

Medical Nutrition Therapy Consultation Results

Rebecca A Williams

ABC Nutrition Services - Wilkinson Clinics

Rec #: 1 555110101 202001 Female 69 **DoB:** 5/30/1935
Contact Time: 45 Min. 3 Units **ICD-9 code(s):** 250.02
Referring Physician: Lance W Jones MD
Diagnosis: Diabetes Mellitus type 2, uncontrolled
CPTCode: 97802 **Intervention:** Hyperlipidemia **Survey Date:** 8/16/2004

Lives with family or others: Years of education 16 **Occupation** Retired hosp. Tech.
Daughter (adult - fair health),

Family Medical History

Ovarian Cancer, High Cholesterol, Stroke, Doesn't really know

Personal Medical History

Arthritis, Diabetes Mellitus, osteoarthritis of the knees

Height 65 inches **Desired weight (pounds)** 180 **Self reported** 240 **Highest in 5 yrs** 245 **Lowest** 225

Medications Avandia (4mg) 1 a day, Bextra (20mg) 1 a day, Detrol LA (4mg) 1 a day

Supplements Calcium with Zn, Mg, Cu, Mn Glucosamine/Chondroitin Sulfate MSM 750/600

Does not smoke cigarettes Does not use other tobacco products.

Medical Dietary Restrictions - None

Exercise Habits - Moderate activities for 30 + min. most (4-7) days a week.

Exercise Restrictions - No

Functional Status - *Physical health status score = 30.6 (>40) Mental health status score = 52.5 (>40)*
(PCS or MCS scores below 40 may indicate a functional impairment. Look for improvement over time.)

Diet Assessment - Estimated Dietary Intake Values

3166 total calories 40% Fat 145 g fat 6% Sat 10% Mono 10% Pro 89 g Pro 50% CHO 406 g CHO 49 g Fiber
Estimated resting metabolic rate 1358 Estimated total calorie needs 2173 RD recommended caloric intake 2200

Clinical Test Results - Current Weight 190 BMI 33.7 Girth 36 BP 194/99 Weight goal 140 at BMI 21

Lab date 4/26/2002 Fasting TC 183 HDL 31 TC/HDL 5.90 LDL 88 TG 320 Glu 203 A1c 6.2

Comments:

Ms. Williams went on an extended vacation immediately after learning from her MD she has DM. She stated her diet at home (CA) was poor due to stresses at home. Here in Oregon she has meals fixed for her by her niece in a very relaxing environment. She has access to water aerobics in a local swimming pool 2 to 3 days a week. She reports still feeling hungry after meals. But, since taking Avandia, she has reported feeling better with less craving for sweets. Both her mental and physical functioning appear good.

Reduce caloric intake by following meal plan, limiting high fat foods and replacing high glycemic fruit with vegetables. Participate in structured aerobic activity at least 3 times per week. Increase physical health status score. Reduce body weight to less than 225 pounds.

Book recommendations, food group definitions with serving sizes, eating habits worksheets, activity logs, hunger monitoring worksheets. Six tips for a non-dieting approach to weight loss.

Sept. 22, 2004, 10:00 AM (suggest fasting lipid profile and serum glucose tests at next doctor visit)
Recommendations: Reduce energy intake.

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8/16/2004