

# suburban life

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BEST  
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## Dr. Robert Fortino

Weight Loss | Anti-Aging | Medicine

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# Empowering Patients to Feel Their Best

**Dr. Robert Fortino**, the “Philly Diet Doc” widely regarded as a regional expert in GLP-1 weight loss, combines cutting-edge medication with a personalized approach rooted in overall health.

After more than two decades devoted to helping patients overcome obesity and its related health challenges, Robert Fortino, D.O., now stands at the forefront of a medical breakthrough transforming the field of metabolic health. With the advent of GLP-1 medications such as Semaglutide (Ozempic, Wegovy) and Tirzepatide (Mounjaro, Zepbound), Dr. Fortino has supported thousands in their quest to reclaim their health, reduce disease risks, and rebuild confidence.

“This is a game-changer,” Dr. Fortino says. “These medications allow patients to finally break free from the cycle of hunger and weight gain. Seeing my patients regain energy, improve their health, and feel good about themselves again is incredibly rewarding.”

As one of the region’s most experienced physicians in medically supervised weight loss, Dr. Fortino blends more than 25 years of clinical expertise with a commitment to individualized care. Patients from Philadelphia and New Jersey seek him out for his deep knowledge of GLP-1 medications and the long-term results they can achieve when paired with lifestyle support.

## A Leader in Medically Supervised Weight Loss

Dr. Fortino’s practice is built on FDA-approved, evidence-based treatments designed to produce safe, sustainable outcomes. His work extends far beyond helping patients lose weight; he focuses on improving metabolic health and lowering the risks of diabetes, hypertension, and cardiovascular disease, as well

as addressing the systemic issues that prevent patients from thriving.

Known for his “old-school bedside manner,” Dr. Fortino approaches each case with meticulous attention, tailoring treatment plans to individual needs. Nutrition, lifestyle coaching, and medical oversight are integrated into every patient’s path—reinforcing his belief that health is shaped by treating the whole person, not just addressing specific symptoms.

## A Career Shaped by Service

Board certified in internal medicine, Dr. Fortino began his career caring for underserved populations. Those early experiences shaped his understanding of how chronic diseases take hold, and ultimately led him to specialize in weight management as a way to prevent and treat long-term illness.

“I got into the weight-loss arena because it’s a different way of approaching chronic issues like diabetes and high blood pressure,” he says. “That’s the way you treat any disease—by addressing it at its roots.”

He also pushes back on the common misconception that obesity is simply about weight.

“Patients tell me they just don’t want to be hungry all the time,” he adds. “Hunger in this country is mostly psychological. We are an overfed and undernourished nation addicted to processed food and sugar.”

In addition to his work empowering patients to lead healthier lives, Dr. Fortino serves as a flight

surgeon with the 177th Fighter Wing of the New Jersey Air National Guard. A lieutenant colonel and Chief of Aerospace Medicine, he provides specialized medical care to airmen exposed to hazards far beyond the typical workplace, helping prevent injury and disease as they carry out their missions.

## The Power of GLP-1 Medications

Semaglutide and Tirzepatide provide patients with new tools to improve health markers—namely, cholesterol, blood-sugar levels, and inflammation—while enabling meaningful, lasting weight loss. These once-weekly, painless injections are customized to each patient’s medical profile. Dr. Fortino conducts thorough evaluations to determine the most appropriate and effective dosing strategy, ensuring every patient receives expert, closely monitored care.

Beyond medication, Dr. Fortino champions a nutrient-dense, low-carbohydrate, high-protein diet that supports metabolic function. Rather than promoting calorie counting or fleeting diet trends, he teaches patients to eat whole, unprocessed foods that stabilize hunger and fuel long-term health. He finds joy in guiding them toward “fueling their bodies with the right foods rather than obsessing over calorie numbers.”

His patients trust him not only for his medical mastery, but also for his dedication to their long-term success. Education, empowerment, and accountability are baked into every step of each patient’s journey in their efforts to achieve real, sustainable, and life-altering transformations.

He adds, “Our motto is: ‘Strong, Not Skinny,’ because health isn’t about being thin; it’s about being strong, energetic, and feeling your best.” ■



## Dr. Robert Fortino

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