

# MN ANGELS CLINIC



M N A N G E L S C L I N I C

**MN ANGELS' ACUTE CARE INCLUDES:**

- Preventative wellness programs
- Treatment of chronic diseases
- Once-a-month in-office testing
- Physicals
- Pediatric care
- Sports medicine and occupational therapy
- Weight loss program
- Affordable prescriptions and lab testing
- Fast referrals

## FROM HUMBLE BEGINNINGS

Dr. Georges T. Jabaly was born and raised in Yabroud, Syria, which is about 80 km north of the capital, Damascus. Ever since he was a young child, Dr. Jabaly knew he wanted to help out those in need, whatever the case may be. Being an open-minded, creative individual, Dr. Jabaly attended the Shaheed Muhi Deen Khatib high school. There, he realized that many opportunities would await him down the road to completing his education.

Around the time of graduating from medical school in Syria, Dr. Jabaly was faced with a life-changing event; his mother was diagnosed with throat cancer. Determined to defeat this, he made his way to the University of Aleppo's chief resident, who told him to take her to Damascus, where an American board-certified doctor would treat her. After witness-

ing the success and complete recovery of his mother, he decided to come to America and complete his studies.



*(Image above: Yabroud, Syria)*

His mother's near brush with death, then complete recovery made him discover just how fragile life really is; why not seize the opportunity to protect this fragility?

Dr. Jabaly's residency took place at the Mercy Health Care System. He achieved a Masters Degree in Biomedical Science. Today, having been a doctor for over 20 years, he is the Founder and Director of the MN Angels Clinic. With two locations, he provides his patients with extremely affordable acute care. His medical attention has exceeded patients' expectations time and time again. Here is what one patient had to say:

*"It is shocking just how great I feel now. I feel so good. I was always exhausted because I had my thyroid removed due to cancer. My friend, which is a very pleased patient of Dr. Jabaly, actually referred me to him. Today, I am 20 pounds lighter and am full of life. Thank you Dr. Jabaly—you saved me!"*

-Denise Waldvogel



## "CURE IS OUR MISSION"

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## TOLEDO FREE PRESS: DR. JABALY'S DEDICATION

### HEALTH CARE

#### Doctor uses all-natural methods to fight obesity

By Aya Khalil  
Toledo Free Press Staff Writer  
[news@toledofreepress.com](mailto:news@toledofreepress.com)

Pamela Smotherman's doctor was blunt when he told her to "shut up and listen to me" at her first appointment.

And she listened, because six months later, she was 100 pounds lighter.

Smotherman is one of the patients Dr. Georges Jabaly of MN Angels Clinic: Adult and Pediatric Care, has helped to overcome obesity.

Jabaly uses no drugs. No chemicals. No knife. What's the catch?

"It's all natural and according to blood type," Jabaly said. [I] don't give people a diet or special food. I think I have the coolest weight loss program," he laughed.

Jabaly said everyone is different and what suits one person may not suit another.

"It's no severe diet. It's just eating in a moderate amount and exercising. That's my weight loss program," he said.

Smotherman weighed 120 pounds when she married at 17. In February of this year she reached 352 pounds. She had back problems, high blood pressure, high cholesterol and found it very difficult to move around.

"I was just stationary," she said. "All I did was sit in a recliner. Everything I ate stayed right with me."

Smotherman was used to having one big meal — dinner — a day.

"It was never a healthy meal," she said. "I ate potatoes, meat, bread, vegetables, macaroni and cheese, rolls, biscuits and desserts."

She drank too much pop, milk and juice.

Smotherman has four kids of her own and adopted four other kids who were being abused. She had nine miscarriages, and fell through a period of depression — leading her to add the extra weight. At one point, she gained 45 pounds in a three-month period.

In mid-February, Smotherman went to the ER at St. Vincent Mercy Medical Center due to the pain she had when she walked or stood up.

"I couldn't walk and I had a mass in my back as big as a grapefruit," she said. "It was like a crazy sci-fi movie." Her body had swollen and her legs would go numb when she stood up for a short amount of time.

Her husband, Gary, called her mother in for help; she flew in from Michigan and took her daughter to the ER as her husband took care of their children.

"My mom told the doctor everything," Smotherman said. She said she was embarrassed by the situation. The doctor recommended she go to a family doctor and to get an MRI.

Smotherman said losing the weight wasn't tough. It was basically following Jabaly's advice, eating five to six meals a day of whatever fit in the palm of her hand. She couldn't have anything with sugar and nothing "white," she said.

"If it's white you might as well forget about it."

No pasta, potatoes, creamy cheese sauces, pasta, pizza, she said.

Smotherman, who lost an average of five to 10 pounds a week, started reading the sides of the food products.

"Everything I touched had sugar. I only got things that were sugar free." Some things said 25 percent less sugar, but in reality they have more salt so it's not healthier. "If it's not sugar-free completely I don't touch it."

Six months later, she's at 258 pounds, and went from a size 32 to a 22.

She said she eats vegetables, cheese, protein such as chicken breast, and crackers when she gets hungry. Also she said Jabaly advised her, no matter what, to not skip breakfast.

Smotherman said she's blessed with having an encouraging, caring family. She said it was weird letting people know what she had been through.

"There's nothing extraordinary about me. I'm just a normal person who had a problem that nobody cared about in years until Dr. Jabaly."

A new wing will open in October at MN Angels Clinic office called Prestige Health Care Weight loss.

"It will target people with no insurance and people who have a health savings account," Jabaly said.

It will include nutritionists, therapists, trainers, and psychologists.

## DR. JABALY'S MISSION AND VISION

### MN Angels Clinic's Mission Statement: Values:

*"Cure is our Mission"*

### Our vision:

Become the first clinic to offer universal, authentic, state-of-the-art health care to our patients at an affordable cost, while expanding throughout Northwest Ohio and Michigan in the next five years.

1. Honesty
2. Respect of our staff and patients
3. Team work
4. Friendliness

### External Goals:

1. Provide the best customer service to our patients
2. Improve patients lifestyle by treating the patient in entirety not just parts of the body
3. Each patient must walk out of our office happier than when they came in

## DR. JABALY: METABOLIC SYNDROME AND CORONARY HEART DISEASE

Childhood obesity is on the rise. It is progressing at a startling rate. According to the New England Journal of Medicine, (NEJM), having a high BMI during childhood increases the risk of developing coronary heart disease, (CHD), during adulthood. Dr. Jabaly has taken all of this into consideration; consequently, he has developed a weight loss program, designed not only to lose, but to maintain one's new weight and lifestyle changes, and reduce the risk of ever having CHD.

Coronary heart diseases' risk factors include hypertension, dyslipidemia, impaired glucose tolerance, and vascular abnormalities, which may already be present in overweight children (NEJM). If this issue is not dealt with immediately, fatal events may occur. Dr. Jabaly has uncovered one of the most prominent factors behind why so many people are overweight, and that is *Metabolic Syndrome*. Metabolic syndromes' symptoms include abdominal obesity, blood fat disorders, elevated blood pressure, insulin resistance or glucose intolerance, prothrombotic state, proinflammatory state, physical inactivity, aging, hormonal im-

balance and genetic disposition. Dr. Jabaly has devised a weight loss program, which guarantees a loss of one (+) pound(s) per week. This is guaranteed due to the fact that the diet is formulated according to ones' blood type.

Dr. Jabaly understands the dangers of coronary heart disease if it is not approached with urgent medical care and attention. NEJM's results on having a high BMI show the risk of CHD being high in adulthood. After discovering the effects metabolic syndrome has on a person's weight, and knowing that CHD may occur, causing fatal and nonfatal events, along with other diseases related to plaque buildup in artery walls, and diabetes, Dr. Jabaly focuses on achieving a healthy weight (BMI less than 25 kg/m<sup>2</sup>), increasing physical activity, and adopting healthy eating habits, which include reduced intake of saturated fats, trans fats and cholesterol.

If action is not taken today to fight obesity, especially in children, the risk of becoming diagnosed with CHD, along with

other heart-related diseases, will continue to increase. Dr. Jabaly's weight loss program is designed not only to shed excess weight, but also to shed the dangers of obtaining such diseases. Taking action today provides for a healthy and safe tomorrow.

By: Jehan Younes

*\*Childhood Body-Mass Index and the Risk of Coronary Heart Disease in Adulthood Jennifer L. Baker, Ph.D., Lina W. Olsen, Ph.D., and Thorkild I.A. Sørensen, M.D., Dr.Med.Sci.*

## DR. JABALY: NO TO HEALTH INSURANCE ABUSE

Dr. Jabaly believes that no patient should ever be left behind. Health costs are at an all-time high, and health insurers describe the business as being a "balancing act." According to a Toledo Blade\* investigation, ninety-five percent of respondents said insurers would impede, compromising patient care. Fourteen percent believe intervention caused death or injury to the patient (Blade). Dr. Jabaly offers state of the art medical care for those with and without insurance, who are seeking an alternative to the swelling health care costs, and over the traditional health insurance plans.

Health insurers—are they abusing the business, or are they keeping "the interests of not only doctors and patients in mind, but of those footing the bill for insurance coverage? [...] It's a balancing act [...] Sometimes, we are in the middle because we have a number of parties we have to

serve" (Blade). Yet, what many do not realize is that both the insurance payers and doctors are feeling the sting of financial pressure. Doctors' incomes have become unsteady ever since the federal government trimmed reimbursements for Medicare. "Insurers have to keep the interests of not only the doctors and patients in mind, but of those footing the bill for insurance coverage" (Blade). But, does that justify increasing insurance rates, leaving many people uninsured and unable to seek medical attention?

Health insurance, in part, is big business. The latest federal statistics show private health insurance accounting for a third of the U.S.'s health expenditures—more than \$723 billion (Blade). Dr. Jabaly has made medical attention for the uninsured accessible. Those patients become part of the Prestige program, which allows for them to pay a flat fee for the year. The fee covers four visits with Dr. Jabaly, along with all laboratory tests and

other services, such as MRIs and X-rays, at inexpensive costs.

*"Medicine is changing and I felt it was important to bring a different approach to my practice. With Prestige, I can help people to manage their health care and make a difference in their lives."*

-Dr. Georges T. Jabaly

As much as insurance companies claim that they are trying to cut costs and provide better medical coverage for all, glancing over statistics proves otherwise. This year alone, the U.S. health-care industry doubled, costing \$2.4 trillion (Blade). Dr. Jabaly recognizes the critical need for lower prices and equal attention.

*"We want to make a difference in peoples' lives as well as evaluate and treat the whole person. [...] I think it is important to listen to each of my patients and treat each as a person."*

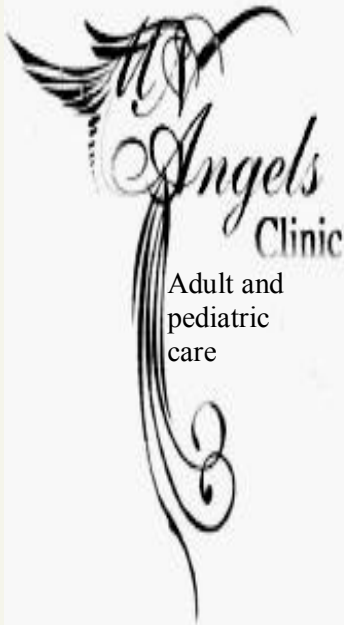
-Dr. Georges T. Jabaly



By: Jehan Younes

*\*A Blade Investigation—Not What the Doctor Ordered. Julie M. McKinnon. Aug. 26, 2008.*

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## M N A N G E L S C L I N I C

4405 Holland-Sylvania Rd., Ste. 104  
Toledo, Ohio 43623  
368 West Elm Street  
Wauseon, Ohio 43567

Phone: (419) 882-6784  
(419) 335-9420

Fax: (419) 882-4795

Jehan Younes—Marketing/Advertising

If you have any questions or comments, contact  
me at:

E-mail: [jehanyounes@live.com](mailto:jehanyounes@live.com)

**"cure is our mission"**

## D R . J A B A L Y ' S P H I L O S O P H Y

*"[...] we must pick ourselves up out of  
the ashes and start anew."*

-Dr. Georges Jabaly

With everything Dr. Jabaly  
does, his philosophy is to *build people*.  
He has developed a thriving medical  
practice and works through charitable  
organizations to improve the lives of the  
less fortunate.

Do you know what the Phoe-  
nix symbolizes? It symbolizes the rising  
from extreme hardships, or traumatizing  
events. The phoenix faces the harshest  
sentence—being burned; in due course,  
it rises from its ashes, regenerating, and  
becoming more powerful and able-  
bodied to take on anything that comes its  
way.

Dr. Jabaly has adopted this as  
his philosophy. No matter how hard  
times may become, it does not mean we  
give up totally, submitting to whatever  
has disrupted our delicate way of life.  
Dr. Jabaly has touched the lives of  
many. He has given them a new way of  
life. He has opened doors that have been  
slammed shut.

Dr. Jabaly has uncovered one  
of the most prominent crippling attitudes  
many people tend to share, or have in  
common, which is restricting one's self.  
When a person restricts their self, both  
physically and mentally, that person  
becomes handicapped. One must rise  
and build their self. ***"The most severe  
handicap is when you restrict your self  
and your life."***—Dr. Georges Jabaly



*(Image above: Phoenix)*