



PATIENT WITH UNCONTROLLED TYPE 2 DIABETES

6/7/13: 44 year-old male



Patient with uncontrolled type 2 diabetes and A1c of 12.9

STARTING WEIGHT: 248.1 **HEIGHT:** 6' 4" **BMI:** 29.9

WAIST CIRCUMFERENCE: 42.5" **BODY FAT:** 22.6%

PRESENTING COMPLAINTS/SYMPTOMS:

Patient came to Ideal Protein as an uncontrolled diabetic who was only able to reduce his A1c from 12.9 in January 2013 to 9.0 in March 2013, through personal diet modification and increased activity level. Despite continued efforts on his own, there was no actual weight loss and his labs remained unchanged. In May 2013, his A1c was holding at 9.2 and he continued experiencing complications from his diabetes such as neuropathy, skin wounds, cellulitis of his toe, etc. Because his own efforts of lifestyle modification through diet and exercise were not making a significant enough improvement on his health, his physician recommended that he start Ideal Protein to help directly address his diabetes.

PAST MEDICAL HISTORY:

Type 2 Diabetes, Diabetic Neuropathy, Vitamin B12 Deficiency, Hypertension, Hyperlipidemia, Hypertriglyceridemia, Low Back Pain and Hip Pain.

STARTING MEDICATIONS:

Levemir 50 units BID, Humalog 45 units BID, Metformin 1000mg BID, Gemfibrozil 600mg BID, Lisinopril 10 mg QD, Atarax 25mg QD, Aspirin 81mg QD

STARTING LABS:

Blood Pressure 128/84, Triglycerides 162, Total Cholesterol 157, HDL 35, LDL 90, A1c 9.2, Fasting Glucose 243

FINAL RESULTS

TIME ON PROTOCOL: 10.6 weeks

ENDING WEIGHT: 214.6 (-33.5 lbs, +/-3 lbs/week)

ENDING BMI: 25.9

WAIST CIRCUMFERENCE: 38"

BODY FAT: 18.2%

ENDING MEDICATIONS: *Aspirin 81mg QD*

ENDING LABS:

Blood Pressure 112/74, Triglycerides 120, Total Cholesterol 120, HDL 34, LDL 62, A1c 6.2, Fasting Glucose 131

OTHER IMPROVEMENTS:

Patient's neuropathy has improved by 70% and sciatica pain reduced by 50%. He has less ankle and knee pain and continues to receive massage therapy and occasional acupuncture for his sciatica pain. His massage therapist told him recently that he has fewer tissue adhesions now, which she believes is related to lower blood sugars. He also doesn't require as much sleep anymore, stating "I used to require 9-10 hours to function. Now I can get by with 6-7 hours and have enough energy to go all day long. I'm feeling really good!"