

Dear Dr. Smith:

August 17, 2010

Thank you for referring Mr. John Brown who was initially seen on August 16<sup>th</sup> for a nutrition consultation regarding type two diabetes. He has gained about 29 pounds over the past year and admitted to strong carbohydrate cravings.

**Assessments:**

- Height 5'6"      Weight 200lbs.      BMI: 32      Goal weight 160 lbs.
- Excessive intake of refined carbohydrates, including sugary sodas
- 30% of meals are in restaurants or take out.
- Unable to increase exercise due to physical limitations

**Interventions:**

- Explained importance of limiting and balancing carbohydrate between meals and snacks
- To avoid refined sugars and high glycemic carbohydrates
- Increase monosaturated fats
- Increase activities to tolerance
- Instructed in use of glucometer to monitor levels before breakfast and supper
- Scheduled appointment with our nurse educator for diabetes management skills
- Scheduled follow up appointment in two weeks

**Monitoring and Evaluation:**

He seemed to understand instruction very well. He expressed concern about the health implications of diabetes long term and hopefully will remain motivated to lose weight. He'll be keeping a food record for the next two weeks, along with a record of glucose readings. He was also invited to attend our Diabetes Outpatient Education classes in the future.

Thanks again for allowing us to participate in your patients care. I'll keep you updated regarding his progress.

Sincerely,

\_\_\_\_\_ RD, CDOE