

Weight Management Follow-up Visit

OMS 7 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 #7: Overeating Episodes

1. Do you continue to eat after you are full, leading to the frequent consumption of large portions of food in one sitting?
☐ yes ☐ no
2. Do you find it difficult to stop eating once you start with some of your favorite foods?
☐ yes ☐ no
3. Do you often eat until you feel uncomfortable or full?
☐ yes ☐ no
4. Do you sometimes eat large amounts of food even when you are not physically hungry?
☐ yes ☐ no
5. Do you sometimes eat alone because you are embarrassed about what you are eating?
☐ yes ☐ no

Hormone Balance Questionnaire: Thyroid Imbalance

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

- ☐ I have brain fog or feel like my memory isn't quite what it used to be
- ☐ I am losing hair (scalp, body, outer third of eyebrow)
- ☐ My hair is dry and tangles easily
- ☐ I am constipated often and need caffeine to get a bowel movement
- ☐ I am cold and/or have cold hands and feet
- ☐ My periods are sporadic or occur more than 35 days apart
- ☐ I have joint or muscle pain
- ☐ I have dry skin
- ☐ I have had difficulty getting pregnant (after trying for 6 or more months) or have had a miscarriage
- ☐ I am in a low mood or struggle with depression
- ☐ I am tired no matter how much I sleep
- ☐ I find it difficult to break a sweat
- ☐ I have recurrent headaches
- ☐ I have high cholesterol
- ☐ I have a hoarse voice most days

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 #7: Overeating Episodes

1. Do you continue to eat after you are full, leading to the frequent consumption of large portions of food in one sitting?

If this is a real issue for you, you should try to be certain that the portion that you are served is an acceptable amount to consume in one sitting. You should try to prepare just enough food when making meals at home so that there are not leftovers around to tempt you. At a restaurant, you should try to share an order with someone and have the meal spit in the kitchen before the food is served to you. An alternative option is to ask the waiter to split the order in the kitchen and pack 1/2 of it to be taken home for another day. If the takeout food will be tempting for you to consume that same day, then you should just throw it away or not take it home with you.

2. Do you find it difficult to stop eating once you start with some of your favorite foods?

If you find that this is a real issue for you, then you should consider trying to limit the consumption of those type of foods in your home. Many patients may have issues with a food such as pizza or cake. A good strategy would be to not purchase pizza or cake to be eaten at home. Make these foods off limit in your home, and only eat them outside the home. If you have a party and guests bring cake over, try to get them to take the cake home after the get together. If they will not, then you should throw the cake away so that it does not tempt you to eat it. Cake is just the example used, you should not keep any really tempting foods around in your house so that it is easier to control your portions on a daily basis. Try to make your home your “safe haven” as far as food is concerned.

3. Do you often eat until you feel uncomfortable or full?

This is a real issue for many people that suffer from a weight problem. You should try to avoid that overstuffed feeling, and stop eating at a feeling of being about 80% full. Get in the habit of wasting and not eating everything on your plate. If the same foods or restaurants always lead to this over-stuffed feeling, try to limit those types of foods and/or restaurants in the future.

4. Do you sometimes eat large amounts of food even when you are not physically hungry?

Many people with weight problems use food like a 'drug', for the pleasurable effect that overeating causes for them. For some, eating large quantities of food increases the pleasure response of eating. I suggest that you try to remember what it feels like to be hungry. If you do not eat anything for 6-12 hours during the day, there is a good chance that your stomach will start to rumble. This rumbling feeling should be defined as real hunger. This stomach rumbling should be your cue to eat food. Try hard to resist eating when you are not physically hungry. If you must consume food out of boredom and not real hunger, try hard to choose healthy low-calorie choices such as cut up carrots, celery, or broccoli. Resist eating high-calorie foods when you are not physically hungry.

5. Do you sometimes eat alone because you are embarrassed about what you are eating?

You should try hard to learn to not be embarrassed to eat any type of food in the company of others. When you have feelings of embarrassment about what you are eating, you tend to make these types of foods 'taboo' and secretive. Unfortunately, assigning these qualities to food will make you more likely to turn to them when you are under stress and/or having a bad day. I encourage you to make a conscious effort to eat all types of foods in the company of friends and family. This will remove the 'taboo' or secretive quality from the food. In many instances when this happens, you stop having such intense cravings for these foods.