

Greetings fellow York  
Countians,

This is a Fraud Alert issued by the York County Elder Abuse Task Force. Periodically, members of the York County District Attorney's office who prosecute these devastating financial crimes will offer warnings about the latest financial scams targeting seniors here in York County. Educating seniors about financial fraud is a top priority of the York County Elder Abuse Task Force. With that in mind, we want every senior in York County to remember the **3 Rs**: **R**ecognize a potential scam; **R**efuse to make any hasty decisions; and **R**eport suspicious activity to police. Stay safe and feel free to contact District Attorney Dave Sunday at the District Attorney's Office (717-771-9600) with any questions.

Dave Sunday  
District Attorney



## FRAUD ALERT – Weight Loss Scams

At the beginning of a new year, one of the most common resolutions is to lose weight. There is a cornucopia of pills, patches, creams, and clothing that each promise to help you lose weight in no time and with little effort. Any time you see an ad promoting such a product, keep the following things in mind to avoid being scammed:

- If a product promises that you will lose weight without changes in diet or regular exercise, then it is a scam. Doctors, dieticians, and other experts agree the only guaranteed way to lose weight is with proper diet and exercise.
- Dietary supplements (e.g., vitamins, amino acids, herbs, etc.) do not have to undergo FDA review for safety and effectiveness prior to being sold. Even if they are labeled "100% natural" or "safe," they may contain drugs or chemicals not listed on the label. Always talk to your medical provider about any dietary supplements you are interested in to make sure that they are safe, will not negatively interfere with other medications, and have claims backed by peer-reviewed science.
- If it looks like a legitimate news organization is endorsing a weight loss product and describes an "investigation" into the health benefits of said product, take a closer look. Scammers will mimic websites of trusted news sources to advertise and entice people into purchasing a product, so always be wary of a story of a "reporter's" first-hand experience with a product if it results in dramatic weight loss in a short period of time.

If you want to start 2018 off right by getting in shape, ignore the miracle cures and focus on diet and exercise. For more on healthy eating, visit [Nurition.gov](http://Nurition.gov) or [ChooseMyPlate.gov](http://ChooseMyPlate.gov). For exercise, consider joining a gym or local community center, or even take a daily walk around your neighborhood.

For more information, visit [ftc.gov/health](http://ftc.gov/health). If you find a scam, report it to the FTC at [ftc.gov/complaint](http://ftc.gov/complaint) or by calling 1-877-FTC-HELP. You can also contact the Pennsylvania Attorney General at [attorneygeneral.gov](http://attorneygeneral.gov) or by calling 1-800-441-2555.

