

Weight Management Follow-up Visit
Name _____

Date _____

Current weight _____
Initial weight _____
Last visit _____
Change since first visit _____
Change since last visit _____

Medication _____
BP _____
LMP _____
*UPT _____

BMI _____
Body fat % _____
Water % _____
Resting energy _____

Please answer the questions below

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

Exercise: What type and how often? _____

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 having any **symptoms** or **physical problems** since starting this program? **none**

hunger fatigue fainting indigestion headache tremors trouble sleeping
 cravings chest pain short of breath joint pain weakness depression hair loss
 irritability rapid heart beat diarrhea muscle cramps numbness anxiety cold intolerance
 lack of control fluid retention constipation rashes dizziness moodiness irregular periods

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

- Instead of labeling your meal as "breakfast" please identify your eating events with the time of day
- Focus on 3 meals a day, minimize snacks, eat your larger meal mid-day and your final meal earlier in the evening

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

Weight Loss Medication

Who is a candidate for weight loss medication?

- If you have a body mass index (BMI) ≥ 30 or
- If your BMI ≥ 27 with at least one "co-morbidity" such as high blood pressure, diabetes, high cholesterol, etc.

FDA-approved anti-obesity medication

medication	how does it work	side effects	precautions
phentermine*	stimulates the brain to decrease appetite	dry mouth, constipation, insomnia	Pregnancy (category C), nursing, moderate to severe hypertension, hyperthyroidism, agitated states.
<i>Qsymia</i> (phentermine/topiramate)	combination drug that stimulates the brain to decrease appetite while decreasing cravings and providing taste aversion	dry mouth, numbness or tingling in extremities, dizziness, taste aversion, insomnia, constipation, dry mouth	Pregnancy (category X), nursing, glaucoma, use of monoamine oxidase inhibitors (MAOIs), hyperthyroidism.
<i>Belviq</i> (locaserin)	works on serotonin receptors to decrease appetite	headache, dizziness, fatigue, nausea, constipation, dry mouth; hypoglycemia (low blood sugar) if taken with antidiabetic drugs	Pregnancy (category X), nursing, risk for serotonin syndrome if taken with serotonergic or anti-dopaminergic agent. Caution in patients with valvular heart disease, congestive heart failure, psychiatric disorders; priapism risk.
<i>Contrave</i> (naltrexone/bupropion)	combination drug that works on two areas of the brain to reduce hunger and help control cravings	nausea, constipation, diarrhea, headache; most resolve in days to weeks and do not recur.	Pregnancy (category X), nursing, uncontrolled hypertension; seizure disorders; chronic opioid use; MAOI use
<i>Saxenda</i> (liraglutide)	activates areas in the brain that slow down the release of food from the stomach to decrease appetite	nausea; gastrointestinal symptoms	Pregnancy (category X), nursing, history of medullary thyroid carcinoma, multiple endocrine neoplasia type 2, acute pancreatitis

FDA-approved medication – used off-label for weight loss

medication	how does it work	side effects	precautions
<i>Glucophage</i> (metformin*)	works to lower insulin by “kicking” the sugar of the cell, may decrease appetite , may help prevent diabetes if BMI > 35	GI upset, taste disturbance, may cause vitamin B ₁₂ deficiency	Only drug listed that is SAFE in pregnancy . Kidney disease or dysfunction. Concomitant intravascular iodinated contrast agents (stop taking during and 48 hours after IV contrast)
<i>Topamax</i> (topiramate*)	slows down the emptying of the stomach (decrease appetite), causes taste aversion (makes certain foods taste funny so not worth eating) and is associated with a reduced calorie intake	numbness or tingling in extremities, short-term memory loss, dizziness, difficulty with concentration	Pregnancy (category D), nursing, glaucoma, increase risk of kidney stones
<i>Wellbutrin</i> (bupropion*)	works "centrally" on the part of our brain involved in cravings and because it works centrally it also acts as an appetite suppressant	dry mouth, nausea, difficulty sleeping (take evening dose by 5pm)	Pregnancy (category C), nursing, seizure disorders, bulimia, anorexia, MAOI, do not use with abrupt withdrawal of alcohol, benzodiazepines, barbiturates, or anti-seizure medication
<i>Zonegran</i> (zonisamide*)	works on dopaminergic and serotonergic receptors in the brain to help decrease appetite	headache, somnolence, dizziness, agitation, fatigue, confusion, GI upset, insomnia, paresthesia, kidney stones	Pregnancy (category C), nursing, kidney or liver impairment, depression

*available as a generic (use savings apps such as GoodRx, Blink, etc. available in your app store)
 other than metformin, none of these medications are deemed safe in pregnancy → MUST USE BIRTH CONTROL

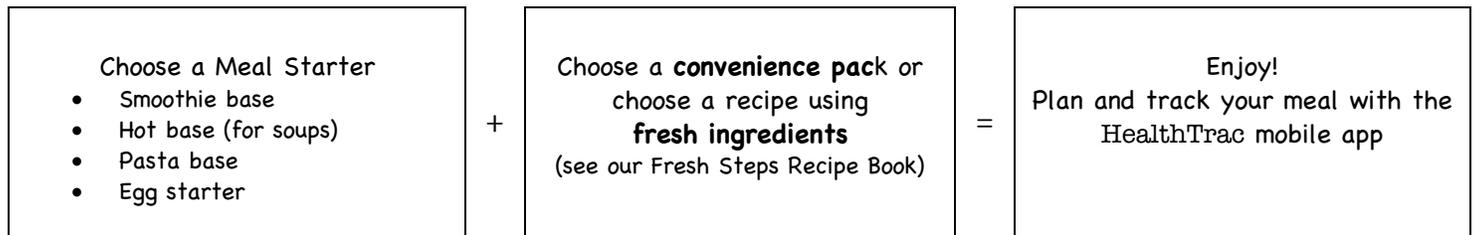
Meal Replacements

Meal replacements are the **MOST EFFECTIVE** non-surgical weight loss tool by combining calorie control WITH carbohydrate control as well ease and convenience. These plans are designed to be your **first step** in reaching your target weight. The **low carbohydrate, moderate protein, high fat** nature of these plans lead to **KETOSIS**, a state where your body relies on FAT as its primary source of fuel, preserving lean body mass (muscle mass) and diminishing hunger.

Fresh Steps Meal Starter System

Not a typical meal replacement plan

These plans involve pairing nutritionally balanced *meal starter* packs with either *convenience packs* or *fresh ingredients*



Full Plan

A motivating **jumpstart plan** that provides structure and control but with added variety. Resembles a traditional Very Low Calorie (VLC) diet. This is small, but frequent meal strategy.

- 4 meal starters + convenience packs
- 1 bar or snack
- NO fresh foods = NO prep needed
- each item 160 calories
- 800 calories total
- 100 g protein, 50 g carb, 50 g fat

Example day

breakfast: cheese & chive **egg starter**
lunch: farmhouse cheddar & broccoli **soup**
snack: chocolate crisp **bar**
dinner: asian inspired **pasta**
snack: blueberry delight **smoothie**

Fresh Steps

This is a hybrid plan that includes fresh foods at least one meal per day as well as adding fresh ingredients to the meal starter bases. Recipe book available including 200- and 400-calorie recipes for each meal starter as well as full grocery recipes.

- 2 meal starters + convenience pack OR fresh ingredients
- 1 bar or snack
- 1 full grocery based meal
- 1,000-1,200 calories total
- 100 g protein, 50 g carb, 50 g fat

Example day

breakfast: blueberry banana **smoothie**
lunch: country chicken & vegetable **soup**
snack: salted toffee pretzel **bar**
dinner: chicken kabobs

Meal Replacements can also be integrated throughout the day adding appetite control, nutrition and cost savings.

Fasting Mimicking Diet (FMD)

The FMD was created by Dr. Valter Longo, director of the Longevity Center at USC. He sought to replicate the benefits of water fasting while still providing the body with nutrition. His modifications avoid the calorie deprivation associated with other types of fasting. His protocol is based on decades of research, including several clinical studies.

We are now offering a five-day weight loss program called the **ProLon Fasting Mimicking Diet** through L-Nutra, a nutrition technology company that he started. The ProLon Fasting Mimicking Diet plan includes five-day, prepackaged meal kits. All meals and snacks are whole-food derived and plant based. The meal kits are low in carbs and protein yet high in healthy fats like olives and flax. During the five-day period, dieters only consume what's contained within the meal kit. The low-calorie, high-fat, low-carb content of the meals causes your body to generate energy from noncarbohydrate sources after glycogen stores are depleted. This process is called gluconeogenesis.

According to one study, the diet is designed to provide 34–54% of normal calorie intake. This calorie restriction mimics the body's physiological response to traditional fasting methods, such as cell regeneration, decreased inflammation, and fat loss. ProLon recommends that all dieters consult a medical professional — such as a doctor or registered dietitian — before starting the five-day fast. The ProLon five-day plan is not a one-time cleanse and must be followed every one to six months to obtain optimal results.

Bariatric Nutrition
Fresh Steps Meal System
 PRODUCT LIST (updated March 2018)

Proti-VLC SMOOTHIES (7 packages/box) base mix + flavor pack

# of BOXES	SALES	ITEM	PRICE	employee	TOTAL
	SP0480	SMOOTHIE BASE MIX (7 packages per box)	\$18.00	\$13.50	
	SP0481	BLUEBERRY DELIGHT	\$7.00	\$5.25	
	SP0482	CALIFORNIA DREAMING (strawberry)	\$7.00	\$5.25	
	SP0483	CHOCOLATE INDULGENCE	\$7.00	\$5.25	
	SP0484	ORANGE CREMSICLE	\$7.00	\$5.25	
	SP0485	PINA COLADA	\$7.00	\$5.25	
	SP0486	VANILLA BEAN	\$7.00	\$5.25	
	SP0749	SMOOTHIE VARIETY BOX (7 base mix + 7 flavor packs)	\$25.00	\$18.75	

Proti-VLC SOUP (7 packages/box) base mix + flavor pack

	SP0488	HOT BASE (7 packages per box)	\$18.00	\$13.50	
	SP0489	COUNTRY CHICKEN & VEGETABLE	\$7.00	\$5.25	
	SP0490	FARMHOUSE CHEDDAR & BROCCOLI	\$7.00	\$5.25	
	SP0750	SOUP VARIETY BOX (7 base mix + 7 flavor packs)	\$25.00	\$18.75	

Proti-VLC EGG MEAL STARTER (7 packages/box)

	SP0814	CHEESE & CHIVE	\$15.00	\$11.25	
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Proti-VLC HIGH PROTEIN PASTA MEAL STARTER (7 packages/box)

	SP0815	FUSILLI STARTER	\$18.00	\$13.50	
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Proti-VLC BARS (7 bars/box)

	SP0441	CHOCOLATE CRISP protein bars	\$15.00	\$11.25	
	SP0442	STRAWBERRY SHORTCAKE protein bars	\$15.00	\$11.25	
	SP0446	FLUFFY VANILLA CRISP protein bars	\$15.00	\$11.25	
	SP0440	ZESTY LEMON CRISP protein bars	\$15.00	\$11.25	
	SP0685	FLUFFY NUTTER protein bars	\$15.00	\$11.25	
	SP0649	SALTED TOFFEE PRETZEL protein bars	\$15.00	\$11.25	
	SP0428	NUTTY CARAMEL CRUNCH protein bars	\$15.00	\$11.25	
	SP0438	COOKIES & CREAM protein bars	\$15.00	\$11.25	
	SP0435	COCOA MINT protein bar	\$15.00	\$11.25	

STARTER OPTIONS

	SP0813	FRESH STEPS MEAL STARTER COOKBOOK	\$20.00	\$20.00	
	SP0887	FRESH STEPS 7-DAY FULL PLAN STARTER KIT	\$105.00	\$82.00	
	SP0891	ProLon (1-2 kits - price per kit)	\$235.00	\$235.00	
	SP0892	ProLon (3 or more kits - price per kit)	\$215.00	\$215.00	

