	17	17	16
140	27	26	26	25	24	23	23	22	21	21	20	20	19	18	18	17	17
145	28	27	27	26	25	24	23	23	22	21	21	20	20	19	19	18	18
150	29	28	27	27	26	25	24	23	23	22	22	21	20	20	19	19	18
155	30	29	28	27	27	26	25	24	24	23	22	22	21	20	20	19	19
160	31	30	29	28	27	27	26	25	24	24	23	22	22	21	21	20	19
165	32	31	30	29	28	27	27	26	25	24	24	23	22	22	21	21	20
170	33	32	31	30	29	28	27	27	26	25	24	24	23	22	22	21	21
175	34	33	32	31	30	29	28	27	27	26	25	24	24	23	22	22	21
180	35	34	33	32	31	30	29	28	27	27	26	25	24	24	23	22	22
185	36	35	34	33	32	31	30	29	28	27	27	26	25	24	24	23	23
190	37	36	35	34	33	32	31	30	29	28	27	26	26	25	24	24	23
195	38	37	36	35	33	32	31	31	30	29	28	27	26	26	25	24	24
200	39	38	37	35	34	33	32	31	30	30	29	28	27	26	26	25	24
205	40	39	37	36	35	34	33	32	31	30	29	29	28	27	26	26	25
210	41	40	38	37	36	35	34	33	32	31	30	29	28	28	27	26	26
215	42	41	39	38	37	36	35	34	33	32	31	30	29	28	28	27	26
220	43	42	40	39	38	37	36	34	33	32	32	31	30	29	28	27	27
225	44	43	41	40	39	37	36	35	34	33	32	31	31	30	29	28	27
230	45	43	42	41	39	38	37	36	35	34	33	32	31	30	30	29	28
235	46	44	43	42	40	39	38	37	36	35	34	33	32	31	30	29	29
240	47	45	44	43	41	40	39	38	36	35	34	33	33	32	31	30	29
245	48	46	45	43	42	41	40	38	37	36	35	34	33	32	31	31	30
250	49	47	46	44	43	42	40	39	38	37	36	35	34	33	32	31	30

For individuals not covered by this table, calculate BMI by converting pounds to kilograms (1 kilogram = 2.2 pounds) and inches to meters (1 inch = .0254 meters). The equation for BMI is weight (in kilograms) divided by height (in meters) squared (kg/m²). Source: Shape Up America!, 6707 Democracy Blvd., Suite 107, Bethesda, MD 20817.

A BMI of 25 to 29 indicates you are overweight and likely to come down with the following medical problems: heart attack, stroke, diabetes, asthma, breast cancer, malignant tumors, sleep apnea and stomach problems.

A BMI of 30 or over indicates you are in urgent need of medical help because your visceral fat (fat stored between belly button and stomach) is producing the hormones and chemicals which **will** lead to one or more of the medical problems listed above. BMI of over 30 is considered medically obese and over 40 morbidly obese.

Please calculate your BMI before initial consultation.

My current BMI (Body Mass Index) is _____.

Name _____

Date _____

MEDICAL HISTORY FORM

Name: _____ Phone Number: _____ Date: _____

Occupation: _____ Insurance: _____ Physician: _____

PAST HISTORY

(Have you ever had ?)

- Physical within one year
- Blood work within one year
- EKG within one year
- Rheumatic fever
- High blood pressure
- Any heart trouble
- Disease of arteries
- Varicose veins
- Lung disease
- Operations
- Injuries to back, etc.
- Epilepsy

PRESENT SYMPTOMS REVIEW

(Have you recently had ?)

- Chest pain
- Shortness of breath
- Heart palpitations
- Cough on exertion
- Leg or ankle swelling
- Coughing of blood
- Back pain
- Allergies
- Swollen, stiff or painful joints
- Do you awaken at night to urinate?
- Explain _____

What medications are you currently taking? _____

RISK FACTORS

1. SMOKING

Yes No

- Do you smoke?
- Cigarettes How many? _____ How many years? _____
- Cigar How many? _____ How many years? _____
- Pipe How many times/day? _____ How many years? _____

How old were you when you started? _____ In case you have stopped, when did you? _____

Why? _____

2. DIET

What is your weight now? _____ 1 year ago _____ At age 21 _____

Are you dieting? _____ Why? _____

How many wines, beer, mixed drinks per week? _____ How often do you eat out? _____

3. EXERCISE

Do you engage in sports? _____ What? _____

How often? _____ How far do you walk each day? _____

Is your occupation: sedentary active inactive heavy work

Do you have discomfort, shortness of breath or pain with moderate exercise? _____

Specify _____

Were you a schoolboy/girl or college athlete? _____

Specify _____

4. Do you or any family members have diabetes? Yes No

5. Did your parents, grandparents, brothers, sisters or any blood relatives have cardiovascular disease, heart attack and/or stroke? Yes No

Explain _____

Please circle the foods you like and that you normally eat on a semi-regular basis;
then fill-in the form on the back of this page.

Do this before coming in for your appointment.



**Lessack's MAKE SENSE
WEIGHT LOSS PROGRAM**

Name: _____

Group 1 _____

- A. Whole Milk
- B. Low-fat or Skim Milk

Group 2 _____

- A. Egg
- B. Creamed Cottage Cheese
- C. Cheddar, American or Swiss Cheese
- D. Low-fat Cottage Cheese

Group 3 _____

- A. Multi-Vitamin

Group 4 _____

- A. Chicken
- B. Turkey
- C. Cold Cuts
- D. Tuna
- E. Hot Dog
- F. Corned Beef
- G. Salmon
- H. Fruit Yogurt
- I. Crab
- J. Peanut Butter
- K. Oysters
- L. Sardines
- M. Los, No Oil
- N. Hamburger

Group 5 _____

- A. Water

Group 6 _____

- A. Steak/Ground Beef
- B. Fish, white
- C. Ham
- D. Chicken
- E. Pork Chops
- F. Pork Roast
- G. Venison
- H. Chinese Stir Fry

Group 7 _____

- A. Shrimp
- B. Lobster
- C. Scallops
- D. Clams

Group 8 _____

- A. Cornish Hen
- B. Veal Cutlets
- C. Lamb Chops
- D. Prime Rib
- E. Chicken Divan

Group 9 _____

- A. Diet Margarine

Group 10 _____

- A. Light Cream
- B. Mayonnaise
- C. Vegetable or Corn Oil

Group 11 _____

- A. Butter or Margarine
- B. Sour Cream
- C. Olives
- D. Peanuts

Group 12 _____

- A. Dry Cereal (any)
- B. Toast
- C. Special K
- D. Raisin Bread
- E. Bagel
- F. Bran Cereal
- G. Corn Bread
- H. Plain Donuts
- I. Cooked Cereal
- J. Muffin
- K. Cooked Grits

Group 13 _____

- A. Bread, White
- B. Bread, Wheat
- C. Bread, Rye

Group 14 _____

- A. Graham Crackers
- B. Ritz
- C. Saltines
- D. Popcorn
- E. Wheat Thins
- F. French Fries
- G. Bread Sticks
- H. Potato Chips
- I. Pita Bread

Group 15 _____

- A. Baked Potato
- B. Corn
- C. Mashed Potato
- D. Rice
- E. Pasta
- F. Pear
- G. Lima Beans
- H. Beans
- I. Parsnips
- J. Yams

Group 16 _____

- A. Salad Dressing (low cal)

Group 17 _____

- A. Orange juice
- B. Tomato juice
- C. Grapefruit juice
- D. Banana
- E. Apple juice
- F. Prunes
- G. Nectar juice
- H. Pineapple juice
- I. Prune juice
- J. Grape juice
- K. Papaya

Group 18 _____

- A. Apple
- B. Banana
- C. Orange
- D. Grapefruit
- E. Pear
- F. Apricot
- G. Blueberries
- H. Raspberries
- I. Strawberries
- J. Dates
- K. Raisins
- L. Plums

Group 19 _____

- A. Applesauce
- B. Cupcake
- C. Grapes
- D. Cherries
- E. Apple Pie
- F. Ice cream or Sherbet
- G. Tangerine
- H. Candy Bar
- I. Pineapple
- J. Fruit cocktail
- K. Pudding
- L. Honeydew Melon
- M. Watermelon
- N. Nectarines
- O. Cantaloupe
- P. Cookies

Group 20 _____

- A. Lettuce (freely)
- B. Radishes (freely)
- C. Scallions (freely)
- D. Cucumber (freely)
- E. Bean Sprouts (freely)
- F. Celery (freely)
- G. Broccoli (freely)

Group 21 _____

- A. Green beans
- B. Mushrooms
- C. String beans
- D. Tomato
- E. Asparagus
- F. Brussels Sprouts
- G. Zucchini squash
- H. Wax beans
- I. Spinach
- J. Summer squash
- K. Beet greens
- L. Peppers
- M. Cauliflower
- N. Sauerkraut
- O. Bamboo shoots
- P. Cabbage

Group 22 _____

- A. Beets
- B. Carrots
- C. Peas
- D. Acorn squash
- E. Turnip
- F. Winter squash
- G. Corn
- H. Onion

Group 23 _____

- A. Tomato soup
- B. Pea soup
- C. Minestrone
- D. Vegetable soup
- E. Turkey
- F. Chicken Rice
- G. Wonton
- H. Cream of Mushroom

Group 24 _____

- A. Lite Beer
- B. White Wine
- C. Mixed Drink
- D. Sherry
- E. Soda

Group 25 _____

- A. Spaghetti & Sauce

Group 26 _____

- A. Pizza w/Cheese and/or Sausage

Group 27 _____

- A. Burger King or Big Mac

CONTINUE TO THE BACK

Name: _____



Lessack's MAKE SENSE
WEIGHT LOSS PROGRAM

NOTE:
List food, beverages, butter,
gravy, sweets, nuts, salad oil,
etc. – include amounts.

MEAT	DAY 1	DAY 2	DAY 3	LOCATION
BREAKFAST				
LUNCH				
DINNER				
SNACKS				

During the past 20 years, obesity among adults has risen significantly in the United States. The latest data from the National Center for Health Statistics show that 30 percent of U.S. adults 20 years of age and older—over 60 million people—are obese.

These increasing rates raise concern because of their implications for Americans' health. Being overweight or obese increases the risk of many diseases and health conditions, including the following:

- Hypertension
- Dyslipidemia (for example, high total cholesterol or high levels of triglycerides)
- Type 2 diabetes
- Coronary heart disease
- Stroke
- Gallbladder disease
- Osteoarthritis
- Sleep apnea and respiratory problems
- Some cancers (endometrial, breast, and colon)

Although one of the national health objectives for the year 2010 is to reduce the prevalence of obesity among adults to less than 15%, current data indicate that the situation is worsening rather than improving. This site provides a variety of information designed to help people understand this serious health issue and the efforts being made to address it.

Date last reviewed: 06/10/2005 <http://www.cdc.gov/nccdphp/dnpa/obesity/>
Centers for Disease Control and Prevention

HOW EXTRA WEIGHT CAN SHORTEN LIFE

(Die Prematurely)

	Women	Men
10% Overweight.....	9%	12%
20% Overweight.....	20%	24%
30% Overweight.....	30%	41%

Paul H. Lessack, M.S., Ph.D.



Lessack going over an individualized program with former UCONN and current Boston Celtics star Ray Allen

Obesity expert Lessack is an associate member (non-physician status) in the American Society of Bariatric Physicians (ASBP). ASBP is an international association of physicians and allied health care professionals with special interest, experience, special training and excellence in private practice in the comprehensive treatment of obesity and related disorders. As a former Program Director of Heart Disease Prevention and Rehabilitation at Rutgers Medical School, Lessack developed this one of a kind individualized permanent weight loss program. He also holds one of the highest credentials in nutrition. He is a Certified Nutrition Specialist (C.N.S.) endorsed by the American College of Nutrition and nationally accredited by the Council for Higher Education Accreditation. The Board is associated with the American College of Nutrition, a 55-year old organization of physicians, scientists, academics, nutritionists and others. (Having this prestigious credential should not be construed that he is licensed or certified as a nutritionist in the State of CT).

Paul Lessack, Ph.D. has received awards for Outstanding Young Man in America for his pioneering achievements in the fields of permanent weight loss, sports physiology and cardiovascular health improvement. He was one of the nation's first sports physiologists to design a nutrition, fitness and

sports medicine programs for the Washington Redskins. He has also worked with the NY Giants, Hartford Whalers, NY Islanders and the 1980 U.S. Olympic Hockey Gold Metal Team. Lessack has been interviewed for many articles and has been profiled in such newspapers as the New York Times and Washington Post and in a Hartford Courant article they called him a Crusader for his achievements in his area of expertise. He has also been on several TV News and talk shows as an expert guest (channel 3, 8 and WTIC) and recently of the Faith Middleton Show on CT Public Radio. Weight Loss Specialist Lessack was the first to open an obesity and weight lost center for children in Connecticut (1995).

Lessack also hosted a T.V. show titled, "New Dimensions in Health." The primary thrust of the show was to improve the public's knowledge of new and significant scientific advances in the areas of nutrition, weight loss, sports medicine, medicine and health. His is one of the first professionals in the country who approaches weight loss on a person's individual issues related to eliminating bad habits, emotional, psychological and behavioral overeating triggers and/or metabolic issues (using counseling, applied psychology and/or science). He developed the first Sharing & Caring Program in New Jersey for normal and overweight heart attack and diabetes patients (psychological issues, education and group sessions for the patient and their spouses). Weight Watchers even published an article on their website interviewing Lessack on some behavior issues to help their clients.

Recently, a Connecticut TV station featured Lessack's outstanding work in programs in permanent weight loss, sports physiology, and cardiovascular health in three segments which was featured on the evening news. Another CT television station did a thirty-minute special on Lessack's achievements, as a health professional and educator, and also how he developed his unique and individualized weight loss program. Also, by invitation of the American College of Nutrition, Certified Nutrition Specialist Board, and the Chinese Government, Lessack and others were asked to go to China and offer expert advice to help prevent the increased prevalence of obesity with the Chinese people.

Lessack is vice chairman of the Board of Directors of the Senior Olympics in Connecticut and is the health, conditioning, and nutrition advisor on the Board of Directors. He is a former member of the Governor's Committee on Physical Fitness and Sports. He was appointed by the Governor who, by official proclamation, trusted his integrity to represent his appointment in Connecticut. He is former President of Personal Fitness Management. Having had extensive schooling in the areas of medical and applied medical physiology and psychology, he graduated from University of Bridgeport as the outstanding senior student and is a product of other schools including Columbia University.



These two 76-year old ladies receive advice and programs from Lessack and are enjoying their good health, fit and permanently thin bodies.

Lessack has been in successful private practice for over 20 years in Connecticut. He began developing his unique permanent weight loss program in the 1970's at Rutgers Medical School. In the 80's, his program received one of the highest and credible endorsements a weight loss program could receive. In a Channel 8 TV News Special (ABC TV), diet programs were evaluated statewide. It was concluded that the, "Lessack's Make Sense Program," was one of the most comprehensive for permanent weight loss, and one of the few weight loss programs, which met the nutritional guidelines as set forth by the *American Medical Association, Food & Drug Administration, and the Nutritional Association*. He received a similar endorsement in the February issue of *Connecticut Magazine* which did an article on his psychological approach and titled it "The Best Way to Lose Weight". He also developed the first sharing and caring program (psychological education program for patients and their spouses) for heart patients in NJ. He was chairman of one of the first conferences of the Fitness Business and Industry in the US. His testing of metabolic cardio-pulmonary was done at St. Francis under the direction of Dr. Bernard Clark III.

Noted Americans such as Mickey Mantle, former Miss Connecticut, Joe DiMaggio, Amy Vanderbilt, and Al Terzi (Channel 3 News) have sought advice from Lessack. In the movie "Miracle on Ice" (about 1980 U.S. Hockey Team) Lessack was referred to as the "secret weapon". In a 1996 episode of the Sopranos Lessack was mentioned as one of the best of his profession in the U.S. He recently gave advice to one of the top ten American Idol contestants.

Lessack's Make Sense Weight Loss Program

The difference between Dr. Lessack's award winning approach and any diet or commercial weight loss program or surgery, is that he uncovers, corrects or eliminates your lifestyle, psychological, emotional and compulsive overeating triggers and bad habits that contributed to your overweight state in the first place. He also can work scientifically with your slow metabolism or your difficulty in weight loss during menopause.



Erin McDonald lost 180 lbs. with Dr. Lessack's approach.

ABC TV News (affiliate) reported on the 6:00 news that Dr. Lessack's approach was the most individualized and comprehensive in the country compared to several programs in the state and country. Also a local TV program interviewed Dr. Lessack on "The Best Weight Loss Program in CT" (posted on YouTube). In a CT Magazine article they titled it "The Best Way to Lose Weight." Also, a recent interview on CT Public Radio (Faith Middleton - "The Psychology of Weight Loss") was broadcast around the U.S. on his unique approach. This can be listened to on the first page of his website: www.DrLessack.com

**Dr. Paul Lessack, PhD., C.N.S
203-758-9305**

For more info go to:
www.DrLessack.com

Working successfully for over 30 years with men, women, children and seniors, 8 to 380 lbs. overweight

Voices Newspaper 2017

Announcement: Awards and Honors



The staff of Dr. Paul Lessack would like to congratulate him for the top award he received by the Hartford Courant/CT Now Magazine as the top Obesity Expert in the state and having the best weight loss program in the state. This award was based on testimonials from his successful patients, colleagues and referring physicians. In the 80s he also received the outstanding young man in America award for his pioneering work in permanent weight loss and sports medicine. He is former director of cardiac rehabilitation at Rutgers medical school and a consultant for the New York Giants football team. Go to www.DrLessack.com or call his Straits Turnpike, Middlebury office at 203-758-9305. + W. HARTFORD