

Weight Management Follow-up Visit
Name _____

OMS 5
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 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 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!

| 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 wakening

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
 Are you **age 50** or older? yes no
 Is your **neck circumference** greater than 16 inches? yes no
 Are you **male**? yes no

TOTAL

Scoring for Obstructive Sleep Apnea (OSA)

- OSA - Low Risk : Yes to 0 - 2 questions
 OSA - Intermediate Risk : Yes to 3 - 4 questions
 OSA - High Risk : Yes to 5 - 8 questions

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 lunch without alcohol | |
| In a car, while stopped for few minutes in traffic | |
| | |

Interpretation of Epworth Sleepiness Scale

- 0-7: It is unlikely that you are abnormally sleepy
 8-9: You have an average amount of daytime sleepiness
 10-15: You may be excessively sleepy depending on the situation
 16-24: You are excessively sleepy
 If you score 10 or higher, you should consider seeking medical attention

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) 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. It is crucial that your patients realize that the total number of calories consumed is the most important aspect of diet when it comes to losing weight. Patients can easily learn the total number of calories in foods by looking up this information online. Also 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 can assist a patient with journaling calories. In many instances these same apps will also look up the calories for you.

3) 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.

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. 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.

5) Cutting back on calories the day after over-eating is not a helpful weight management 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!

Sleep, the Master Regulator of Health

A sleep deficit or disruption can create wide-ranging havoc, compromising our immune system, causing inflammation, and damaging our genes. Losing just an hour of sleep a night increases the risk of cancer, heart attack, stroke and type 2 diabetes. Lack of sleep can also lead to memory loss, negatively affect people's reflexes and decision-making skills, cause hearing loss and psychiatric disease, and impede sexual function.

It's not just people who suffer from sleep disorders like insomnia or sleep apnea who have to worry. At least 7 out of ten Americans aren't getting enough sleep and they're at risk for serious health problems, as well. People devalue sleep and are completely unaware of what happens to them when they have a deficit. As a society we are so habituated to low levels of sleep that most of us don't know what it feels like to be fully alert and awake.

We sacrifice sleep for work, entertainment or some other lifestyle choice. In large part, we do this because it can take months or even years for a disease caused by sleep deficit to fully emerge.

Inflammation Nation. Researchers have traced sleep apnea to cognitive and psychiatric impairments, high cholesterol and atherosclerosis, high blood pressure, obesity, and type 2 diabetes, to name a few. These apnea findings were applicable to adults who were burning the candle at both ends, whether they had apnea or not. Disturbances in sleep lead to a surge of pro-inflammatory molecules — from dangerous cytokines to C-reactive protein — that cause massive damage throughout the body. For example, in adipose tissue (body fat), these pro-inflammatory molecules set the stage for obesity and type 2 diabetes; in the cardiovascular system, heart disease; in the brain, neuronal loss.

Fortunately, it's possible to reverse the damage caused by sleep loss. The pro-inflammatory state caused by sleeplessness makes those who are already at genetic risk for certain maladies far more vulnerable to triggering them into an active disease state.

The Weight of the Matter. Researchers have found that your risk of weight gain can be influenced almost as much by your sleep as by your eating habits. Two hormones that regulate appetite change radically when you sleep less: *Leptin*, which signals the brain to feel full and stop eating, decreases by 18 percent, and *ghrelin*, the hunger hormone, increases by 28 percent.

Sleep deficits are capable of triggering a damaging hormone cascade. Researchers report that those who regularly sleep just four hours per night were 73 percent more likely to become obese than those sleeping between seven and nine hours. (Even people sleeping a more respectable six hours were 23 percent more likely to become obese.) Sleep loss has been shown to trigger the area of the brain associated with hunger and the desire to eat. And sleep restriction disrupts the daily drop-off of the damaging stress hormone, *cortisol*, which should be at its lowest levels right before bedtime and which is implicated in weight gain.

While You're Not Sleeping. Anyone who's ever pulled an all-nighter to meet a deadline or study for a test knows the day-after results aren't pretty: The body feels sluggish, the mind fogged or frenetic. Recent research shows that a chronic lack of sleep is far more damaging than previously assumed by many experts. Sleep deficits as small as an hour a night can increase the risk of a wide range of conditions. Why? Because when we don't get enough sleep, our immune systems go into overdrive, which causes systemic inflammation and turns on dangerous genetic switches.

Everyone's immune system is unique, so how sleep deprivation affects you might be different from how it affects another person.

Here are just some of the ways chronic skimping on sleep can affect your health:

- Increased food cravings and hunger, disrupted metabolism, weight gain and obesity
- High blood pressure, Insulin resistance, type 2 diabetes, heart disease
- Cancer
- Neuropsychiatric disorders, impaired alertness and cognition, and headaches
- Vision problems, including blurred vision, floppy eyelid syndrome, glaucoma, even temporary blindness
- Increased levels of cortisol, a hormone associated with stress
- Difficulty with sexual functioning
- Hearing loss
- Muscle weakness and decreased athletic performance
- Skin problems and rashes, including eczema as well as hair loss

Healthy Sleep Tips

Healthy sleep habits can make a big difference in your quality of life. Having healthy sleep habits is often referred to as having good “sleep hygiene.” Try to keep the following sleep practices on a consistent basis:

- 1) **Stick to the same bedtime and wake up time, even on the weekends.** This helps to regulate your body's clock and could help you fall asleep and stay asleep for the night.
- 2) **Practice a relaxing bedtime ritual.** A relaxing, routine activity right before bedtime conducted away from bright lights helps separate your sleep time from activities that can cause excitement, stress or anxiety which can make it more difficult to fall asleep, get sound and deep sleep or remain asleep.
- 3) **Avoid naps, especially in the afternoon.** Power napping may help you get through the day, but if you find that you can't fall asleep at bedtime, eliminating even short catnaps may help.
- 4) **Exercise daily.** Vigorous exercise is best, but even light exercise is better than no activity. Exercise at any time of day, but not at the expense of your sleep.
- 5) **Evaluate your room.** Design your sleep environment to establish the conditions you need for sleep. Your bedroom should be cool – between 60 and 67 degrees. Your bedroom should also be free from any noise that can disturb your sleep. Finally, your bedroom should be free from any light. Check your room for noises or other distractions. This includes a bed partner's sleep disruptions such as snoring. Consider using blackout curtains, eye shades, ear plugs, "white noise" machines, humidifiers, fans and other devices.
- 6) **Sleep on a comfortable mattress and pillows.** Make sure your mattress is comfortable and supportive. The one you have been using for years may have exceeded its life expectancy – about 9 or 10 years for most good quality mattresses. Have comfortable pillows and make the room attractive and inviting for sleep but also free of allergens that might affect you and objects that might cause you to slip or fall if you have to get up during the night.
- 7) **Use bright light to help manage your circadian rhythms.** Avoid bright light in the evening and expose yourself to sunlight in the morning. This will keep your circadian rhythms in check.
- 8) **Avoid alcohol, cigarettes, and heavy meals in the evening.** Alcohol, cigarettes and caffeine can disrupt sleep. Eating big or spicy meals can cause discomfort from indigestion that can make it hard to sleep. It is good to finish eating at least 2-3 hours before bedtime.
- 9) **Wind down.** Your body needs time to shift into sleep mode, so spend the last hour before bed doing a calming activity such as reading. For some people, using an electronic device such as a laptop can make it hard to fall asleep, because the particular type of light emanating from the screens of these devices is activating to the brain. If you have trouble sleeping, avoid electronics before bed or in the middle of the night.
- 10) **Use your bed only for sleep and sex.** This will strengthen the association between bed and sleep. It is best to take work materials, computers and televisions out of the sleeping environment. If you associate a particular activity or item with anxiety about sleeping, omit it from your bedtime routine.

Read more at: dunnewithdieting.com/weightmanagementvisits/5sweetdreams.html