

## Weight regain pathway

There are three things at play following weight loss surgery particular weight loss maintenance; the operation, dietary choices, exercise, and sleep.

**To facilitate your assessment for weight-regain, following weight loss surgery please provide the following information.**

- 1- An honest one-week food diary detailing what you eat, how frequently, and how much you eat (volume). You can use [Easy Diet Diary App](#) in which you can record, and email your diet and exercise to us.
- 2- A detailed exercise routine in a typical week.
- 3- Also, we may request a 3D CT scan of your previous operation. This is done at St George Private Hospital.
- 4- Plus; we may request you to do a DEXA scan to evaluate your total body composition, plus your basal metabolic rate.

**To assist with information on these variables we ask?**

Name: \_\_\_\_\_ date: \_\_\_/\_\_\_/\_\_\_

Email: \_\_\_\_\_

Telephone: \_\_\_\_\_

Occupation: \_\_\_\_\_

**Medical history:**

Allergies: \_\_\_\_\_

Reflux	Y	N	Medication
Sleep aponea	Y	N	Medication
Hypertension	Y	N	Medication
High cholesterol	Y	N	Medication
Diabetes/insulin resistance	Y	N	Medication
Gallbladder disease	Y	N	Medication
Kidney disease	Y	N	Medication
Heart disease	Y	N	Medication
Osteoarthritis	Y	N	Medication
Polycystic ovary syndrome	Y	N	Medication
Cancer	Y	N	Medication
OTHER CONDITIONS	Y	N	Medication

**Weight history:**

Date of your previous weight loss surgery: \_\_\_/\_\_\_/\_\_\_

Current weight: \_\_\_\_\_ Height: \_\_\_\_\_ BMI: \_\_\_\_\_

Onset of weight regain: \_\_\_\_\_ maximum weight reached: \_\_\_\_\_

**Social history:**

Current occupation: \_\_\_\_\_

Do you smoke? ( Y ) ( N )

Do you drink alcohol? ( Y ) ( N )

To make it easier for you please email us this questionnaire, plus your diet/exercise diary, and contact our secretary to organize your appointment. You will be reviewed by our nurse practitioner, our dietitian and myself so that we can advise and assist you with your weight regain.

Ph 9553 7288 email: [reception@drjohnjorgensen.com](mailto:reception@drjohnjorgensen.com)