



The Mandolean[®] Clinics

treatment for overweight and obesity



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The Mandolean® Clinics at Novum and Danderyd's Hospital, offer specialized care for patients who are overweight or obese. Our case managers, nurses, dieticians, and physicians care both for those who would like to lose some weight and those who need to lose much more weight. The program also prevents the common problem of regaining the lost body weight by teaching you to eat the right amount of food at the right rate thus allowing you to feel that you have eaten the right amount of food.

In the past seven years, we have conducted research on weight regulation and obesity control at the Karolinska Institute and the University of Bristol. The Mandolean® treatment for obesity is based on our effective treatment of anorexia and bulimia, and is now a standard treatment for eating disorders in Sweden. The data on which the Mandolean® treatment is based has been presented at international conferences and published in the premier biomedical scientific journals.

Our staff members are certified to offer the Mandolean® treatment. Their main task is to help you to change your eating behavior permanently. And because changing behavior is difficult, our staff encourages patients to eat appropriately, relying on their normal biological mechanisms to control food intake and body weight. A medical device, Mandometer®, assists patients in eating the right amount of food at the right rate and to stop eating at the right time.



Medical examination

We examine your physical and mental health using lab tests and tests of self-esteem and quality of life. You will meet with the same physician throughout your treatment and your dietician will assist in developing a food and training program that satisfies your personal needs and goals.



Losing weight without dieting

Mandometer® is a medical device that helps you eat the right amount of food at the right rate and allows you to feel satiated. You can eat most foods; counting calories is not important and special foods are not required. What counts is how you eat and Mandometer® helps you do just that. As you learn this skill, you will lose weight.



The urge to snack disappears

SatietyMeter® helps you feel when you are actually hungry. Downloaded into your cell phone, you get a phone call every 15 minutes, asking you how satiated you feel, thereby helping you to stop snacking between meals.

Your case manager

Your case manager helps you set goals to enhance your self-esteem throughout treatment, which takes about a year. Once you reach your goals, and you have re-learned how to eat, you will stop thinking about food and dieting.



Activity

Your case manager also helps you adjust your physical activity. As you lose weight, you actually want to move. And you will be rewarded when you reach your physical activity goals. To facilitate the process, you will participate in organized workouts.



We help you take care of yourself

We help you deal with the issues that arise when you lose weight. You will start thinking about your new appearance; you might want to buy new clothes, change your hair style, or wear a sleeveless shirt. Our hair stylists and cosmetic experts will provide all the advice you need.

Our facilities

The Mandolean® Clinics use Scandinavian designs that include birch-wood, organic shapes and natural colors to help you to relax and change your life with us.



Mandolean AB

Address: Box 4006 · 141 04 Huddinge · Sweden

Visiting address: Hälsovägen 7 · Flemingsberg

Phone: +46 (0)8 122 096 00 · Fax: +46 (0)8 122 096 10

E-mail: info@mandolean.se · www.mandolean.com

The Mandolean® Clinic, Novum:

Visiting address: Hälsovägen 7 · Flemingsberg

The Mandolean® Clinic, Danderyd Hospital:

Visiting address: House 50 · Danderyd Hospital

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