

# Weight Management Follow-up Visit

OMS 9 VV

Name \_\_\_\_\_

Date \_\_\_\_\_

Your weight \_\_\_\_\_

Weight loss medication \_\_\_\_\_

Waist circumference\* \_\_\_\_\_

1<sup>st</sup> 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 #9: Exercise Pointers, Part 2**

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- 1) Weight training is more effective than cardiovascular conditioning for patients in their 50's trying to maintain weight loss.  
☐ true ☐ false
- 2) Exercise usually causes quicker, more consistent weight loss than dieting.  
☐ true ☐ false
- 3) Women do not benefit from weight training as much as men.  
☐ true ☐ false
- 4) Breathing properly while lifting weights leads to better overall results.  
☐ true ☐ false
- 5) People who exercise have less of a chance of dementia as they age.  
☐ true ☐ false

## Hormone Balance Questionnaire – the cortisol connection

Read carefully through the list of symptoms. Fill in box (■) next to any you experience.

**As you may recall you answered these questions before your first visit.**

Let's see how your improved diet and lifestyle have improved your symptoms!

**Do you or have you experienced any of the following symptoms since you started our program...**

### TOO MUCH CORTISOL

- ☐ My life is crazy stressful
- ☐ I feel overwhelmed by stress
- ☐ I have extra weight around my midsection
- ☐ I have difficulty falling or staying asleep
- ☐ My body is tired at night, but my mind is going a mile a minute (wired but tired)
- ☐ I get a second wind at night that keeps me from falling asleep
- ☐ I feel easily distracted, especially when under stress
- ☐ I get angry quickly or just feel on edge
- ☐ I have high blood pressure or a fast heart rate
- ☐ I have elevated blood sugar (insulin resistance) or diabetes
- ☐ I get shaky if I don't eat often
- ☐ I am prone to injury and have difficulty healing

Total \_\_\_\_\_

### TOO LITTLE CORTISOL

- ☐ I feel tired in the morning, even after a full night's sleep
- ☐ I depend on caffeine to get through my day
- ☐ I want to take naps most days
- ☐ My energy crashes in the afternoon
- ☐ I crave salty or sweet food
- ☐ I am dizzy when I stand up too quickly
- ☐ I feel at the mercy of stress
- ☐ I have difficulty falling asleep and/or staying asleep
- ☐ My muscles feel weaker
- ☐ I get sick often and/or have a difficult time getting
- ☐ I have low blood sugar issues

Total \_\_\_\_\_

## ANSWER KEY

**0-1 checked boxes** = this category is unlikely causing your symptoms

**2-4** = this area needs your attention

**5+** = this hormonal imbalance is likely causing your symptoms

## Weight Maintenance Session #9: Exercise Pointers, Part 2

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**1) Weight training is more effective than cardiovascular conditioning for patients in their 50's trying to maintain weight loss.**

**False.** Cardiovascular conditioning should be encouraged more than weight training in patients over age 50. Aerobic exercise has cardiovascular protective benefits that are more desirable in patients over age 50 compared to patients in their 20's. In addition, patients over age 50 are unable to easily build new muscle by lifting weights compared to younger patients.

As a generalization, if a patient over age 50 has an hour to work out, encourage 45 minutes of cardio and 15 minutes of weights. In the 30's and 40's, encourage 30 minutes of cardio and 30 minutes of weights each work out. In the 20's, encourage 15 minutes of cardio and 45 minutes of weights. Keep in mind though, that it is more important that a patient enjoys their workouts. That is if they like weights more than cardio, it is okay if they spend more time on this or vice versa.

**2) Exercise usually causes quicker, more consistent weight loss than dieting.**

**False.** Dieting is the best driver of weight loss. For many, exercise on its own does not cause any weight loss. Encourage exercise for weight maintenance and diet for weight loss. Focus on getting your patient to cut some calories from their daily routine. Replacing sugar-sweetened beverages with water is a good place to start for many.

**3) Women do not benefit from weight training as much as men.**

**False.** Both genders benefit from weight training. An argument could be made that people in their 20's benefit more because they could easily build new muscle compared to patients over age 40.

**4) Do you believe that you do not have any control over the way stress affects you?**

**True.** Breathing out while flexing/exerting the muscle and breathing in while relaxing the muscle leads to better results with lifting weights. Encourage all novice patients to learn proper breathing techniques before starting a weight lifting program. This could be found for free online or YouTube. Patients could also hire a physical trainer for the first few workouts to learn proper techniques.

**5) People who exercise have less of a chance of dementia as they age.**

**True.** Several published studies have found that exercise has a protective effect that protects against aging related cognitive decline. In addition, the best way to prevent requiring a nursing home as one ages, is actually walking. The people who could walk a city block the fastest have the least risk of being admitted to a nursing home regardless of age or other comorbid conditions. Encourage exercise in all patients especially your elderly patients that are under your care.