

MEET OUR MEDICAL WEIGHT LOSS MANAGEMENT TEAM

At UW Medicine, our weight loss team helps patients who are obese shed pounds and regain their health. We've been providing expert, compassionate care for more than 30 years and understand how important the weight loss process is to our patients' lives. That's why we are dedicated to supporting you every step of the way – from the initial consultation through treatment and comprehensive follow-up care.

Our multidisciplinary team consists of experienced bariatric surgeons, internal medicine physicians, nurse practitioners, social workers, and registered dietitians with the clinical knowledge and expertise to offer the best weight loss care available. We first carefully assess your health history, medical issues and body type. Then we'll discuss the various weight loss options, making sure that you receive the support and education you need to make an informed decision. The combination of customized care, innovative treatments, education about your weight loss options and continual support ensure that you can meet your weight loss goals.



ELLEN A. SCHUR, M.D., M.S.

Co-Director, UW Medicine Weight Loss Management Center

Board-certified: internal medicine

Clinical practice: obesity, eating disorders, weight management in primary care, interaction of mental and physical health

Research interests: eating behavior, appetite regulation, obesity



KATHRYN E. BERKSETH, M.D.

UW acting instructor of medicine, Division of Metabolism, Endocrinology and Nutrition

Board-certified: internal medicine, endocrinology

Clinical practice: obesity and weight management, general endocrinology

Research interests: obesity and reproductive dysfunction, brain control of appetite



TERESA HOLDER, L.I.C.S.W.

Social Worker

Clinical practice: weight loss management

Interests: cognitive behavior therapy, motivation interviewing, resource management, body image and weight issues, dynamics of aging, group work

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Need more information?

Contact our weight loss team at **206.598.2274** or visit us online at **uwmedicine.org/weightloss**.



VANESSA IMUS, R.D.N.

Clinical Dietitian

Clinical practice: weight loss management

Interests: diabetes management, gut health, autoimmune diseases, nutrition for chronic disease prevention and optimal health



RUTH FOSTER KOTH, L.I.C.S.W.

Social Worker

Clinical practice: weight loss management

Interests: cognitive behavior therapy, motivation interviewing, behavioral activation body image and weight issues, dynamics of aging, group work, mindfulness techniques



JENNI ROSS, M.P.H., R.D.N.

Clinical Dietitian

Clinical practice: weight management support, weight loss surgery

Interests: weight management support, overcoming weight bias and stigma, supporting healthy body image and self-concept, applying sound research to nutrition clinical practice, clinical weight issues within a social and public health context