Management of obesity disease in primary care setting: Six months outcome of a family physician interested in weight loss treatment

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Background: As family physicians deal on a daily basis with obesity and all its comorbidities, it was important to introduce new modalities and try to achieve better results.

Methods: We present the material and tools utilized in a primary care clinic (Indiana, USA) after physician to start (March 2014) a wt loss program in conjunction with routine care. Obese patients were asked to join program then given an Obesity History Form (1); with assessment of patients' motivation and readiness to change. Then a brief introduction to low GI carb and high protein diet and baseline lab panel obtained. At the second visit the metabolic profile was reviewed and two other steps were performed: first, brief counseling lifestyle (done by the physician). Second, was a modified Eating Behavior Questionnaire (EBQ) (2), then introduction of prescribed Rx. patient was then seen in two weeks to monitor drug and diet changes (repeat EBQ) and plans reviewed.

Results: So far, at least 82 obese patients (av. age 44, av. BMI 37.8) completed the wt loss program. Then data is analyzed as %wt loss and CV risk profile improvement.

Conclusion: Family physicians can do a great job in treating obesity.

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