

CASE: Mary Smith PATIENT

Name: Mary Smith
Age: 46 years old
Occupation: Housewife
Family situation: Married with three children
Past history: Tubal ligation; Cholecystectomy; obesity; height 160cm weight 80 kg, BMI 31
Medications: Nil
Allergies: Nil

Brief Statement of the Situation

You have seen the doctors at the clinic in the past and have discussed weight control. With both your husband and your children commenting on your weight and hassling you, you return to the clinic because you wish to do something about your weight.

You comment that your husband doesn't understand. Whilst he eats and eats and is as thin as a rake, you hardly eat and still you put on weight! You have tried dieting in the past. You went to Weight Watchers where you lost five kg, but put it back on. Another doctor suggested dieting on modifast, however you were always hungry and gained the weight you had lost once you stopped. You are thinking about going to Jenny Craig, however, the cost is somewhat prohibitive. When asked about your diet, you are a little vague but are able to list the foods you had yesterday.

- Cup of coffee for breakfast
- cup of coffee and biscuit for morning tea.
- Dup of coffee and cheese sandwich for lunch
- cooked meal of three vegetables and meat for the whole family and dessert bananas and custard

Because of the family's nagging, you are very interested in losing weight but feel pessimistic given your past failures. Although you are not eager to go on a strict diet, you would be happy to go on a restriction diet.

You are a little resistant to exercise, not only is it time consuming, but you don't see how it will help. You become more positive if the doctor is supportive, understanding and involves you in the management plan.

Questions the Patient might ask

1. What do you think about going to Jenny Craig?
2. Maybe there's something wrong with my glands. That means I can't lose weight.
3. I've tried being on a 1,000 calorie diet - but I was always hungry. Do I have to do that again?
4. How important is exercising? I find I'm very busy around the house - isn't that enough?
5. Do you have any good diet books?