

Weight Management Follow-up Visit

OMS I VV

Name _____

Date _____

Your weight _____

Weight loss medication _____

Waist circumference* _____

1st day of your last period _____

Hip circumference** _____

***Measure your waist:** Stand and place a tape **measure** around your **middle**, just above your hipbones, at the **narrowest point**

****Measure your hips:** Then **measure** the distance around the largest part of your **hips** — the **widest** part of your buttock

Waist-to-hip ratio (WHR): less than 0.85 is “ideal” for women

What **challenges** or difficulties are you having with your weight loss? _____

If you are you taking a **medication***, are you finding it helpful? ☐ yes ☐ no ☐ not applicable

Any side effects? ☐ none ☐ dry mouth ☐ jitteriness ☐ headache ☐ trouble sleeping ☐ nausea

☐ constipation ☐ other _____

Are you able to take the medication as directed? ☐ yes ☐ no

If **no**, what difficulties are you experiencing? _____

Are you following a specific **dietary plan**? ☐ no ☐ Vegan/vegetarian ☐ Low carb/ketogenic style

☐ Paleo ☐ Mediterranean ☐ other _____

Are you using **meal replacements**? ☐ yes ☐ no

If yes, ☐ Full Plan ☐ Fresh Steps ☐ ProLon ☐ purchased product on your own _____

Exercise: What type and how often? _____

If none, what types of movement can you add throughout your day? _____

How well do you **sleep** at night? ☐ through the night ☐ fall asleep easily but can't stay asleep

☐ difficulty falling asleep ☐ frequent or early morning waking

Are you experiencing any significant **stress**? ☐ yes ☐ no

If **yes**, how are you managing? ☐ not at all ☐ meditation practices ☐ exercise ☐ journaling

☐ other _____

Are you tracking your food, steps, sleep, mood, etc.? ☐ yes ☐ no

If yes, ☐ notebook and pen ☐ HealthTrac app ☐ MyFitnessPal ☐ WW app

☐ other _____

Are you finding it helpful? ☐ yes ☐ no

Are you having any **symptoms** or **physical problems** since starting this program?

☐ **none**

☐ hunger

☐ chest pain

☐ nausea

☐ joint pain

☐ numbness

☐ moodiness

☐ cravings

☐ rapid heart beat

☐ bloating

☐ muscle cramps

☐ dizziness

☐ trouble sleeping

☐ irritability

☐ fluid retention

☐ constipation

☐ rashes

☐ tremors

☐ hair loss

☐ lack of control

☐ fainting

☐ diarrhea

☐ headache

☐ depression

☐ cold intolerance

☐ fatigue

☐ short of breath

☐ indigestion

☐ weakness

☐ anxiety

☐ irregular periods

PLEASE fill out the next page as well

You can email back to Dawn or have available for our virtual visit

Food Diary: Consider WHEN you eat as well as WHAT you eat

- Instead of labeling your meal as “breakfast”, etc. please identify your eating events with the time of day
- Focus on 3 meals a day, minimize snacks, try to eat your larger meal mid-day and your final meal earlier in the evening
- Keep your eating window (first bite of the day to last bite of the day) to a 12–hour time period or less (8-12 hour window)

time of day give me an idea of what you eating in a typical day, including beverages!

Weight Maintenance Session #1: Recovering from Setbacks

- 1) Have you ever eaten a large meal to celebrate a holiday such as Thanksgiving or your birthday and awoke the following morning feeling bloated and gaining a couple of pounds?
☐ yes ☐ no
- 2) Do you feel that celebrating with food is a normal cultural aspect of most religions and societies?
☐ yes ☐ no
- 3) Do you often find yourself living your life in a pattern of either being really good with food choices or really bad with food choices?
☐ yes ☐ no
- 4) Have you ever experienced increased hunger the day after you overate with large portions?
☐ yes ☐ no
- 5) Do you ever feel bad or guilty the following morning after you eat a large celebratory meal?
☐ yes ☐ no

Weight Maintenance Session #1: Recovering from Setbacks

- 1) **Have you ever eaten a large meal to celebrate a holiday such as Thanksgiving or your birthday and awoke the following morning feeling bloated and gaining a couple of pounds?**

When we eat a large meal, the actual food and liquids consumed could weigh as much as 1-2 pounds. Imagine the weight of the food on a plate or in a glass for liquids, this weight is now in our bodies. Keep in mind that a 16-ounce glass of water weighs one pound. It typically takes our digestive system between our stomach, intestines and kidneys a few days to process all of the food and liquids consumed in a large, celebratory meal. The most a person will actually gain eating a large meal is around a 1/2 pound of fat. It just takes a few days for the digestive process to complete itself.

- 2) **Do you feel that celebrating with food is a normal cultural aspect of most religions and societies?**

Since the beginning of recorded time every religion and culture has been using food for celebration. In fact, there is recorded evidence that the ancient Greeks, Egyptians and Romans all used food for celebration. Why shouldn't we?

- 3) **Do you often find yourself living your life in a pattern of either being really good with food choices or really bad with food choices?**

Many patients with a weight problem have a difficult time living within the grey zone of making good food choices most days with a few poor choice days dispersed within. In fact, if you have a weight problem the best that we could strive for is 90% of the days you make good food choices meaning that 10% of the days you may make lousy food choices. That 10% of days will never make a difference if we get you back in a routine of good meal choices the following day.

- 4) **Have you ever experienced increased hunger the day after you overate with large portions?**

After we overeat the walls of our stomach expand from the increased food volume of the large meal. This causes the release of a hormone called Ghrelin. Ghrelin will make you wake up the following morning feeling hungrier as a result of overeating the evening before.

- 5) **Does your inner voice ever make you feel bad or guilty the following morning after you eat a large celebratory meal?**

We need to get you to refocus your inner voice to help you be more successful with weight maintenance. When you are out enjoying the celebratory meal, you should be saying to yourself that this meal is really terrific but tomorrow is going to be a tough hunger day. When you wake up the following morning you should try to be motivated to make good food choices, exercise and drinking a lot of water that day. Resist poor food choices.

Summary

You need to focus on resisting feeling bad or guilty for the meal that you overate the night before and focus on the positive aspects of the experience with self-talk such "I really enjoyed the meal and company last night", etc. If you get by just one day of making good food choices, your appetite will reset itself at a more normal level of hunger and you will go on to eat less the next day.

If you overeat the next day, hormonally your body will get hungrier and hungrier picking up momentum kind of like a ball rolling down a hill. You will continue to feel hungry and may gain a few pounds that following week. This is a cycle that many people get caught up in on vacations or holiday weeks. We hope that just knowing about this will help you.

In addition, we are hopeful that in the future new pharmaceuticals may help with the hormonal hunger that occurs in patients who are genetically prone to weight problems.