

NOTES:

Andy Williams is a 65-year-old man who presented on 15/06/2018 at the clinic in which you work.

Clinic:

Eastern Medical Centre, Melbourne 3002

Patient:

Andy Williams

Age:

65

Height:

183cm

Weight:

155.5kg

BMI:

46.6kg/m²

Social History:

Radiologist

Recently divorced

Depressed about financial problems/stressful changes at work.

Partner does all cooking and shopping

Family history:

Family history positive for obesity (father and older sister obese)

Mother healthy; normal weight

Grandfather - gout

Medical history:

Type 2 diabetes

Hypertension

Gout

Sleep apnea

BG levels (morning): 100 - 130 mg/dl

 Hemoglobin A_{1c} (A1C) level: 6.1%, (WNL)

Triglyceride: 201 mg/dl

Serum insulin: 19 uIU/ml

Medications:

30 and 70 units NPH insulin before breakfast/before or after dinner

850 mg metformin twice daily

Atorvastatin 10mg

Lisinopril, nifedipine

Allopurinol

Over-the-counter vitamin B₁₂ supplement

Weight history:

Childhood obesity

Reports gaining weight every decade

At highest adult weight

Participated in commercial and medical weight-loss programs

Regained weight within months of discontinuing programs.

Consulted registered dietician

Reluctant to consider weight-loss surgery in past, concerned about complications from bariatric surgery

Diet/Food intake:

3 meals/day

Dinner, his largest meal of the day, 7:30 p.m.

Reports limited fast-food consumption/restaurants 2 nights/week

No alcohol

Reports binge eating triggered by stress - “maybe once a month”

Plan:

Pt concerned about health/wants to get life under control

Wants to learn about surgical options.

Partner encouraging

Referral to The Weight Centre for evaluation of obesity, recommendations for treatment

Will consider surgery if The Weight Centre recommends

WRITING TASK:

Using the information given in the case notes, write a referral letter to surgeon, Dr D Kurac, at The Weight Centre, 393 Victorian Road, Richmond, Melbourne.

In your answer:

- **Expand the relevant notes into complete sentences**
- **Do not use note form**
- **Use letter format**

The body of the letter should be approximately 180 - 200 words.