Office Hours

Monday through Friday, 7:45 a.m. to 4:15 p.m. with lunch from 12:30-1:30 p.m.

Appointments

Schedule appointments by calling 303-346-9490. We can accommodate same day appointments when appropriate. If you cannot keep your appointment please call at least 24 hours in advance of your visit to cancel so we can use that time to serve another patient.

Payment

We accept most insurance plans and self-pay. Patients are responsible for their co-pays and deductibles. Your co-pay is due at the time of service. We accept cash, check, and major credit cards.

Emergencies

We are on call 24 hours a day, seven days a week. Please call 303-346-9490 if your concerns cannot wait until regular office hours.

Directions to Our Office

We are located in Littleton, Colorado adjacent to Littleton Adventist Hospital at 7720 S. Broadway on the 4th floor.

From I-25: Exit on C-470 heading west toward Grand Junction. Take Broadway exit and then turn right heading north. Pass Mineral Avenue then turn right into the Littleton Hospital campus. Make 1st left and our building is straight ahead.

Parking is available.

Jeffy N. Gerber, M.D.
Erynn Kay, PA-C

South Suburban Family Medicine

Low Carb Paleo Support Group

Join us for our Low Carb and Paleo Support Group! Discuss tips and tricks to maintaining a low carb lifestyle, snag new recipes, and dive into the science behind improving your overall health and wellness. Don’t miss lively discussions in great company! Always free and open to the public.

South Suburban Family Medicine

7720 South Broadway, Suite 480
Littleton, CO 80122

303-346-9490 office
303-346-9309 fax

www.jgerbermd.com

South Suburban Family Medicine

Jeffy N. Gerber, M.D.
Erynn Kay, PA-C
Weight Loss and Health

We have been helping our patients improve their health and optimize their weight with prescribed lifestyle changes including whole foods, low-carb high-fat, and Paleo/Primal diets. We redefine healthy nutrition and teach patients about the relationship between unhealthy refined and processed foods and chronic illness. The science of carbohydrate and fat metabolism, insulin resistance, inflammation, and chronic metabolic disease is revealing.

Fueled by dietary carbohydrates and processed foods, insulin resistance promotes inflammation and leads to many chronic diseases, including obesity, type II diabetes, metabolic syndrome, lipid and cholesterol disorders, hypertension, atherosclerosis, heart attack, stroke, premature aging, cancer, dementia, depression, liver and GI disease, leaky gut, adrenal fatigue, thyroid disease, arthritis, impotence, PCOS and infertility, just to name a few.

Advanced Cardiovascular Risk Assessment

We perform testing to assess cardiac health and risk of heart disease including blood lipids, cholesterol, triglyceride to HDL ratios, and advanced lipoprotein analysis. Advanced testing includes LDL-particle count/size, ApoB, sd-LDL, Lpa, inflammation and oxidative stress determination. In-house Carotid-IMT testing is also available.

Learn more www.DenversDietDoctor.com

Denver’s Diet Doctor @JeffryGerberMD

Dr. Jeff’s and Erynn’s Blog

Over 25 years of combined experience in Family Medicine, Wellness & Prevention