

# Lifestyle Medicine for Obesity Management *in Practice*

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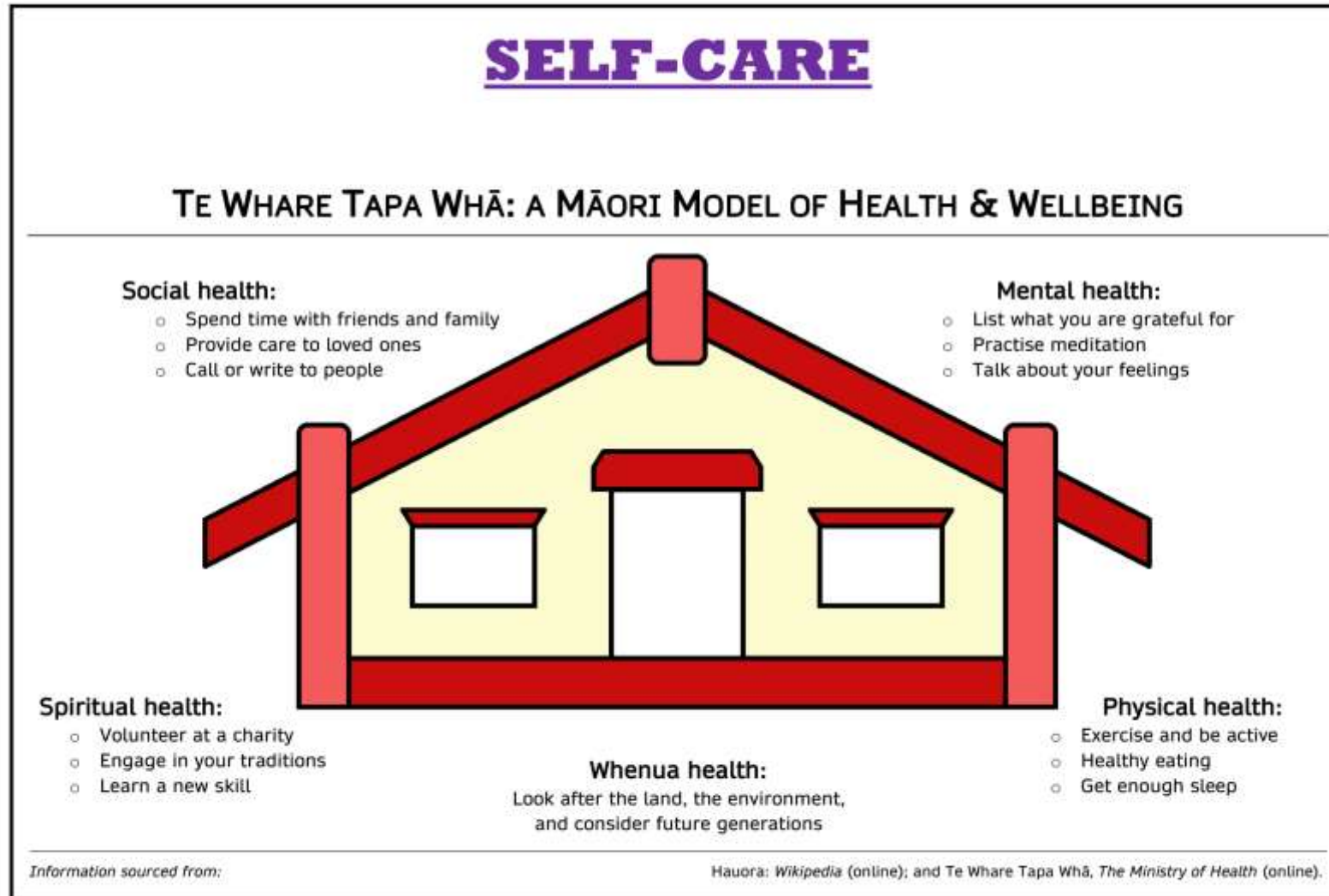
# Obesity Pandemic

NZD135m

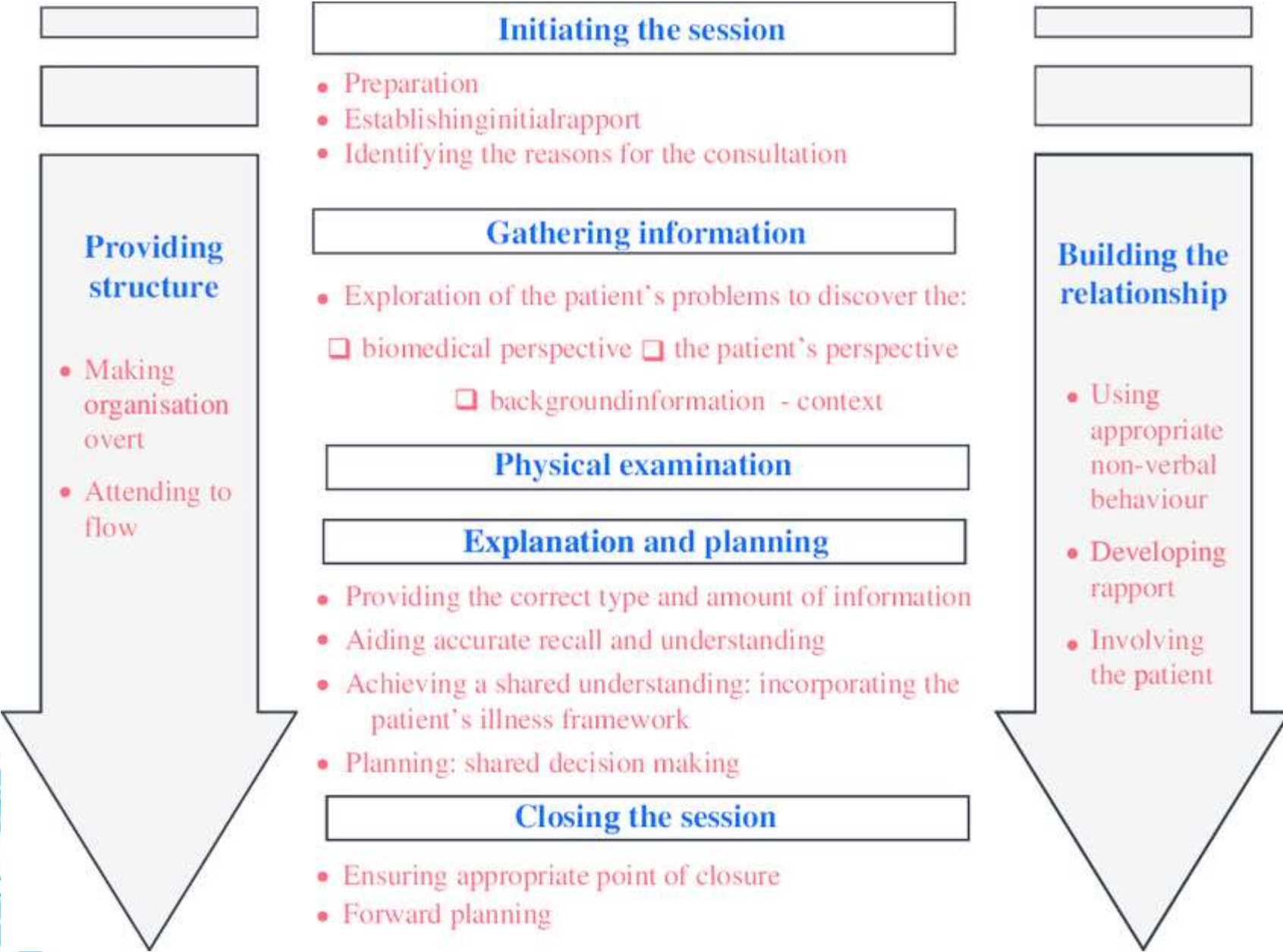
Condition or symptom



# Principles of Lifestyle Medicine



Ra



# How to Lifestyle Medicine

# Full Medical History

- Presenting complaint/concerns
- Past and existing medical history
- Current medications and supplements
- Allergies – drugs, supplements, foods and environment
- Social History
- Family History



# Diet and Lifestyle History

- Nutrition
- Movement
- Sleep
- Emotional wellbeing (EMOQOL-100)



# Examination

- Full physical exam with:
  - BP
  - HR
  - SaO<sub>2</sub>
  - PEFr
  - Waist Hip Ratio
  - Weight
  - BMI
- Body Composition
  - Muscle Mass
  - Body fat %
  - Total Body Water – intra/extra
  - Bone Mass
  - Visceral Fat
  - Basal Metabolic Rate
  - Metabolic Age





# Body Composition



INPUT	
BODY TYPE	STANDARD
GENDER	FEMALE
AGE	46
HEIGHT	162.0cm
CLOTHES WEIGHT	0.0kg

RESULT	
WEIGHT	127.7kg
FAT %	53.4 %
FAT MASS	68.2kg
FFM	59.5kg
MUSCLE MASS	56.5kg
TBW	45.3kg
TBW %	35.5 %
BONE MASS	3.0kg
BMR	8017 KJ 1916kcal
METABOLIC AGE	61
VISCERAL FAT RATING	18
BMI	48.7

DESIRABLE RANGE



# Follow up Appointment



## Barriers and Challenges



# Case Studies



# 1 month follow up:

- 1. diagnosed with:
- 2. Presented with worsening of
- 3. 42F
- 4. few weeks into VLCD eats 2-3 meals a day and occasional carb
- 5. over 2 years of glipitin
- 6. on 12/6/19 - resolved poor memory, attention span, moodiness and
- 7. HbA1c lateral talipes
- 8. sleep, poor memory
- 9. via speech and vision will improve in due
- 10. 3w short attention span
- 11. And no malabsorption
- 12. 4. trouble falling asleep, and
- 13. 2-malabsorbed kidneys carb
- 14. BSL been between 6-10. fasting is still about
- 15. staying asleep
- 16. 4. Dysmorphic features
- 17. 5. poor libido
- 18. 6. sleep over 10h nocte
- 19. 6. blurry vision
- 20. Stress management
- 21. 7. very moody





40M

Pre-diabetic in 2019

Now, HbA1c 80!

“Keto” for 1 year

OMAD

Active

Dad successfully self-  
managed

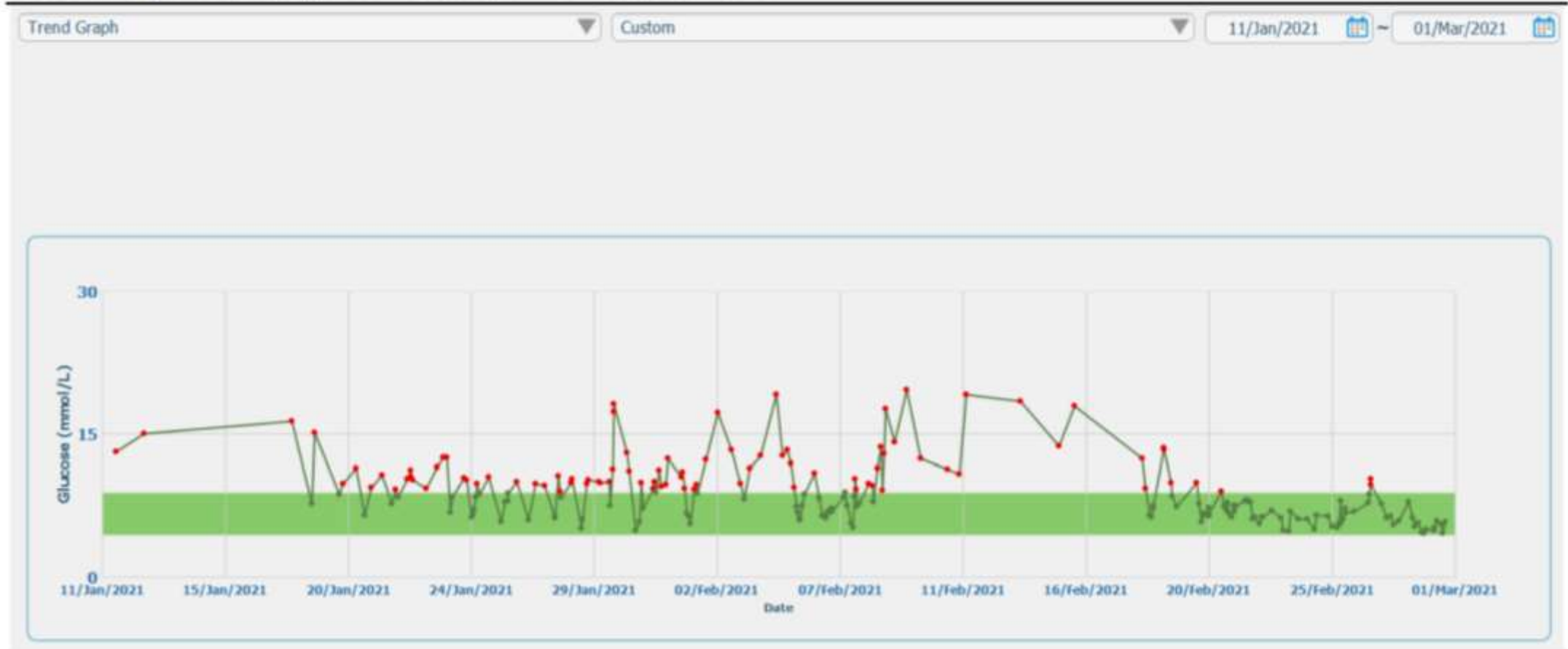


Dinner: Honey soy chicken thigh and coleslaw...



REAL   
HEALTHY

# Blood Sugar Readings: 11<sup>th</sup> January – 1<sup>st</sup> March 2021
























59F  
Intervention:  
Post I-131 (hyperthyroidism)  
hypo-thyroidism  
Micro-prolactinoma  
Foods rich in selenium, zinc  
and iodine  
Postmenopausal  
and is on  
Very sensitive to diet and  
Stop alcohol and coffee  
Fit  
Medication adjustment to  
Wholefoods  
lifestyle  
Sleeps well





	 26-May-2020 08:35	 26-May-2020 08:55	 07-Jul-2020 09:34	 03-Aug-2020 11:22	 31-Aug-2020 09:24	 17-Sep-2020 15:12	 25-Nov-2020 16:41	 22-Dec-2020 14:29	 20-Jan-2021 15:44	 16-Feb-2021 10:36	 24-Mar-2021 10:03
T4 (Free)	20						13	17	14	17	20
TSH	<b>0.13</b>	<b>*0.10</b>	<b>*2.45</b>	<b>*91.27</b>	<b>*18.13</b>	<b>*3.69</b>	<b>17</b>	<b>12</b>	<b>12</b>	<b>4.1</b>	4.0
T3 (Free)							3.0			3.3	3.8
Comment											
Comment											
Total T4		153	<b>68</b>	<b>8</b>	<b>211</b>	<b>177</b>					
Free T4 index		165	 <b>64</b>	<b>7</b>	<b>223</b>	<b>188</b>					
Total T3		1.80	<b>0.90</b>	<b>0.50</b>	<b>1.20</b>	1.50					



W



# Thank you!

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