



**THE JOHNS HOPKINS UNIVERSITY**  
**SCHOOL OF MEDICINE**  
**DIVISION OF GASTROENTEROLOGY & HEPATOLOGY**

Dear \_\_\_\_\_,

Welcome to **The Johns Hopkins Digestive Weight Loss Center!**

Our center aims to create a weight management strategy tailored individually to each patient that we see. We focus on small changes in nutrition and exercise that can help you lose weight and improve your health.

Prior to your upcoming appointment, we ask that you complete the following materials. We want to provide you with the most comprehensive service possible, and documenting some of this information prior to your appointment enables us to do this in a time efficient manner.

Please complete the following:

- **Medication record**
- **Three-day food and exercise diary**
- **Physician referral by your primary care doctor**
- **Copies of any results from blood work in the last 12 months**

Please bring all of the completed forms and other documentation to your first appointment. If you have any questions or concerns, please call us at **410.583.LOSE**.

I look forward to meeting you soon and working together to achieve your weight loss goals!

**Dr. Kimberly Gudzone, MD MPH**

The Johns Hopkins University  
Division of Gastroenterology and Hepatology  
Digestive Weight Loss Center  
Baltimore, MD 21205