

Leslie Golden, MD, MPH, an Obesity Medicine Specialist with Weight In Gold

Get to know Obesity Medicine Specialist Dr. Leslie Golden, who serves patients in Watertown, Wisconsin.



New York City, New York Oct 23, 2023 ([Issuewire.com](https://www.issuewire.com)) - A multifaceted professional, Dr. Golden is an obesity medicine specialist, family physician, hospice physician, coach, leader, advocate, mentor, teacher, and entrepreneur. She is not only the Founder of Weight In Gold but also the driving force behind this evidence-based clinic located in Watertown, Wisconsin.

Weight In Gold specializes in providing a comprehensive and sustainable approach to managing weight and overall health. Dr. Golden achieves this through the skilled use of health coaching and the latest advancements in medications, effectively addressing the complex challenges of weight management.

“I enjoy being able to provide people with a safe place where they can share the struggles they’ve had with their health and weight, giving them the time they need to be heard. This helps them make a difference in their lives. Many people have had bad experiences with obesity bias and the stigma of being overweight, so I help them understand it’s not as simple as it sounds, it isn’t their fault, and provide them with hope” expressed Dr. Golden.

It was her vision to create a “safe space” for patients diagnosed with obesity and suffering from obesity-related diseases that led her to establish Weight In Gold. Dr. Golden takes the approach of “meeting patients where they are” without judgment or concrete goal weights. She helps patients lose weight but with an approach that encourages self-acceptance at any weight, that they are perfectly fine the way they are...which is where the Weight In Gold - “worth your weight in gold” - concept comes from. It is the philosophy that no matter someone’s weight, they have worth.

Welcoming patients of all ages, backgrounds, races, and creeds, Dr. Golden and her staff offer a range of comprehensive services tailored to meet patients’ weight management needs: from personalized dietary guidance and exercise recommendations to medical interventions and behavioral counseling. Whether a patient is in need of routine primary care or specialized treatments in obesity medicine, they ensure health needs are met with compassion, expertise, and a personalized approach.

Growing up in the southern United States, Dr. Golden attended college at Valdosta State University in Georgia, graduate school at Florida International University in Miami, and medical school at Ross University School of Medicine in Florida. She completed her residency at the Greenville Health System in South Carolina before relocating to Wisconsin.

With extensive training in the science of weight loss and behavior change, Dr. Golden is a Diplomate of the American Board of Obesity Medicine (ABOM). The ABOM is a 501 nonprofit, self-appointed physician-evaluation organization that certifies physicians practicing obesity medicine.

Furthermore, she is board certified in family medicine by the American Board of Family Medicine (ABFM). The ABFM is a non-profit, independent medical association of American physicians who practice family medicine in its subspecialties. It certifies family physicians who are highly skilled and effective at improving the health of their patients, their families, and their communities.

Within her professional network, Dr. Golden maintains active memberships in several esteemed organizations, including the American Medical Association, the American Academy of Family Physicians, the Wisconsin Medical Society, and the Obesity Society, where she serves on the Education Committee. Her commitment to raising awareness of metabolic and weight health is further evident through her role as a dedicated member of the Obesity Medicine Association’s National Advocacy Committee.

Recognized as a Top Obesity Medicine Specialist by Women in Medicine, Dr. Golden holds pivotal roles as the Medical Director of Commonheart Home Health and Hospice, as well as a Board Director for the Wisconsin Obesity Society. She approaches patient care from an educational standpoint, guiding her patients to create realistic plans that drive meaningful behavioral changes.

Her support continues through regular follow-up visits aimed at helping her patients attain and sustain

their optimal health. Dr. Golden strives to help patients to advocate for themselves, gain a deep understanding of their health, and take control of their well-being.

Obesity medicine is the field of medicine dedicated to the comprehensive care of patients with obesity. An obesity medicine specialist (or bariatrician) addresses the obese or overweight patient with a comprehensive program of diet and nutrition, exercise, lifestyle changes and, when indicated, the prescription of appetite suppressants and other appropriate medications.

Outside of the office, Dr. Golden enjoys cycling and dedicating her time to rescuing animals.

Learn More about Dr. Leslie Golden:

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/675610-Leslie-Golden-Family-Practitioner> or through Weight In Gold, <https://weightingoldwellness.com/about-us>

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