



PATIENT WITH METABOLIC SYNDROME

11/6/13: 50 year-old female



Breast cancer survivor with type 2 diabetes, fatty liver disease, and metabolic syndrome

STARTING WEIGHT: 255 **HEIGHT:** 5' 5" **BMI:** 42.4

WAIST CIRCUMFERENCE: 49.0" **BODY FAT:** 45.3%

PRESENTING COMPLAINTS/SYMPTOMS:

Patient was a physician who came to Ideal Protein suffering from type 2 diabetes, fatty liver, and metabolic syndrome.

PAST MEDICAL HISTORY:

Five year breast cancer survivor.

STARTING MEDICATIONS:

Metformin, 1000 mg daily

STARTING LABS:

Liver Function Test Results: AST-36; ALT-70 (fatty liver)

FINAL RESULTS

TIME ON PROTOCOL: 21.9 weeks

ENDING WEIGHT: 169.0 (-86 lbs, +/-4 lbs/week)

ENDING BMI: 28.1

WAIST CIRCUMFERENCE: 40.5"

ENDING BODY FAT: 36.8%

ENDING MEDICATIONS: *None*

ENDING LABS: *Liver Function Test Results: AST-20; ALT-22 (normal)*

OTHER IMPROVEMENTS:

- *No longer a type 2 diabetic*
- *No longer suffering from fatty liver*
- *Increased energy and vitality*