



FOR IMMEDIATE RELEASE

## Middlesex Digestive Establishes ‘Middlesex Weight Management’ to Help Patients Manage Weight and Related Digestive Disorders

*MWM team welcomes new nutrition expert Jennifer Navaroli, MPH, RD, LDN, former registered dietitian and researcher at Harvard University T.H. Chan School of Public Health*

**ACTON, MA (May 5, 2021)** – Middlesex Digestive Health & Endoscopy Center (“Middlesex Digestive”), specialists in the evaluation, diagnosis and management of digestive diseases, today announced it has established **Middlesex Weight Management**, a new program that provides medical weight-loss services grounded in a healthy and sustainable approach. More people are suffering from weight and gastrointestinal disorders, many attributed to pandemic stress. The American Psychological Association’s recent “Stress in America” survey revealed that 42 percent of U.S. adults gained more weight than intended last year averaging 29 pounds, with 10 percent of them gaining more than 50.

“We have seen a significant uptick in patient complaints over the past year, with symptoms ranging from acid reflux to fatty liver and bowel problems,” commented Dr. Gail Herzig, medical director at Middlesex Digestive overseeing the new program. “Unfortunately, weight gain can cause or exacerbate these conditions, and can bring about other co-morbidities such as diabetes, coronary artery disease, stroke and hypertension. The Middlesex Weight Management team is able to provide highly individualized, medically supervised weight-loss programs, in addition to other treatments they may already receive at our practice.” Herzig concluded, “The result is more collaborative and comprehensive care that leads to improved outcomes and wellness.”

### Middlesex Weight Management Program

The 16-week, medically supervised program offers personalized, sustainable nutrition plans that consist of health screenings, medical testing, weight-loss education and behavioral modifications in an encouraging environment. The Middlesex Weight Management team is comprised of doctors, nurse practitioners, nutritionists and office staff to assist with every aspect in helping patients achieve their goals. Programs may include:

- Scientifically-advanced New Direction® Advanced meal replacement (full and partial) designed by physicians
- Behavior modification support including the latest in virtual support with MY HUNGRY HEAD
- Plenity®, new FDA-approved weight-loss aid medication
- Physical activity plans and access to physical therapy services
- MyHealthyJourney tracking app (for use with cell phones and computers)
- Complimentary Zoom sessions

The practice is also pleased to announce that Jennifer Navaroli, MPH, RD, LDN, has joined the Middlesex Weight Management team. Jennifer’s extensive nutrition education, training and related experience will be instrumental in helping patients address weight and digestive conditions with specially designed food and wellness plans to improve overall health and wellbeing. Most recently she was a researcher in the Department of Nutrition at the Harvard University T.H. Chan School of Public Health where as a dietary interventionist she oversaw a Phase III study, providing nutrition education and counseling for over 100 assigned research participants. Jennifer received her Bachelor of Science at Framingham State University and her Master of Public Health at the University of Massachusetts Amherst.

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**About Middlesex Digestive Health & Endoscopy Center**

Founded in 2006, Middlesex Digestive is a highly specialized center at the forefront of the evaluation, diagnosis and management of digestive diseases including cancers, irritable bowel syndrome, gastroesophageal reflux, and diseases of the liver, gallbladder and pancreas. The center is deeply committed to lowering the colon cancer rates. Its distinguished team of gastroenterologists and specialists in related areas such as nutrition, brings world-class expertise and techniques, and utilizes advanced technologies to provide effective, life-improving results. Because Middlesex Digestive is able to perform procedures onsite, a rare credential in Massachusetts, patients are able to receive advanced, comprehensive gastrointestinal care with added convenience and significant time-and-cost efficiencies. The center has taken rigorous safety precautions against COVID-19, above and beyond what is required by the state. Please visit [here](#) to learn more.

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