

Strickland Weight Loss Initiative

Authors: Syed Ahmed M.D. PGY3; Brandon Alyas M.D, PGY2, Anant Patel D.O. PGY1; Pedro Ramirez M.D. PGY1

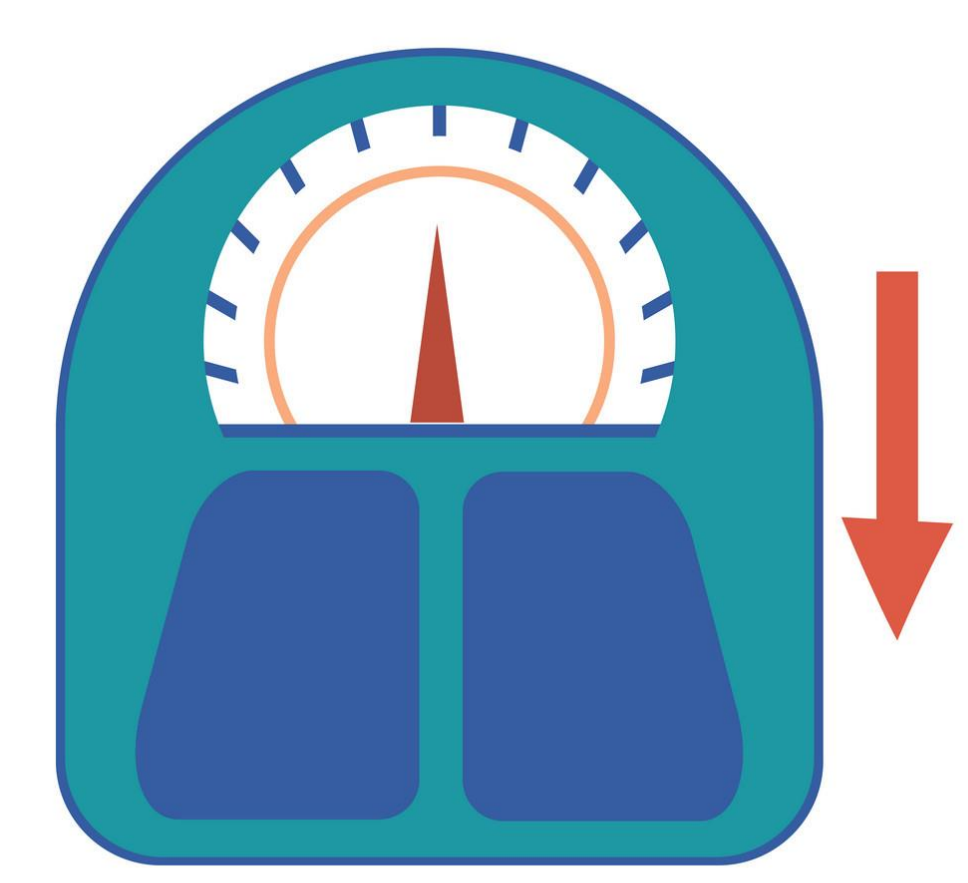
Author Affiliations: Department of Graduate Medical Education, Northside Gwinnett, Lawrenceville, GA.

BACKGROUND

- Supervised weight loss clinics are supervised by licensed physicians. Patients who decide to go through these types of clinics to lose weight will go through three phases in order to optimize their weight loss efforts.
- Supervised weight loss programs are designed by licensed health experts in nutrition, medicine, motivation, fitness, and education. Patients have their weight loss plan prescribed to them by medical professionals and physicians based on their own personal weight loss goals, medical history, and current physical condition.
- The groups of professionals that are involved with supervised weight loss clinics are experts in their field of study. They are experts at motivating you in a healthy way to ensure you are meeting your goals providing you with all the essential and critical health information in order to develop a weight loss plan that is attainable and healthy. They provide you with counseling and support through your weight loss journey and comfort you when you feel defeated. They provide you with advice, point you in the right direction, and help you achieve your weight loss goal while transitioning to living a healthy lifestyle.

RATIONALE

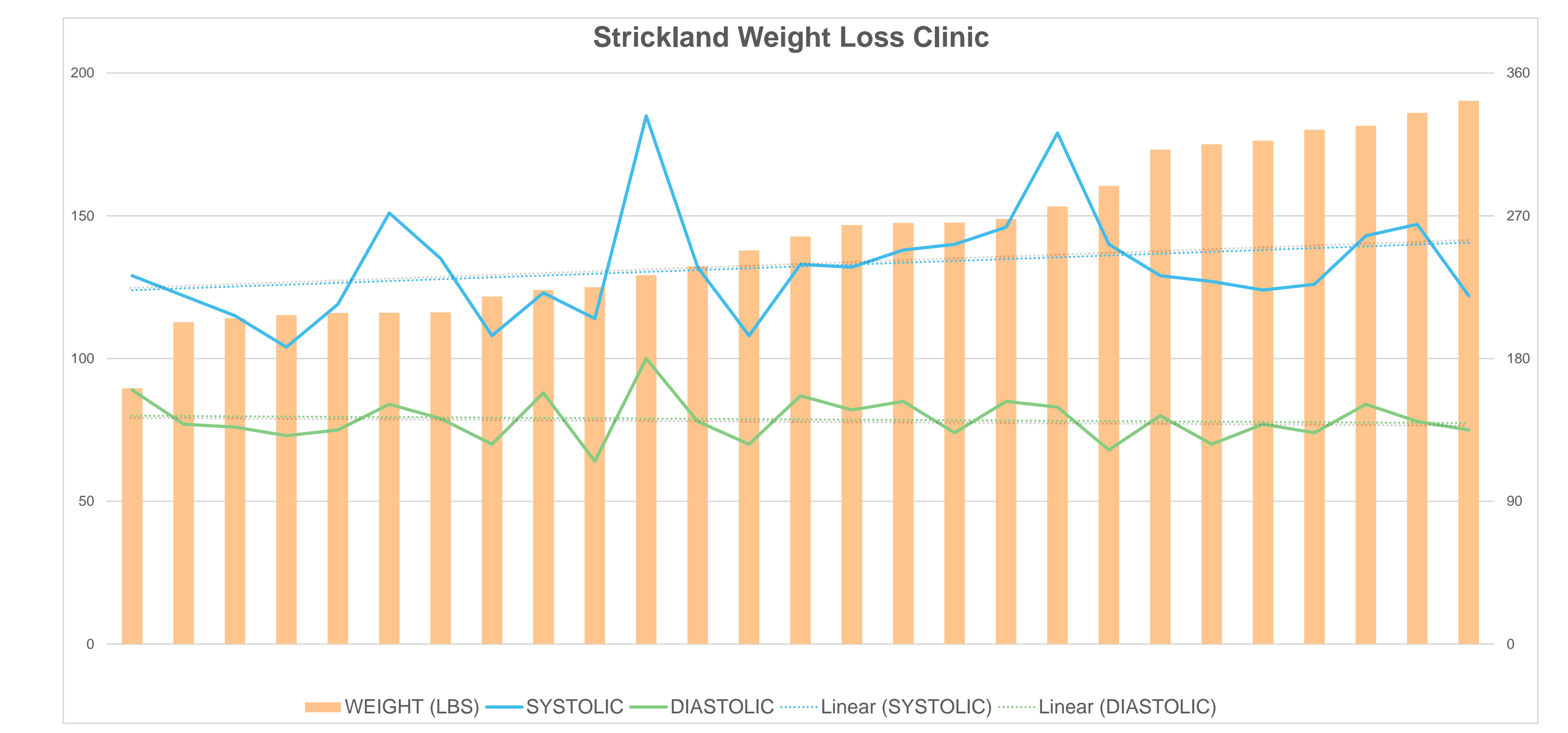
- Obesity is an epidemic in the United States and a leading cause of morbidity and mortality. Weight loss clinic offers a free resource for patients struggling with safe methods of weight loss.
- The purpose of the study is to help patients lose weight and indirectly improve blood pressure. The potential impact will be patients living healthier lives, making better dietary choices, and be more physically active
- Potential risks include injury if improperly doing exercises and extreme dieting. These will be lessened by giving patients good education and realistic goal setting.
- Potential benefits include improvement in movement, decrease in elevated blood pressure, relief of joint pain, improvement of sleeping, improved body image and self esteem, decreased risk of hyperlipidemia, diabetes mellitus and coronary events.



METHODS

- A retrospective (?) study was done November 2018 to August 2019 to show benefits of lifestyle intervention with weight loss.
- The design of the study was a monthly weight loss clinics where patients had blood pressure and weight measured using standardized, consistent equipment and technique. These data points were logged to trend values.
- Weight and blood pressure was recorded on excel sheet to extrapolate data to compare with patients who did not attend weight loss clinic.
- Setting was in Strickland family medicine clinic, one session per month. Participants selected based on interest, age of at least eighteen years, and BMI>25.
- Patients received motivational support and spoke about successes and difficulties in their weight loss ventures.
- On first meeting patients received a free pedometer device to help with daily exercise.
- Patients exercised with resident as well as attending seminar on healthy diet and addressing barriers to healthy eating. A recap of monthly activities and future plans was done. Patients came again the next month and in the interim, log diet and exercise.
- Patients had weight measured and blood pressure taken. Simple stretching and aerobic exercises were done while supervised, some including osteopathic techniques.

RESULTS



Row Labels	Count of CLINIC VISIT	Average of WEIGHT (LBS)	Average of SYSTOLIC	Average of DIASTOLIC
1	1	223.2	123	88
2	2	264.85	135	83.5
3	1	256.9	133	87
4	2	206.4	109.5	74.5
5	1	248.2	108	70
6	1	288.9	140	88
7	1	161.3	129	89
8	5	319.04	129.8	77
9	1	232.6	185	100
10	1	275.9	179	83
11	2	266.9	143	79.5
12	1	238.1	132	78
13	1	334.9	147	78
14	1	225	114	64
15	2	205.9	120.5	76
16	2	209	143	81.5
17	1	219.1	108	70
18	1	342.5	122	75
Grand Total	27	257.32862962963	132.25029292929	76.7037037037037

DISCUSSION

- Lifestyle management remains the first line treatment for Obesity.
- With behavioral counseling, dietary modification, and physical exercise at the clinic, there was substantial improvement in weight loss, with a mean weight loss 5 pounds of all participants combined.
- There were 6 patients that were present at least 2 separate times for weight loss clinic. Their data was extrapolated and recorded.
- Mean weight on 1st visit: 255.3 lbs. Mean weight after minimum 2 sessions: 250.2lbs
- Mean HTN on 1st visit: 131/81. Meant HTN minimum 2 sessions: 130/78.

