

Nutrition Consult/ McLean Pavilion Program

Name: Frank Amodeo

Date of Consult: 8/12/08

Referral Purpose: To assess current nutrition status and eating behaviors and to make recommendations to help promote healthy weight management, optimal health and normalized eating.

Summary of Consult

Frank is a 47-year old man who comes to the Pavilion for treatment and evaluation of symptoms related to Bipolar Disorder. He notes an 18lb weight gain since November due to Depakote. This was on top of the 30lbs he had gained in the 8 years prior. He attributes weight gain to sedentary lifestyle and increased focus on work accompanied by a lot of stress. However, he has been controlling portions over the past 5-6 weeks after showing signs of insulin resistance. Frank has also started walking 4 miles most days at the beginning of July and is gradually rebuilding some muscular stamina.

Frank's weight is 222lbs, 156% of ideal weight for height of 5'6". His BMI is 36 placing him in the obese category and at risk for health complications. Labs on 8/07/08 indicate Hemoglobin A1c is elevated at 7.1, but glucose was normal at 99. Lipids were not available at time of consult. Moderate weight loss of 10-15% would significantly improve blood sugar regulation and help prevent high cholesterol/ heart disease in the future. This would be a weight goal of 190-200lbs. Recommend working toward this over the course of the year and reevaluating at that point.

Frank reports that his diet until recently consisted mainly of calorie dense fast food. His eating per recent diet recall has improved some now that he is being mindful about choices. A typical day includes two eggs with cheese or an omelet, bacon and wheat toast (at a diner), a roast beef or turkey sandwich for lunch and a filet mignon, baked potato with butter and vegetables for dinner. Although this is an improvement, Frank would benefit from decreasing saturated fat and increasing intake of fruits and vegetables. It may be helpful for him to work with a dietitian who can help him strategize around making gradual dietary changes.

Frank notes a tendency to turn to high carbohydrate foods to elevate his mood. Caffeine serves this purpose as well; "it counteracts the depression". Food also offers distraction and pleasure. Frank goes on to say that he tends to snack more when anxious. He would benefit from developing some alternative coping skills and increasing awareness of physical hunger cues.

Although Frank drinks a lot of caffeinated beverages, he takes in very little other fluid, including water. He drinks 3 gallons of iced tea a day which is a decrease from the 5-6 gallons he was drinking a couple months ago. Caffeine could be contributing significantly to anxiety and it would be beneficial for him to gradually cut back and add in more water. Frank has started taking fish oil pills (6g/day). Also recommend a multivitamin and B-complex due to high level of stress.

Recommendations

- Gradual weight loss of 10-15% (190-200lbs)
- Decrease saturated fat in diet (i.e. cheese, red meat, butter)
- Increase fruit and vegetable intake

- Increase intake of lean proteins (fish, chicken, beans, tofu)
- Regular exercise 45-60 minutes a day optimally for weight loss, starting at low intensity and gradually progressing
- Continue fish oil supplement
- Add multivitamin and B-complex
- Gradually cut down on iced tea to  $\leq 40$ oz a day and increase water/other fluids
- Work with a dietitian around weight loss
- Avoid concentrated sweets (juice, sugar, sweets)
- Good regulation of blood sugar

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