

Evaluation of a One-to-One Low-calorie Meal Replacement Program (LCMRP) on the Management of Adult Obese Patients with a BMI \geq 35 with 2 risk factors or BMI \geq 40 in the Outpatient Population

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Background: Medical management of obesity consists of various modalities, including low-calorie diets, meal replacements, behavior and lifestyle modification, and psychosocial treatments. Much of the current research pertains to the management of overweight and mildly obese individuals (BMI 25-35), but there remains a paucity of research available for the management of severely obese patients (BMI \geq 35).

Intervention: The LCMRP is a 1-to-1 program for severely obese patients who are required to consume 2-4 LCMR's each day, which may be combined with food for a total daily intake of 900-1100 Kcal.

Objectives: To provide an evidence-based weight management strategy for the severely obese population that improves patient outcomes.

Methods: A retrospective chart review will be conducted on 15 patients in the 1-to-1 LCMRP, and data will be collected over a 6 month period. Laboratory measurements (HBA1c, ApoB, FBG, CRP, Lipid Profile) will be obtained at base line and at 6 months. Patient's weight, BP, and BMI will be collected at base line, 3 month, and 6 month periods.

Results: Average weight loss at 3 months was 10.5Kg, which corresponded to a 7.1% weight reduction from base line. Average BMI decreased by 3.3 from base line to 3 months. SBP and DBP decreased by 10mmHg, and 2.1mmHg from baseline to 3 months, respectively.

Conclusion: This interim analysis is based on 3 month evaluation, and suggests that patients who are unable or unsuitable for the group intervention are able to attain clinically significant weight loss with medical supervision. 6 month data collection is currently in progress.