ALSA
Advanced Laparoscopic Surgery Associates Medical Group, Inc.

WEIGHT MANAGEMENT HISTORY

This form helps us determine if you are a candidate for bariatric surgery. Please take the time to fill it out as accurately and thoroughly as possible. Authorization of your surgery will depend on you meeting the criteria set forth by your insurance company and our ability to document your medical and dietary history.

How long have you been morbidly obese?

How many years have you been obese?	What was your highest weight?
What have been your lowest and highest weights **during the last five years?**	

Medically supervised weight loss programs:

Weight Loss Programs		Date	Length of Program	Treating Physician	Weight Loss	Weight Regain	Estimated cost:
doctor supervised Very Low Calorie Diet	☐ Optifast ☐ Medifast						
Diabetes Education							
6 month weight management program	☐ Specialist ☐ Primary Care						

Sympathomimetic Medications		Date	Length of Program	Treating Physician	Weight Loss	Weight Regain	Estimated cost:
phentermine	Adipex/Suprenze						
phentermine/ fenfluramine	Phen-Fen						
phentermine/ topiramate	Qsymia						
fenfluramine	Pondimin						
diethylpropion	Tenuate						
benzphetamine	Didrex						
sibutramine	Meridia						
phendimetrazine	Bontril						
dexfenfluramine	Redux						

Non-Sympathomimetic Medications		Date	Length of Program	Treating Physician	Weight Loss	Weight Regain	Estimated cost:
topiramate	Topomax						
bupropion	Wellbutrin						
lorcaserin	Belviq						
metformin	Glucophage						
orlistat	Xenical, Alli						

Commercial programs attended for at least 6 months:

Calorie Reduction Strategies		Date	Length of Program	Location	Weight loss	Weight Regain	Estimated cost:
☐ Weight Watchers ☐ Mediterranean ☐ Mayo Clinic ☐ Richard Simmons	☐ Zone ☐ Pritikin ☐ Ornish						
Low Carb/ Low Sugar Strategies							
☐ South Beach ☐ Sugar Busters ☐ Glucose Revolution	☐ Atkins ☐ LEARN ☐ DASH						
Meal Replacement Strategies							
☐ Nutrisystem ☐ Jenny Craig	☐ Slim-Fast ☐ Medifast ☐ HMR						
Quantified Self Strategies							
☐ Welless FX ☐ My Fitness Pal ☐ Jawbone UP	☐ FuelBand ☐ FItbit ☐ BodyBugg						
Fad Diets							
☐ cabbage soup ☐ grapefruit ☐ detox or cleanse	☐ raw ☐ soup ☐ HCG						
Overeaters Anonymous							
Over-the-counter diet pills							
My own diet							
Other:							

Physical exercise programs and activities:

Program	Estimated time spent	Length of program	Weight loss	Weight gain or regain	Currently performing?
Aerobics					Yes ☐ No ☐
Bicycling					Yes ☐ No ☐
Exercise videos					Yes ☐ No ☐
Health club or gym					Yes ☐ No ☐
Personal trainer					Yes ☐ No ☐
Running					Yes ☐ No ☐
Swimming					Yes ☐ No ☐
Treadmill					Yes ☐ No ☐
Walking					Yes ☐ No ☐
Water aerobics					Yes ☐ No ☐
Weightlifting					Yes ☐ No ☐
Other:					Yes ☐ No ☐

For patients who have had previous weight loss surgery:

Type of surgery	Treating surgeon	Date of surgery	Weight loss	Weight regain	Nutritional issues?
1.					Yes ☐ No ☐
2.					Yes ☐ No ☐
3.					Yes ☐ No ☐

Please describe the three most important goals you have in seeking **revisional bariatric surgery**:

1.

2.

3.