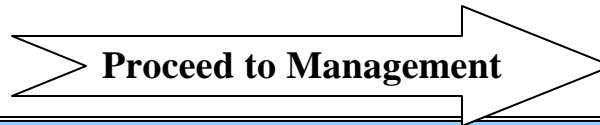


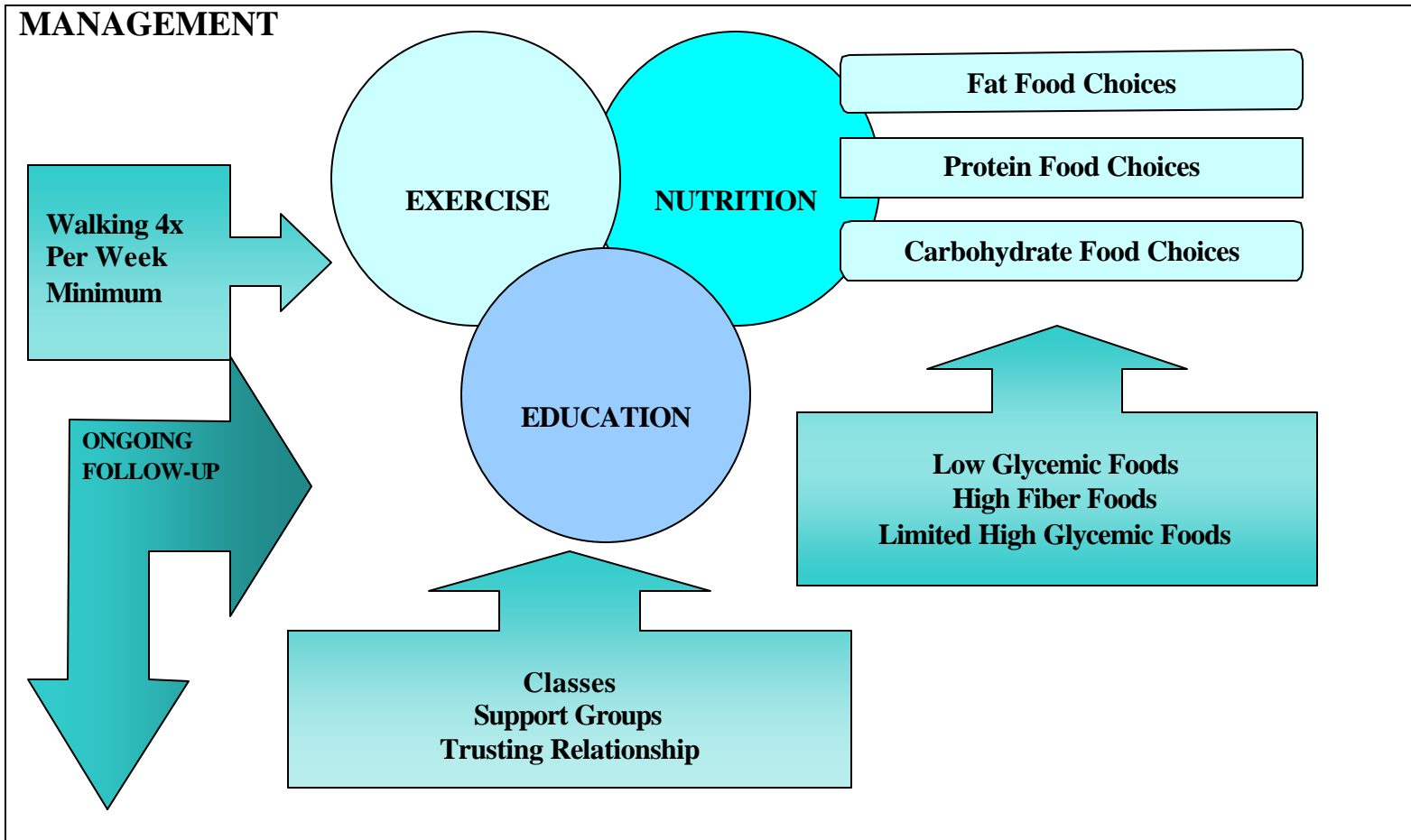
**HELPING THE OBESE WOMAN IMPROVE HER HEALTH  
INSULIN RESISTANCE AND THE GLYCEMIC INDEX**  
Return to Overview: <http://home.attbi.com/~creationsunltd/overview.htm>

**IDENTIFICATION**



<b>Family History :</b> Family History Diabetes Family History Obesity Family History PCOS or Infertility Family History CAD		<b>Personal History:</b> History of PCOS or Infertility History or current GD or DM History of PIH or Hypertension Personal Motivation Self-esteem issues about weight and body size Dieting History → many diets, difficulty maintaining, losing weight or bingeing episodes. Sugar and Carbohydrate intake and cravings
<b>Physical Signs</b>	<b>Body Mass Index (BMI) <sup>3</sup> 25 →</b> BMI 25-29.9 = Overweight BMI <sup>3</sup> 30 Obese	Meets the definition of overweight/obese. How to Calculate BMI (See Appendix A) Other BMI Definitions
	<b>Waist-to-Hip Ratio: &gt; 0.8 →</b>	How to determine the Waist-to-hip Ratio (See Appendix A)
	<b>Visceral Adipose Obesity of the waist &gt; 35 inches (88 cms) →</b>	Recognizing Truncal Obesity How to evaluate Truncal Obesity (See Appendix A)
<b>Lab Screening</b>	<b>Fasting Blood Sugar and 2 hr PP</b>	FPG >126 mg/dl, 2hr PP > 200 mg/dl → retest FPG > 110mg/dl, but < 126 mg/dl= IPG 2hr >140 mg/dl but < 200 mg/dl = IGT Evaluate further → MMT Plan. (See Appendix A.)
	<b>Fasting Lipid Profile</b>	Triglycerides > 200mg/dl and/or HDL < 45 mg/dl or other abnormal Lipid Levels → Evaluate further → MMT Plan. (See Appendix A.)

	<b>Current or suspected PCOS:</b> <b>Appropriate Screening, if indicated</b> <b>Other lab work as indicated by HX</b>	<b>Other abnormal Lab work: Consult and proceed with Management Plan</b>
--	---	--



## FOLLOW-UP and REFERRALS

