Weight Management Follow-up Visit OMS 9

Name _____ Date _____

Current weight		Medication		BMI	
Initial weight		BP		Body fat %	
Last visit		LMP		Water %	
Change since first visit		*UPT		Resting energy	
Change since last visit					

Please answer the questions below AND on the next page

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

Any side effects? ☐ **none** ☐ dry mouth ☐ jitteriness ☐ headache ☐ insomnia ☐ nausea ☐ other _____

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

If no, what difficulties are you experiencing? _____

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 wakening

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 Maintenance Session #9: Exercise Pointers, Part 2

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

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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.

How to Balance Your Cortisol Levels

The “stress hormone” cortisol is essential for energy and health, but when it’s out of balance, you are, too. Learn how to manage low cortisol levels and high cortisol levels to keep inflammation, cravings, and belly fat at bay.

Cortisol has a bad reputation. Commonly known as the “stress hormone,” it’s produced, in part, by the adrenal glands when we’re under pressure and perceive a threat. The pituitary gland determines how much hormone the adrenals should release to help us fight or flee. This alarm system works beautifully — until it doesn’t. In today’s fast-paced culture, many of us are overworked, under rested, and under pressure from too many obligations, and the alarm never stops.

It’s this state of chronic agitation that triggers cortisol function to run amok, contributing to a host of problems: insomnia, excess belly fat, anxiety, and extreme fatigue, to name just a few. It’s no wonder cortisol has gotten a lot of bad press in the health media. Yet without it we’re helpless.

The hormone isn’t produced solely in response to stress; chronic stress just puts it into overdrive. Normal levels are critical for maintaining steady energy throughout the day. And cortisol orchestrates the performance of other key hormones, like estrogen, testosterone and thyroid. Cortisol is the “control system” for hormones. It’s getting your blood pressure up only when it needs to be up, and raises your blood sugar only when you most need it. It modulates your immune system.

Optimally performing cortisol follows a pattern called the “cortisol curve.” In a healthy curve, cortisol is high in the morning and tapers off through the day and evening — like a slow-release energy pill that wears off just in time for bed. But when we’re chronically stressed, the body releases cortisol at all hours. The curve turns into a roller coaster, and excess cortisol causes us to develop a hair-trigger response to stress. This can lead to adrenal exhaustion.

High cortisol levels wreak havoc over time, deplete your happy brain chemicals like serotonin, rob your sleep, and make you store fat, especially in your belly. High cortisol is likewise linked to depression and food addiction. Imbalances can also lead to inflammation and thyroid issues. These problems can be fixed. And though restoring a smooth cortisol curve takes a little time and effort, the results are well worth it.

Cortisol Gone Rogue

In an ideal world, cortisol is highest in the morning, helping us stay focused during the day. It gradually tapers off through the afternoon and evening. But if your energy starts to run low during familiar activities it could be a warning that your cortisol pattern is disrupted. Catching more colds or having a shorter emotional fuse are other early signs.

Here are some of the common patterns malfunctioning cortisol levels tend to follow. All of them can overlap, but most often they occur in progression. After a prolonged period of producing extra cortisol, the adrenals eventually get fatigued and quit making the hormone. A healthy curve begins with cortisol levels highest in the morning, but not hours before dawn. Cortisol levels are normally lowest around 3 a.m., then begin to rise, peaking around 8 a.m.

Patterns of Cortisol Dysfunction

High Early-Morning Cortisol Levels
If you routinely wake up hours before dawn in a state of anxiety, your cortisol is overachieving and spiking too early.

High Cortisol Levels Throughout the Day
Cortisol spikes in response to stressors like work deadlines, environmental pollution, and inadequate sleep. Ongoing high levels of cortisol can be caused by too much coffee, a lack of carbs throughout the day, or an intensive focus on schedules. If cortisol levels stay elevated, you’re wired but your adrenals are getting tired.

High Evening Cortisol Levels
If you often find yourself in heated political arguments online at 9 p.m., or if you do heavy training at the gym in the evenings, it’s likely that your cortisol levels are skyrocketing at night — right when you want them to be coming down.

Low Cortisol Levels Throughout the Day
After cortisol has been elevated for an extended period, it can drop off completely. When it does, you feel flatlined. This usually signals adrenal exhaustion, when the overworked glands have shut down. You’re dragging through each day, even after plenty of sleep.

How to Get Control Back of Your Cortisol Curve

Cycle Carbs

A low-carb diet is great for losing weight, but it is not ideal if you have disrupted cortisol. High carb meals drop the **cortisol** whereas lower-carb meals allow the cortisol to stay higher.

To reset your **cortisol**, eat a low-carb breakfast, moderate amounts of healthy carbs in the afternoon, and higher amounts of healthy carbs (but NOT bread or pasta) in the evening. But avoiding carbs altogether can cause **cortisol** to stay elevated when you want it to come down. Punt your healthy carbs to later in the day.

Supplement Your Nutrition

There is no single supplement that can reset your **cortisol**, but there are 3 nutrients that play an essential role:

Omega 3 fatty acids (fish oil of flaxseed) 3,000 mg daily
Vitamin C 1,000 mg daily
Vitamin B_5 part of a B-complex

These three supplements have been shown to lower **cortisol** levels and can be used as a low-risk treatment for chronic stress.

Stay Hydrated

We are more likely to become dehydrated under stress and not only because we might neglect drinking water. Feeling anxious raises our heart rate and triggers faster, heavier breathing, both of which lead to fluid loss. Even if you are drinking plenty of water, you can still get dehydrated when you are stressed. The water may not be getting into your cells and may be just going right through you.

Just Relax

Your adrenals don't care if stress is mental or physical. Their job is to protect you when you are endangered. They will pump out **cortisol** whenever you are agitated and threatened—at least until they burn out! But when you learn to calm the mind and regain a sense of control, the sympathetic nervous system stays quiet.

Finding a "spiritual practice" will be an antidote to a constant state of alarm. Find a practice that makes you feel connected and centered. It could be praying, doing yoga, walking through the woods, or taking five minutes to quietly listen to the sounds around you. Relaxation practices are beneficial any time of day, regardless of your **cortisol** pattern, but they are especially helpful in the evenings to promote better sleep.

Time Your Workouts

We have been taught that *intense exercise* is a great way to de-stress. However, intense exercise raises **cortisol** levels, which is great if you are looking for an extra energy boost in the morning or midafternoon. But an evening or nighttime workout may not be beneficial if it's prompting insomnia or anxiety.

This does NOT mean you have to ditch your evening workout if that's the only time you have. But recognize that a schedule shift could help you reset your **cortisol**. Try changing that evening spin class to a yoga class or other meditative practice.

Get some sleep

Rest is key to restoring a healthy cortisol curve. Even when you still have a lot of work to do or are not sleepy, it's best just to go to bed anyway. Going from 8 hours of sleep to only 6 a night can cause big disruptions in your cortisol patterns in less than two weeks.

Read more at http://dunnewithdieting.com/weightmanagementvisits/9cortisolconnection.html