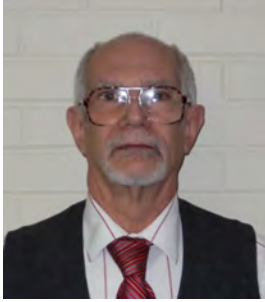


Volunteer's Dedication Impacts Many



Dr. Irving Cohen

All our volunteer clinicians are fantastic, but sometimes one is moved to assist the Clinic in a special way. That's what happened in February 2007 when **Irving Cohen, M.D., M.P.H.**, a volunteer physician, proposed the establishment of a **Weight Management Program** at our medical clinic. Many Clinic patients struggle with obesity, high blood pressure, and diabetes. Dr. Cohen had already retired following a successful career in private practice and government service in public health and clinical medicine, including several university faculty appointments. But he became interested in the emerging epidemic of overweight populations and diabetes and decided to do something about it, offering his program to our patients for free.

Marian Clinic patients who are at least 20 pounds overweight can sign up for the Weight Management Program, with new groups beginning periodically. Patients must complete a health history, physical and lab tests, then attend a 3-4 hour introduction, presented by Dr. Cohen. After that, under the supervision of Dr. Cohen and Marian Clinic staff nurse practitioner **Mary Stewart, ARNP**, patients begin a special healthy eating plan consisting of no sugar, very low carbohydrate/low calorie, moderate fat and protein plan, based on Dr. Cohen's book "The New Hippocratic Diet."



Sarah now and before the program.



Malee before and now.

The group meets on Monday afternoons at the Clinic for weigh-ins and group support, including dealing with the many emotions that accompany a large amount of weight loss. This usually involves discussion of the conscious and subconscious factors that sabotage weight loss efforts. Dr. Cohen and Mary Stewart, ARNP lead the group. Some members elect to remain in the group even after their weight goal is obtained.

And the results? Fantastic! Without any invasive techniques or surgeries, members have shed hundreds of pounds. A recent group that started in July 2010 collectively **lost 400 pounds** as of mid-February 2011. For each 20 pounds lost, the participant gets a "turkey" index card, with the turkey signifying the weight equivalent of one frozen turkey in the supermarket. One current participant now has EIGHT turkey cards, having lost 160 pounds. **Three weight loss class members were previously diabetic, but now are not diabetic and off all meds.** Two have lost over 100 pounds each.

(continued page 3)

“In The Spirit....”



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When the snow is deep, many of our usual activities are forced to a standstill. We slow down, focus on our basic necessities – shelter, clothing, food - survival. We feel the absence of our customary groups, of a specific friend, of our many personal communities. We miss our everyday life. We hope that spring will come soon.

That existence is the reality *every* day for many in Topeka and Shawnee County who are experiencing poor health, lack insurance, and live in poverty. Survival becomes the focus, with few options, few friends, and little chance of relief.

Marian Clinic is a place to find hope and restore health, a place where God’s healing love is revealed through the hands of our staff and *many* compassionate community partners and volunteers to provide medical, dental, women’s health, and mental health care, and assistance to sources of food, clothing, shelter, utility assistance, job training, and much more. In other words, to regain the qualities of a regular life.

Here are some of the facts of our work for 2010:

- During 2010 we treated 4,913 patients.
- Of 16,920 patient visits, 8,933 were for medical care, 7,224 were for dental care, 811 visits for women’s health issues, and 763 for mental health issues.
- Top diagnoses were hypertension, diabetes, back pain, obesity, and depression.
- 70% of our patients lived below 100% of the federal poverty level.
- We made 1,366 referrals to our volunteer physician and dentist specialists.
- Our hospital partners performed 10,752 lab and diagnostic tests (free to patients).
- We supplied patients with medications (free to patients) valued at \$2.1 million.

These achievements were only possible with help from 1,297 Marian Clinic cash donors and from 284 Marian Clinic priceless volunteers. Thank you to all who helped make a difference in the lives of these 4,913 real people.

We ask for your ongoing prayers for our patients, providers, staff, volunteers, and donors, so that together we will continue to help those less fortunate regain their “spring.”

Peace and sunshine!

Bob Trepinski
Executive Director

(Weight Management, continued from page 1)

Other patients, having lost substantial weight, are able to come off their blood pressure, cholesterol, and diabetic medicine. Said Sarah, one of our current patients, about this program "It's eliminated 90% of my health issues and given me a second chance at life. It's raised my self esteem. I am a 'somebody' not a 'nobody' anymore."

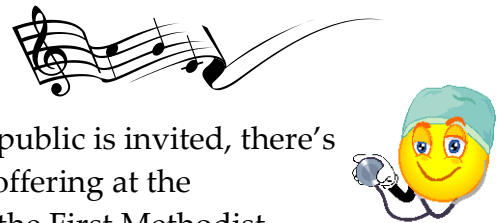
Dr. Cohen points out that this dietary approach will not work for everyone, but since the onset of the Weight Management Program, 83 patients have participated in the program. In turn, these patients are spreading the word to their friends and family to follow the same program.

When patients come to the Marian Clinic, they are frequently without hope of ever being healthy again. But As Dr. Cohen explained, "When someone regains control over a part of their life, it spills out into other areas." We think so too, Dr. Cohen. Thank you for your service to others and for restoring hope and health to so many.

Awesome Talent, Great Fun, April 3rd

Plan to attend the popular "Just What The Doctor Ordered" concert, where area doctors perform as a

benefit for the Marian Clinic and Health Access. The public is invited, there's no admission and no ticket required, with a free-will offering at the conclusion. It's on **Sunday, April 3rd at 4:00 p.m.** at the First Methodist Church, 6th and Topeka Blvd. Thank you again, doctors, for all your support.



Barbeque Fundraiser

It was a night for fun, food, fellowship, and a few cowboys and cowgirls on March 5th when the **Topeka West Rotary Club** hosted "A Good Old-Fashioned Kansas Barbeque" at the Shawnee County Club to benefit the Marian Clinic. The event was the idea of TWRC President **Carolyn Conroy**, who purchased the dinner at a charity auction and decided to use it to benefit the Marian Clinic.

Thank you Carolyn and Rotary members for your leadership in service to others. It is partnerships like these that help us assist so many in need.

Sponsors Appreciated

Thank you to Clinic sponsors:

Gold Level: **B.A. Designs, LLC; Capitol Federal Foundation, Hallmark Cards, Security Benefit, and Sisters of Charity of Leavenworth Health System;**

Silver Level: **FHL Bank of Topeka; The Legends At Capital Ridge; Capital City Bank; Core First Bank & Trust, and USBank.**

If you would like to become a sponsor please contact Diane McDermed at 233-9780, ext. 330.



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Mark Your Calendars Now

April 3, 2011 "Just What The Doctor Ordered" concert
September 11 "The Ultimate Concert" at Washburn U.

In Patients' Own Words:

"I want everyone at the Marian Clinic to know how thankful I am for all the services you provide to me. The ladies at the front desk are amazing. It's not always easy for me to deal with having diabetes and ulcerative colitis, but everyone at the Marian Clinic really makes it manageable. Thank you so much for everything you do." *E.G.*

"My experience at the Marian Clinic has been nothing but great. With no insurance the Clinic is a God-send. Everything is taken care of with friendly responses from all the staff." - M.S.

"The staff at the Clinic take time for me, link me to providers in a timely way, and always respond to my telephone calls. This helps me keep my emotional state steady. Their support kept me off the deep end during one of the most painful times of my life."
- *Melanie*

"I cannot say enough about the Marian Clinic. I truly believe I would not be here today if it was not for the Marian Clinic." - *J.S.*

Marian Clinic's Mission:

We will, in the spirit of the Sisters of Charity, reveal God's healing love by improving the health of the individuals and communities we serve, especially those who are poor or vulnerable.

Marian Clinic is an affiliate of the Sisters of Charity of Leavenworth Health System and a 501-C-3 organization. All donations are tax-deductible.