



WATSON CLINIC_{LLP}

Internal Medicine

Healthy Weight Loss Solutions

It's hard to lose weight. It can be even more challenging to keep it off. For those who have gone through the difficult task of cutting calories and altering their lifestyle, it's especially disheartening when their weight won't budge.

Watson Clinic Internal Medicine physician Dr. Agustin Tavares, alongside his care team of **registered nurse practitioners Luis Berrios, APRN, Laura A. Dixon, APRN and Brandi C. Ray, APRN**, specialize in medically sound, effective treatments that can empower patients to succeed in their weight loss goals.

One such treatment plan involves carefully considered weight loss medications, which can help boost the effectiveness of diet and exercise, reduce hunger and cravings, and slow digestion.

Candidates for these medications include:

- Patients with a body mass index (BMI) of 30 or higher.
- Patients with a **BMI of 27 or higher** and at least one weight-related conditions such as **diabetes, high blood pressure** and **high cholesterol**.

Call **863-680-7190** to schedule an appointment.



A consultation with **Dr. Tavares** and his **care team** can set you on the road to weight loss victory, and reverse your risks for heart attack, stroke, diabetes and other serious risk factors associated with obesity.

Agustin R. Tavares, MD

Internal Medicine

Education

- Iberamerican University, Santo Domingo, Dominican Republic, MD
- St. Barnabas Hospital, Bronx, NY, Internship and Residency

Professional Activities & Memberships

- American Board of Internal Medicine Certification
- Watson Clinic Physician Advisor for Value Based Services, 2018 - Present

Additional Languages Spoken

- Spanish

Meet Dr. Tavares' Care Team:



Luis Berrios,
APRN



Laura A. Dixon,
APRN



Brandi C. Ray,
APRN



Watson Clinic South
1033 N. Parkway Frontage Rd.
Lakeland, FL 33803

863-680-7190 | [f](#) [t](#) [You Tube](#) [p](#) [in](#) [i](#)