

Weight Management Follow-up Visit

OMS 5 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 2 pages 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 #5: Best Overall Dietary Strategies

- 1) When trying to lose weight, the total number of calories eaten count more than the types of foods consumed.
☐ true ☐ false
- 2) The estimated amount of calories that a person burns daily at rest is a number that most providers could easily determine for their patients.
☐ true ☐ false
- 3) Some food types can drive hunger hormones more than other food types.
☐ true ☐ false
- 4) Using meal replacements in the form of pre-packaged calorie-controlled shakes, bars, and soups have been proven to lead to increased weight loss success in the short as well as in the long term.
☐ true ☐ false
- 5) Cutting back on calories the day after over-eating is not a helpful weight management strategy.
☐ true ☐ false

You answered the following questionnaires prior to your first visit.
Let's see how your responses have improved with your recent healthy diet and lifestyle changes!

Sleep History

How many hours of sleep do you get per night? _____

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

Sleep Apnea Assessment

Do you snore extremely loud so that you may be heard from another room?

☐ yes ☐ no

Do you often feel tired, fatigued or sleepy during the daytime?

☐ yes ☐ no

Has anyone ever observed that you pause in your breathing when you sleep?

☐ yes ☐ no

Are you treated for high blood pressure?

☐ yes ☐ no

Is your Body Mass Index (BMI) > 35?

☐ yes ☐ no ☐ unsure

Are you age 50 or older?

☐ yes ☐ no

Is your neck circumference greater than 16 inches?

☐ yes ☐ no ☐ unsure

Are you male?

☐ yes ☒ no

Total

The Epworth Sleepiness Scale

Use the scale below to choose the most appropriate number for each situation

0 = no chance of dozing

1 = slight chance of dozing

2 = moderate chance of dozing

3 = high chance of dozing

SITUATION	CHANCE OF DOZING
Sitting and reading	
Watching TV	
Sitting inactive in a public place (e.g. in a theater)	
As a passenger in a car for an hour without a break	
Lying down to rest in the afternoon when circumstances permit	
Sitting and talking to someone	
Sitting quietly after a lunch without alcohol	
In a car, while stopped for a few minutes in traffic	

Weight Maintenance Session #5: Best Overall Dietary Strategies

1) **When trying to lose weight, the total number of calories eaten count more than the types of foods consumed.**

False. It is crucial to understand that the types of nutrients you eat can be more important than the total number of calories consumed. Focus on getting enough protein and healthy fats in your diet, as these nutrients will help you feel full. If you simply try to limit your calories, you will be hungry and unable to stick to your plan. Many apps still focus on calories but will contain information on nutrients as well. Try to limit your intake of sugar and don't be afraid of healthy fats. You can use apps such as Fitbit, My Fitness Pal, Calorific, Evernote, Lose it, My Net Diary, Speech to Text in the note section of your iPhone, and many others to journal what you are eating. Instead of focusing on calories, focus on the nutrients and the calories will take care of themselves.

2) **Some food types can drive hunger hormones more than other food types.**

True. This has been found to be true. All calories are not created equal. The goal in weight management is to decrease hunger because when people are hungry they will generally eat more. Eat a diet with more protein such as fish, chicken or turkey, lean beef or pork, nuts and eggs, etc. to help decrease hunger. Also make sure you include foods that are high in fiber such as beans, artichokes, peas, broccoli, raspberries and avocados. These high fiber foods will also lead to greater satiation than foods that do not contain fiber.

3) **Using meal replacements in the form of pre-packaged calorie-controlled shakes, bars, and soups has been proven to lead to increased weight loss success in the short as well as in the long-term.**

True. Meal replacement shakes have been proven to be a good short and long-term strategy to help you with weight loss and weight maintenance after you lose weight. Some recent examples of published studies that have found meal replacements effective include: The LOOK AHEAD TRIAL, The Diabetes Prevention Trial and an article published in the NEJM February 2013 titled "Myths, presumptions and facts about obesity", all found that the use of meal replacements was highly effective in assisting with both weight loss and weight maintenance. Meal replacement shakes that are low in calories and high in protein with or without fiber are often times a good option especially if you do not have time to prepare all meals.

4) **Cutting back on calories the day after over-eating is NOT a helpful weight maintenance strategy.**

True. We all have occasions where we overeat. A better strategy than starving yourself the following day is to get back on your healthy plan. But don't use this as an excuse to go back to your old habits! Consistency is the key. Often when we indulge in foods that are high in carbohydrates, this makes us hungrier. Go back to your adequate protein and healthy fat plan and you will get back on track!