

## Case Study 57-Year-Old Female

The patient is a 57-year-old female, 5'4" with Type 2 Diabetes. Her daily medicines include: Diabeta 10mg, Glucophage 1,000 mg and a host of blood pressure and cholesterol medications. We conducted an initial Nutrition and Exercise Assessment included several conversations with her Primary Care Physician and Endocrinologist. Following the assessment, we counseled the patient (2 sessions per week) on improving nutrition habits to: immediately lower blood glucose in a more strict manner and maintain healthy blood glucose levels allowing the inclusion of favorite foods.

After two weeks adhering to a more rigorous diet, her blood glucose descended to a healthy range. At that point, we began working with her on exercise and a more relaxed and maintainable eating pattern. The new nutritional pattern considered her medical needs but without the rigor of the "emergency" diet that was appropriate to bring her blood glucose down immediately.

The client attended exercise training sessions 2x per week and a nutrition counseling session 1x per week for eight months. For the first six weeks, her blood glucose was good on some days and fair on others. Her blood glucose level became consistently good after three months. After eight months, we continued exercise training 2x per week and nutrition counseling was first reduced to 1x every other week and finally to 1x per month. During month 10, she went back to her PCP and endocrinologist for a routine check up. Her blood pressure was significantly lowered, allowing her PCP to reduce her BP medication. Her cholesterol showed slight improvement also, but she continued that medication. Her blood glucose medication was reduced due to much better BG control.



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AFTER 3 YEARS with Nutrifitness, the client continues exercise training sessions 1x– 2x per week supplemented by cardiovascular exercise homework several times per week. Both her blood pressure and blood glucose medications have been eliminated and she still maintains both at healthy levels. Most importantly, she is able to enjoy her life, participate in active games with her grandson and look forward to a long healthy life. Rather than being on a diet, she has a healthier relationship with food. She just celebrated her 60th birthday by going on a kayaking trip in South America.

Patient Profile	Before NutriFitness	3 Years with NutriFitness
BMI	30.4 (Obesity Stage 1) ✗	23.8 (Healthy Weight) ✓
Body Fat	42% (Very High Risk) ✗	34% (Slightly High) ✓
Waist to Hip Ratio	1.02 (Very High Risk) ✗	0.78 (Low Risk) ✓
Weight	175 lbs ✗	137 lbs ✓
HbA1c	10.3% ✗	6.8 (Healthy) ✓
Resting Blood Pressure	152/92 ✗	132/78 ✓
Total Cholesterol	263 (High Risk) ✗	198 (Healthy) ✓
LDL Cholesterol	148 (High Risk) ✗	107 (Above Normal) ✓
HDL Cholesterol	43 (Borderline At Risk) ✗	51 (Healthy) ✓
Triglycerides	324 ✗	142 (Healthy) ✓