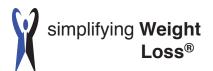
## Oakland Medical Weight Loss

Eating meals regularly: Y N



6685 Hwy 64 Ste. 2 Oakland, TN 38060 901.465.0250

FOLLOW-UP MEDICAL VISIT (1 OF 2) Today's Date: \_\_\_\_\_ Name: \_\_\_\_\_\_ Birth date: \_\_\_\_\_ New Address: New Phone (inc. area code): Are you taking other medications or herbal preparations? Prescribed: Yes No Over-the-counter: Yes No If yes, please list carefully and review with the staff person or nurse: Have you experienced any of the following signs or symptoms since taking the medications prescribed in this program? Circle all that apply. Indigestion Nausea Constipation Hunger Diarrhea Irritable, Anger Leg Aches Cravings Chest Pain Light Headed Tremors Confused Headaches Fluid Retention Fainting Depressed Shortness of Breath Rapid Heart Beat Rashes Difficulty Sleeping Patient Signature: ———— DO NOT FILL IN BELOW THIS LINE ——— Weight: \_\_\_\_\_ BMI: \_\_\_\_ Height: \_\_\_\_ (in.) Waist: \_\_\_\_ (in.) BP:\_\_\_\_\_ Gain/Loss: \_\_\_\_ Medication: □ Carb restricted/high protein Diet: ☐ Calorie restricted □ Non-Adherent x/week Adherence □Excellent  $\label{eq:action} \square \ Aerobic/cardio\_\_\_\_ \ x/week$ Exercise: ☐ Strength training □ Other □ No Exercise

Eating snacks regularly: Y N

## Oakland Medical Weight Loss



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## FOLLOW-UP VISIT (2 OF 2)

<u>REVIEWED</u>			
□Diet/menu			
☐ Importance of regular prof	tein intake to regulate appeti	te and blood sugar	
□ Pathophysiology of metab	olic syndrome		
□ Reviewed risk / benefit of	treatment with		
□Metformin	□ anorectic agents □ c	other	
□ Reviewed labs, dx:			
☐ Fasting glucose	□elevated HgbA1C	□GTT	
☐ Hyperinsulinemia	□Prediabetes	☐ Reactive hypoglycemia	
☐ Hypothyroidism	□Microalbuminuria	☐ Total cholesterol	
□Triglycerides	□Low HDL	□ Elevated HDL	
<u>Diagnosis</u>	<u>RECOMM</u>	MENDATIONS:	
1. Obesity 278.00	Phenterm	nine 37.5 mg	
2. Morbid Obesity 278.00	Quantity	15 30 45 90	
3. Hypothyroidism 244.00	Hoodia		
☐ Rx to Pharmacy		5mg 10mg 15mg	
	Quantity	15 30 45 90	
All medications were review	ved: □No changes recon	nmended at this time	
	□ Recommended ch	anges	
Comments / Plan:			
			_
Next Follow-up Visit			
		A.N.P.	
		M.D.	