



PATIENT WITH HYPERTENSION

11/27/13: 55 year-old male



Patient in hypertensive crisis

STARTING WEIGHT: 250 **HEIGHT:** 5' 10" **BMI:** 35.9

WAIST CIRCUMFERENCE: 49.5" **BODY FAT:** 32.3%

PRESENTING COMPLAINTS/SYMPTOMS:

Patient's blood pressure was 190/140 and was not effectively controlled with medication.

PAST MEDICAL HISTORY:

No significant history.

STARTING MEDICATIONS:

Edarbi, 80 mg daily

FINAL RESULTS

TIME ON PROTOCOL: 24.9 weeks

ENDING WEIGHT: 178 (-72 lbs, +/-3 lbs/week)

ENDING BMI: 25.5

WAIST CIRCUMFERENCE: 39.5

ENDING BODY FAT: 19.6%

ENDING MEDICATIONS: *None*

ENDING LABS:

OTHER IMPROVEMENTS:

- *Blood pressure is now 112/70 (normal!)*
- *Increased energy and vitality*