




PEDIATRIC CASE STUDIES

Craig Primack MD

Scottsdale Weight Loss



Disclosures

- Currax Pharmaceuticals- Speaker
 - Nestle Nutrition- Co-Medical Director
 - Pri-Med CME- Speaker
 - Gelesis – Advisory Board Member
- 



CASE 1

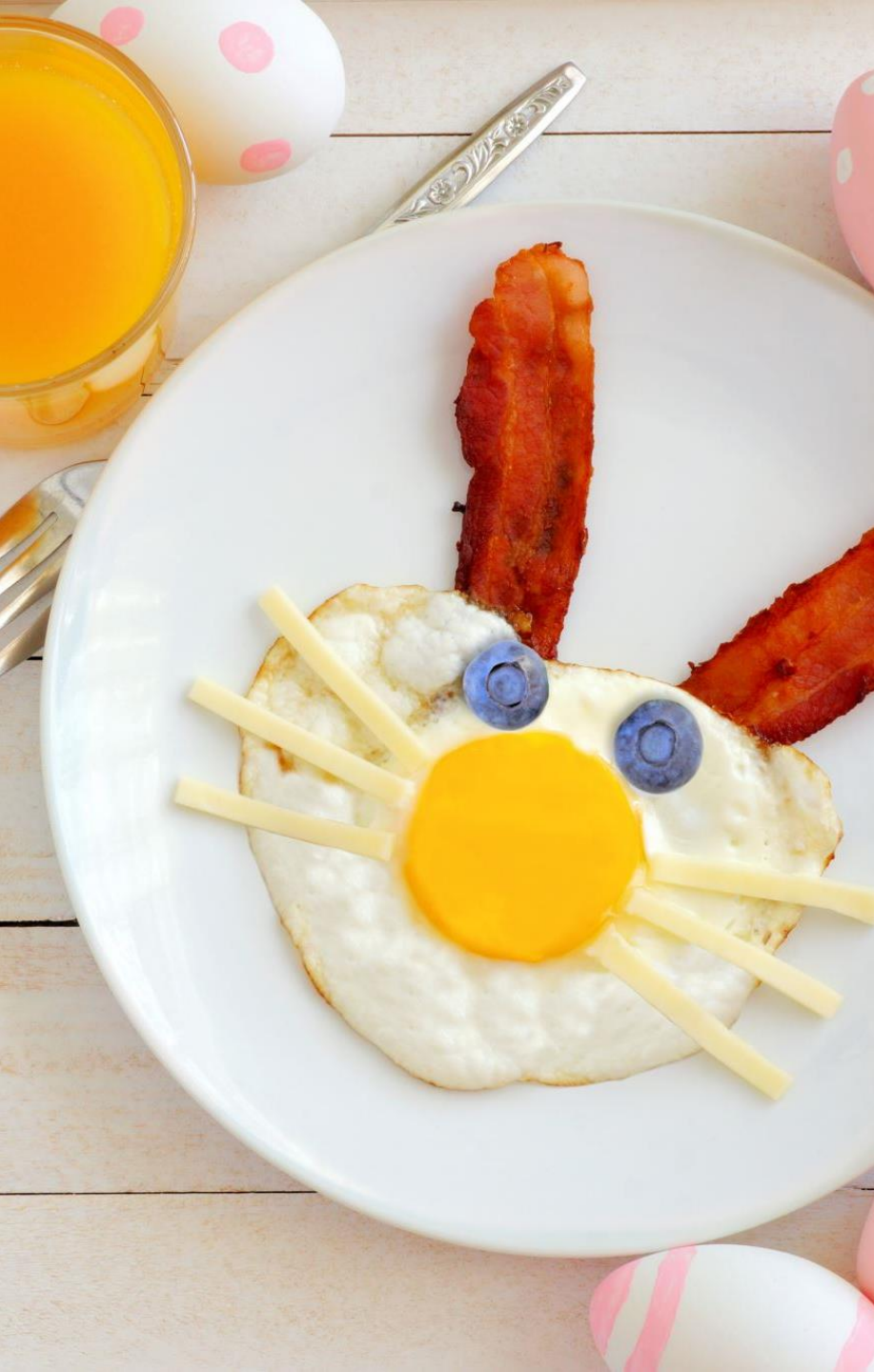
NB: 17 y/o Male



NB

- 11-9-22 17 3/12 male with a weight of 310.5lbs and BMI of 44.6
- “weight issues since middle school”
- Plays football and now football is over

- Meds: Melatonin
- NKDA
- PmHx: acid reflux, humerus fx in 6th grade



- Past Dieting hx: Strength and conditioning coach gave him a high protein and low carb diet.
- Activity: Football in school year, shotput in the spring
- ROS: some loud snoring and sinus congestion
- Diet:
 - *Breakfast: Jimmy Dean breakfast bowl*
 - *Midam: none*
 - *Lunch: chicken tenders or such*
 - *Late PM: Trail mix or muffins; eng muffin and PB*
 - *Dinner: Chicken or such, veggies and salad*
 - *Dessert: something for sure*
 - *Water: Lots. No caffeine*
 - *Worst Eating Habit?: After school: quantity and quality*

- Exam: Nothing significant
- 6 Labs: CBC, CMP, Lipid, Uric Acid, TSH, HgA1c

Report Status FINAL

Route 2006

Scottsdale Weight Loss Center Dr Primack
9989 N 95th St
Scottsdale, AZ 85258

QuestQuantum™



A Subsidiary of Laboratory Sciences of Arizona

Craig Primack, MD

Patient Information: [REDACTED]

Account: 17891
ID/MR#: 94912
Patient Lab ID: 0194053492

Collected: 11/04/2022
Received: 11/04/2022 05:54 PM
Reported: 11/05/2022 03:16 AM

Order #: 178910003103 / NL81349519
DOB: [REDACTED] Age: 17Y-2M-19D
Sex: M Fasting: Yes
Patient Phone: [REDACTED]

TEST	RESULTS	REFERENCE RANGES	UNITS	PL
------	---------	------------------	-------	----

HEMATOLOGY

CBC w/ Differential, w/ Platelet

WBC	6.5	4.0 - 10.5	k/mm3	
RBC	6.20 H	4.20 - 5.60	m/mm3	
Hemoglobin	13.8	12.5 - 16.1	g/dL	
Hematocrit	48.1 H	36.0 - 47.0	%	
MCV	77.6 L	78.0 - 95.0	fL	
MCH	22.3 L	26.0 - 32.0	pg	
MCHC	28.7 L	31.0 - 37.0	g/dL	
Platelet Count	249	130 - 450	k/mm3	
RDW(sd)	42.8	38.0 - 49.0	fL	
RDW(cv)	16.8 H	11.0 - 15.0	%	
MPV	11.4	7.5 - 14.0	fL	
Segmented Neutrophils	49.8*		%	
Lymphocytes	41.9		%	
Monocytes	6.9		%	
Eosinophils	0.6		%	
Basophils	0.5		%	
Absolute Neutrophil	3.24	1.60 - 9.30	k/uL	
Absolute Lymphocyte	2.73	0.60 - 5.50	k/uL	
Absolute Monocyte	0.45	0.10 - 1.60	k/uL	
Absolute Eosinophil	0.04	0.00 - 0.70	k/uL	
Absolute Basophil	0.03	0.00 - 0.20	k/uL	
Immature Granulocytes	0.3		%	
Absolute Immature Granulocytes	0.02	0.00 - 0.10	k/uL	
NRBC RE, Nucleated Red Blood Cell Percent	0.0	0.0 - 1.0	%	

*Segmented Neutrophils: Automated Diff

CHEMISTRY

Uric Acid	7.5	2.5 - 7.5	mg/dL	
TSH, High Sensitivity	2.50	0.50 - 4.30	mIU/L	
Note: New reference range effective 10/31/2022.				
Insulin, Fasting	22	2 - 25	uIU/mL	
Comprehensive Metabolic Panel				
Glucose	76*	60 - 99	mg/dL	
Urea Nitrogen (BUN)	15	7 - 21	mg/dL	
Creatinine	0.84	0.60 - 1.20	mg/dL	

NL81349519 - FINAL Report

L=Low, H=High, C=Critical Abnormal, CL=Critical Low, CH=Critical High, *=Comment Distribution #: 576505133-29739541

LabOS

Result Report

Produced by AutoDist On 11/05/2022 03:20 AM

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Report Status FINAL

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DOB: [REDACTED] Age: 17Y-2M-19D
Sex: M Fasting: Yes
Patient Phone: [REDACTED]

eGFRcr CKD-EPI	See Comment*	See Comment	ml/min/1.73m2
BUN/Creatinine Ratio	17.9	10.0 - 28.0	
Sodium	141	135 - 145	mmol/L
Potassium	4.2	3.6 - 5.3	mmol/L
Chloride	102	98 - 108	mmol/L
Carbon Dioxide (CO2)	24	20 - 31	mmol/L
Anion Gap	14	4 - 18	
Protein, Total	7.3	6.3 - 8.0	g/dL
Albumin	5.0	3.8 - 5.1	g/dL
Globulin	2.3	1.9 - 3.7	g/dL
Albumin/Globulin Ratio	2.2	1.0 - 2.5	
Calcium	9.8	8.7 - 10.4	mg/dL
Alkaline Phosphatase	121	62 - 274	IU/L
Alanine Aminotransferase	43 H	5 - 41	IU/L
Aspartate Aminotransferase	92 H	12 - 47	IU/L
Bilirubin, Total	0.4	≤1.3	mg/dL

*Glucose: Glucose reference range reflects fasting state.
*eGFRcr CKD-EPI: Calculation is not performed on patients less than 18 years.

Lipid Panel

Cholesterol	132	≤169	mg/dL
Triglyceride	104 H	≤89	mg/dL
Cholesterol/HDL Ratio	3.5	≤4.9	
HDL Cholesterol	37 L	≥46	mg/dL
Non-HDL Cholesterol	95	≤119	mg/dL
LDL Cholesterol, Calculated	76	≤109	mg/dL
VLDL Cholesterol	19	≤29	mg/dL

Tests Ordered: Uric Acid; Lipid Panel; CBC w/ Differential, w/ Platelet; TSH, High Sensitivity; Insulin, Fasting; Comprehensive Metabolic Panel

Values Outside of Reference Range

TEST	RESULTS	REFERENCE RANGES	UNITS
RBC	6.20 H	4.20 - 5.60	m/mm3
Hematocrit	48.1 H	36.0 - 47.0	%
MCV	77.6 L	78.0 - 95.0	fL
MCH	22.3 L	26.0 - 32.0	pg
MCHC	28.7 L	31.0 - 37.0	g/dL
RDW(cv)	16.8 H	11.0 - 15.0	%
Alanine Aminotransferase	43 H	5 - 41	IU/L
Aspartate Aminotransferase	92 H	12 - 47	IU/L
Triglyceride	104 H	≤89	mg/dL
HDL Cholesterol	37 L	≥46	mg/dL

/ NL81349519 - FINAL Report

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Result Report

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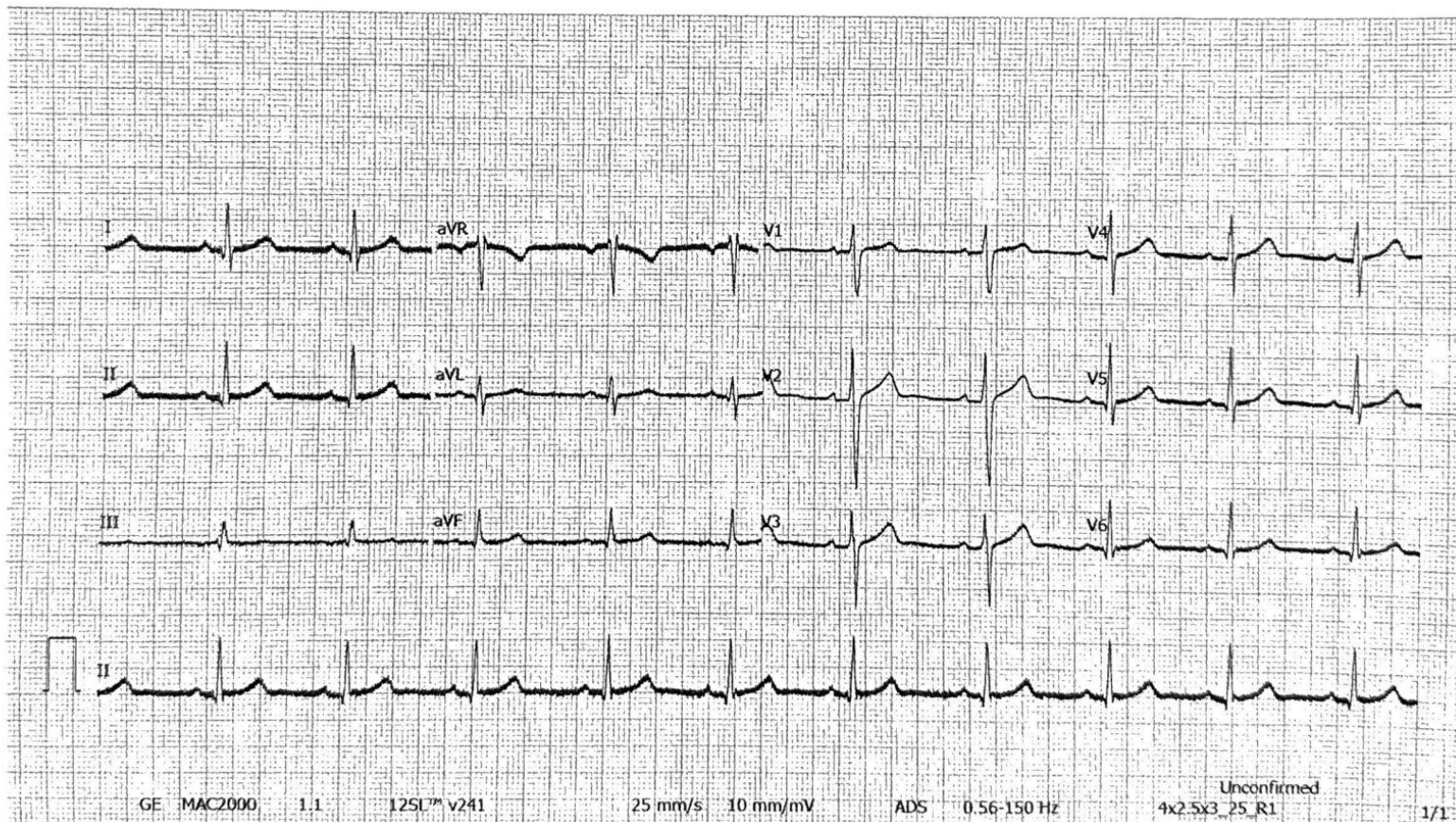
11/04/2022 7:44:05

63 bpm
-- / -- mmHg

17 Years Male

QRS : 92 ms Normal sinus rhythm
QT / QTcBaz : 434 / 444 ms Normal ECG
PR : 144 ms
P : 50 ms
RR / PP : 956 / 952 ms
P / QRS / T : 34 / 52 / 27 degrees

Technician: dw
Ordering Ph: Craig Primack
Referring Ph:
Attending Ph:



NB Summary

- Who do we have?
- 17 y/o male with a BMI of 44.6
 - *PMHx: GERD, Loud snoring*
 - *Labs: Low MCV, High RDW, Increased fasting insulin*
 - *Elevated LFTs, low HDL*

Obesity Classifications

- BMI 30-34.9 Class 1
- BMI 35-39.9 Class 2
- BMI 40+ Class 3



- What are the 4 Pillars of Obesity Medicine?
 - *Diet*
 - *Exercise*
 - *Behavior Modification*
 - *Meds*

- Diet:
 - What is the best diet?
 - What do you think of medical meal replacements?
 - He started a Partial meal replacement diet with 1/2/0/2

- Exercise?

- Classes

- Meds?

1

**FDA Approved for Indication of Obesity:
Pediatric and Adult**

- Phentermine/Topiramate
- Phentermine
- Liraglutide**
- Semaglutide
- Orlistat
- Setmelanotide

2

**FDA Approved for Indication of Obesity:
Patients > 18 years of Age**

- Naltrexone/Bupropion

3

**FDA Approved for Indication of Type 2 Diabetes
Mellitus: Used off-label for indication of obesity**

- Tirzepatide
- Metformin*
- Exenatide
- Dulaglutide
- Liraglutide*
- Semaglutide

4

**FDA Approved for Other Indications:
Used off-label for indication of obesity**

- Topiramate
- Lisdexamfetamine
- Bupropion

- I started him on phentermine 37.5mg #30 start with half tab in the am
 - *Initial counseling?*
 - *What happened on follow up?*

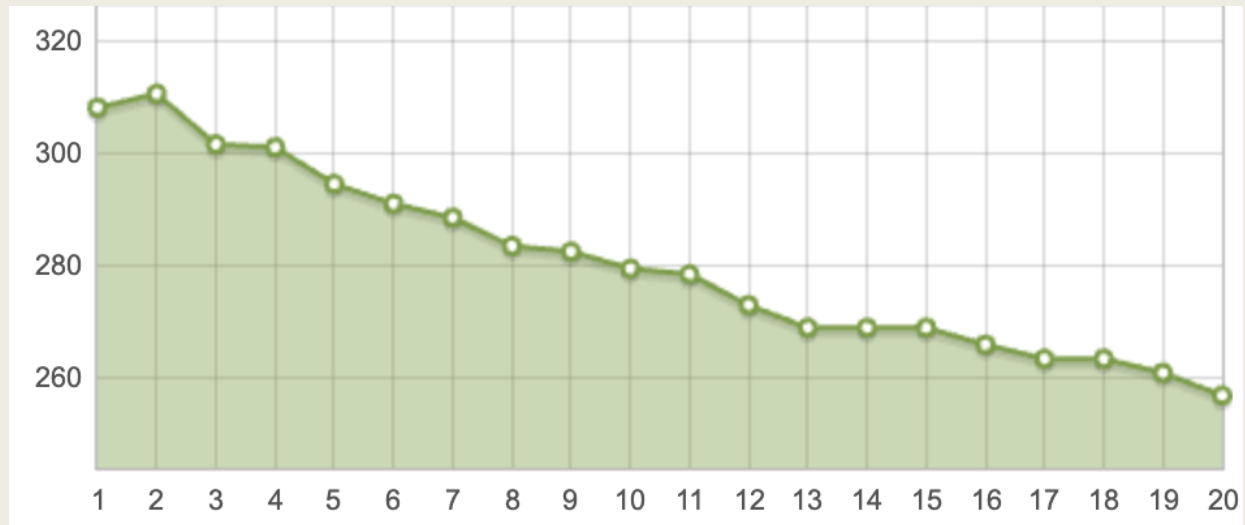
- Week 1: lost 6.5 lbs but
 - *BP was elevated to 152/102*
- 5 days later:
 - *140/86*
- Week 2: lost additional 0.5 lbs (301 lbs)
 - *BP was 138/88 (high at baseline and after Phentermine)*
 - *Med Change... Best choices?*
 - *Saxenda was sampled...*
- Week 3: Lost additional 6.5 lbs (total 13.5#) now at 294.5 lbs
 - *BP is 138/88*

- *Week 4: Down an additional 3.5 lbs (total is _17#) 291 lbs*
 - BP 144/91
- *Week 6: Down a total of 25.5 lbs (282.5#)*
 - BP is 118/80
 - What happened?
- *Week 11: shoulder surgery, bone spurs removed*
 - Down a total of 35# (273#)
 - BP is 122/82
- *Week 17: Down a total of 42 lbs (266)*
 - Started new medicine... what is a good choice if Saxenda not covered?
- *Week 18: Now at 257 lbs. (started at 310lbs) so down a total of 51#*
- *-16.5% of original weight*
 - BMI is 36.9 (down from 44.6)
 - Off to Italy for summer trip.

- Goals for patient?
 - *His Goal was 260#*
 - *He is at 257# BMI of 36.9*
 - (started at 310.5 (BMI of 44.6) -

- What is enough? How do we maintain?

NB





CASE 2

RH



RH

- 12 3/12 y/o male 157.5 lbs at 61"; BMI is 29.8
- PMHx: Anxiety, mood swings, GERD
- Meds: Lamictal 50mg, Venlafaxine 150mg, Hydroxyzine 25mg and Abilify 2.5
- Allergies: NKDA
- Soc Hx: 7th grade at Basis, lived in AZ for 2-3 years.
- Diet history: Did weight watchers...then a nutritionist...
 - *Did not lose weight*

- Activity: not a lot... "not a big exerciser", does have an elliptical at home

- Diet Hx:
 - Breakfast: zone bar and 2 apples
 - Mid am: cheese stick or popcorn
 - Lunch: Frozen meal (lean cuisine) or sandwich (turkey, cheese), fruit cup, yogurt 80 Cal, banana, strawberries or pineapple
 - Late PM snack: none
 - Dinner: out and home. Lean cuisine, lasagna, etc
 - Dessert: apple or banana, 2 zone bars at times
 - Water: water or milk, "ice", Powerade zero



- Physical Exam:

- *BP 108/72, Pulse 100*
- *Exam WNL*



Patient Report

Specimen ID: 316-610-1853-0
Control ID: B0031510151

Acct #: 02107710 Phone: (480) 366-4400 Rte: 99

Craig Primack MD
9989 N 95th St
Scottsdale AZ 85258

Patient Details

DOB: [REDACTED]
Age(y/m/d): 012/03/00
Gender: M SSN: [REDACTED]
Patient ID: [REDACTED]

Specimen Details

Date collected: 11/12/2015 0704 Local
Date entered: 11/12/2015
Date reported: 11/14/2015 1016 ET

Physician Details

Ordering: C PRIMACK
Referring:
ID:
NPI: 1093707374

General Comments & Additional Information

Clinical info: *****NO UA INCLUDE
Clinical info: D*****

Alternate Control Number: B0031510151
Total Volume: Not Provided

Alternate Patient ID: Not Provided
Fasting: Yes

Ordered Items

CMP14+LP+1AC+CBC/D/Pit+UA+T...; Request Problem; One Specimen Identifier

TESTS	RESULT	FLAG	UNITS	REFERENCE INTERVAL	LAB
CMP14+LP+1AC+CBC/D/Pit+UA+T...					
Chemistries					
Glucose, Serum	93		mg/dL	65 - 99	01
Uric Acid, Serum	4.3		mg/dL	3.4 - 7.8	01
Please Note:					
	Therapeutic target for gout patients: <6.0				
BUN	22	High	mg/dL	5 - 18	01
Creatinine, Serum	0.60		mg/dL	0.42 - 0.75	01
eGFR If NonAfrican Am					
Unable to calculate GFR. Age and/or sex not provided or age <18 years old.					
eGFR If African Am					
Unable to calculate GFR. Age and/or sex not provided or age <18 years old.					
BUN/Creatinine Ratio	37	High		9 - 27	
Sodium, Serum	138		mmol/L	134 - 144	01
Potassium, Serum	4.3		mmol/L	3.5 - 5.2	01
Chloride, Serum	97		mmol/L	97 - 108	01
Carbon Dioxide, Total	23		mmol/L	17 - 27	01
Calcium, Serum	9.9		mg/dL	8.9 - 10.4	01
Protein, Total, Serum	7.4		g/dL	6.0 - 8.5	01
Albumin, Serum	4.3		g/dL	3.5 - 5.5	01
Globulin, Total	3.1		g/dL	1.5 - 4.5	
A/G Ratio	1.4			1.1 - 2.5	
Bilirubin, Total	0.5		mg/dL	0.0 - 1.2	01
Alkaline Phosphatase, S	316		IU/L	134 - 349	01
AST (SGOT)	27		IU/L	0 - 40	01
ALT (SGPT)	37	High	IU/L	0 - 30	01
Lipids					
Cholesterol, Total	229	High	mg/dL	100 - 169	01
Triglycerides	159	High	mg/dL	0 - 89	01

Date Issued: 11/14/15 1016 ET

FINAL REPORT

Page 1 of 3

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Patient Report

Patient: [REDACTED]
DOB: [REDACTED]

Control ID: B0031510151

Specimen ID: 316-610-1853-0
Date collected: 11/12/2015 0704 Local

TESTS	RESULT	FLAG	UNITS	REFERENCE INTERVAL	LAB
HDL Cholesterol	61		mg/dL	>39	01
Comment					
According to ATP-III Guidelines, HDL-C >59 mg/dL is considered a negative risk factor for CHD.					
VLDL Cholesterol Calc	32		mg/dL	5 - 40	
LDL Cholesterol Calc	136	High	mg/dL	0 - 109	
T. Chol/HDL Ratio	3.8		ratio units	0.0 - 5.0	01
Please Note:					
T. Chol/HDL Ratio					
			Men	Women	
1/2 Avg. Risk	3.4		3.3		
Avg. Risk	5.0		4.4		
2X Avg. Risk	9.6		7.1		
3X Avg. Risk	23.4		11.0		
Thyroid					01
TSH	1.410		uIU/mL	0.450 - 4.500	01
Immunoassay					01
Insulin	21.8		uIU/mL	2.6 - 24.9	01
CBC, Platelet Ct, and Diff					
WBC	5.7		x10E3/uL	3.7 - 10.5	01
RBC	4.75		x10E6/uL	3.91 - 5.45	01
Hemoglobin	12.7		g/dL	11.7 - 15.7	01
Hematocrit	38.4		%	34.8 - 45.8	01
MCV	81		fL	77 - 91	01
MCH	26.7		pg	25.7 - 31.5	01
MCHC	33.1		g/dL	31.7 - 36.0	01
RDW	14.2		%	12.3 - 15.1	01
Platelets	301		x10E3/uL	176 - 407	01
Neutrophils	53		%		01
Lymphs	39		%		01
Monocytes	8		%		01
Eos	0		%		01
Basos	0		%		01
Neutrophils (Absolute)	3.0		x10E3/uL	1.2 - 6.0	01
Lymphs (Absolute)	2.2		x10E3/uL	1.3 - 3.7	01
Monocytes (Absolute)	0.4		x10E3/uL	0.1 - 0.8	01
Eos (Absolute)	0.0		x10E3/uL	0.0 - 0.4	01
Baso (Absolute)	0.0		x10E3/uL	0.0 - 0.3	01
Immature Granulocytes	0		%		01
Immature Grans (Abs)	0.0		x10E3/uL	0.0 - 0.1	01
Request Problem					
No urine specimen received.					
TEST: 133330 Urinalysis Gross Exam Panel: 345102					

Date Issued: 11/14/15 1016 ET

FINAL REPORT

Page 2 of 3

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ID: [REDACTED]

11/12/2015 6:09:30

--- Pediatric criteria used ---
Sinus rhythm

D.O.B.: [REDACTED] 12 YEARS
MALE
Meds:
Class:
Loc: 1

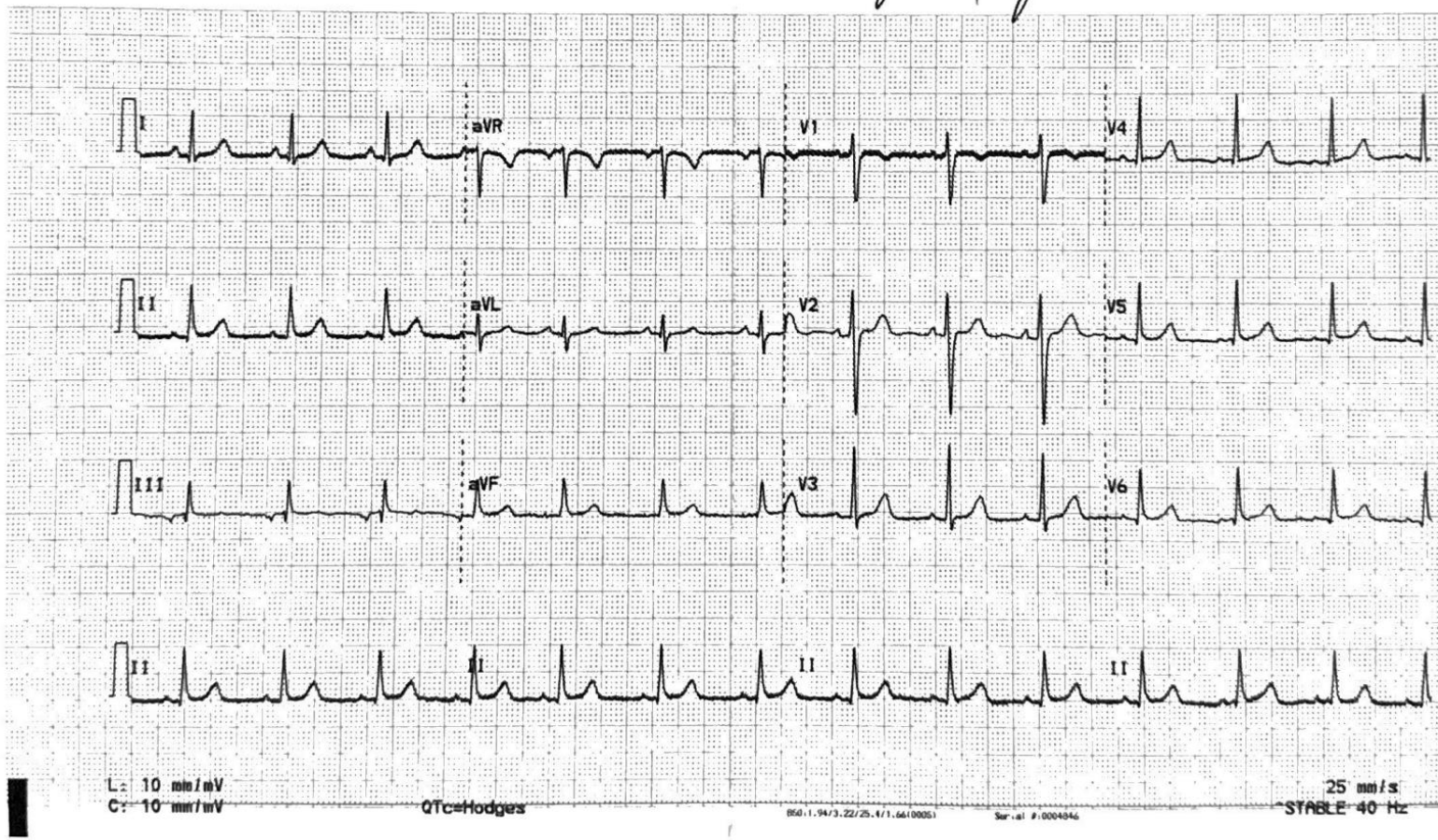
Vent. Rate: 81 bpm
RR Interval: 736 ms
PR Interval: 132 ms
QRS Duration: 94 ms
QT Interval: 338 ms
QTc Interval: 374 ms
QT Dispersion: 30 ms
P-R-T AXIS: -13° 57° 36°

Normal ECG

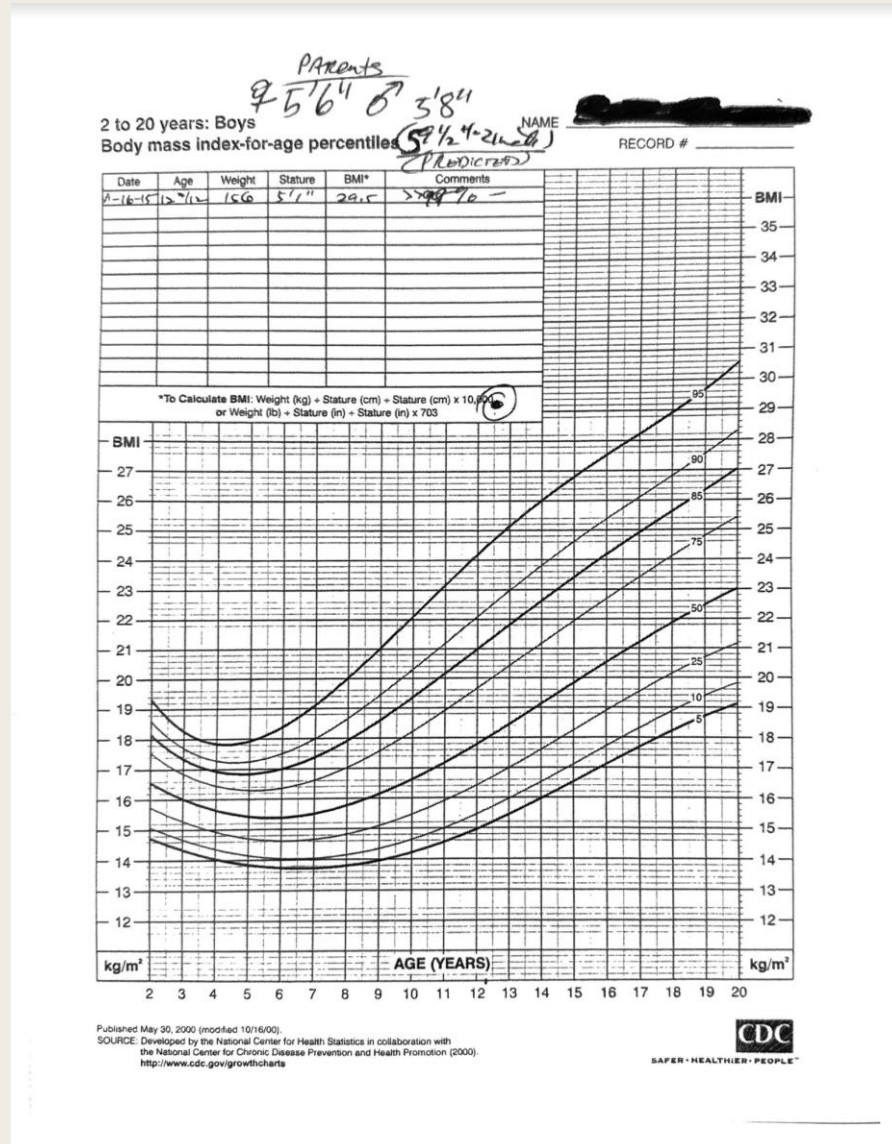
* Unconfirmed Analysis *

Comment: MAD

Aque/cp



What do we have?



- 12 3/12 y/o male
- Weight is 157 lbs with BMI of 29.5
- Anxiety- On Lamictal, Venlafaxine and hydroxyzine (but recently off Abilify)
- Elevated Fasting Insulin
- Elevated ALT
- Hyperlipidemia- mild

- Diet
- Exercise
- Classes
- Meds

- Diet: he chose 1/0/0/4
- Activity: wants to start walking the dogs again
- Classes
- Meds (to add or to remove...?)

1

**FDA Approved for Indication of Obesity:
Pediatric and Adult**

- Phentermine/Topiramate
- Phentermine
- Liraglutide**
- Semaglutide
- Orlistat
- Setmelanotide

2

**FDA Approved for Indication of Obesity:
Patients > 18 years of Age**

- Naltrexone/Bupropion

3

**FDA Approved for Indication of Type 2 Diabetes
Mellitus: Used off-label for indication of obesity**

- Tirzepatide
- Metformin*
- Exenatide
- Dulaglutide
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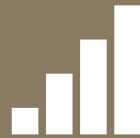
- I started him on metformin XL 750mg 1 qam for a week then 1 bid (updated dosing now)

Progress



Week 1: no weight change

*Diarrhea last night, today normal BM
Plan: cut off sugar free mints; likely have sorbitol*



Week 3- Weight 162 (gain of 6#)

Continue same



Week 4- Weight is 162.5 lbs (gain of 0.5#)

*No exercise but wants to start Wii Fit
Will talk to psychiatry about a medication change, may also go back on Abilify per parents*

■ What med to consider?

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FDA Approved for Other Indications:
Used off-label for indication of obesity

- Topiramate
- Lisdexamfetamine
- Bupropion

6 days later I heard from mom that psych is ok with stimulants, and I started him on diethylpropion 25mg once daily.

Week 7- weight unchanged

- No formal exercise; new braces so hard to “eat”
- Lamictal was increased

Week 8- weight up 0.5#

- No activity
- Poor appetite control, will try stimulant again
- Rec: no fruit juice and no dried fruit

Week 9- weigh down 0.5#.

- Doing ok on diethylpropion 25 now bid

Week 10- up 4 lbs to 166.5#

- Stopped diethylpropion due to “reaction”
- Anxiety and stress up this week and admits to overeating on the weekend
- Rec: Food diary

- No visit from 2-16 to Oct of 2016
 - *Now weight is up 23# over initial weight*
 - *Decided to change meds again*

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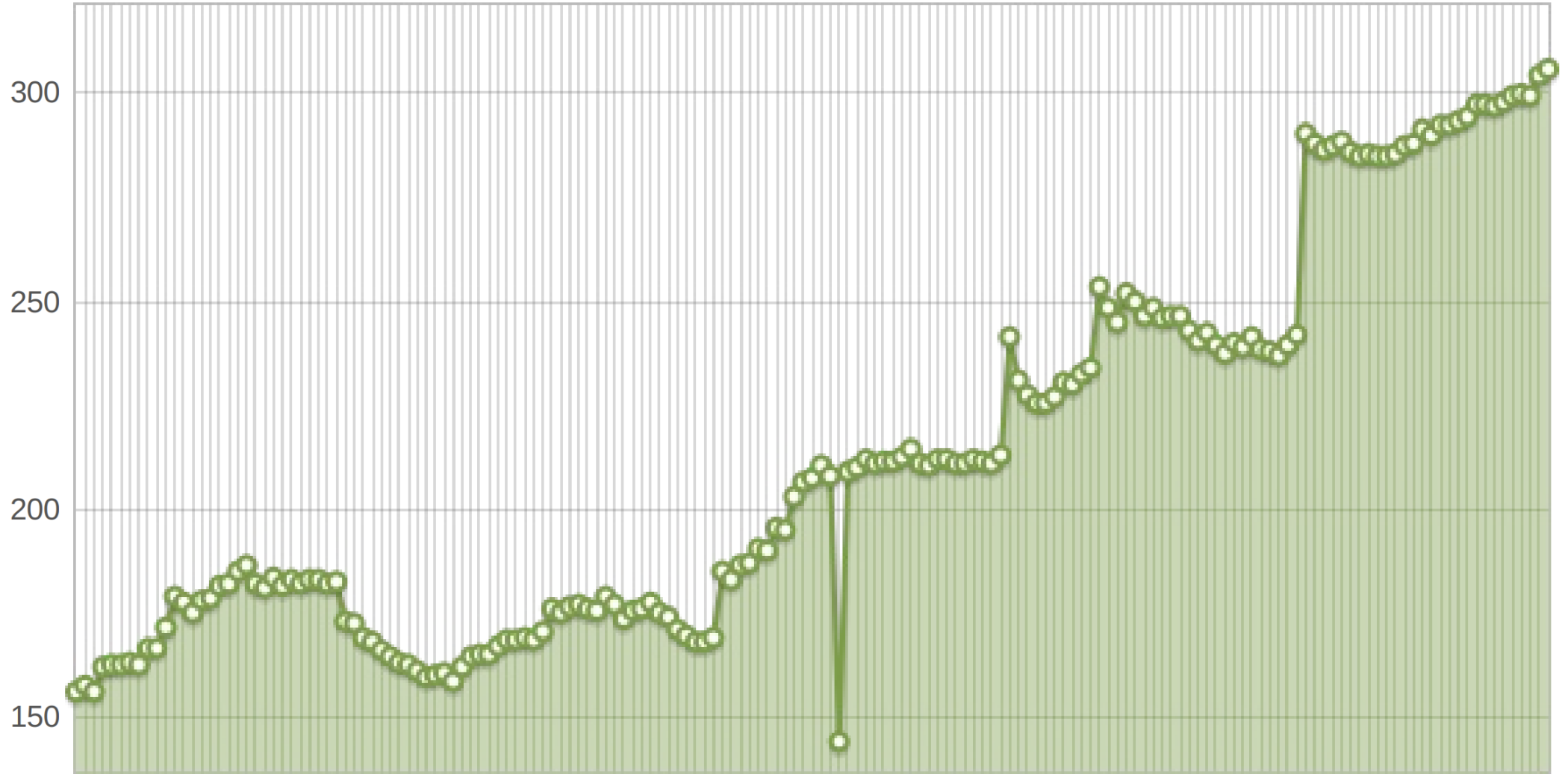
- Topiramate
- Lisdexamfetamine
- Bupropion

- *Added naltrexone 1/4 tab of 50mg as already on bupropion*

- Next visit 8 days later: 12th visit: Weight is down 1.5#
 - *Fired parents from being the “food police”*
- Visit 13: Down again by 2.5 lbs
 - *Overall doing well on naltrexone but ? Fidgety in the legs” watch it.*
- Visit 14: Gain of 3#.
 - *Stopped naltrexone as seemingly ineffective*
 - *Added back metformin XL 750 bid*
- Visit 19: Dec 2016 (13 months after initial visit)
 - *Weight is now 186.5# (up 30.5# from baseline)*
 - *Added new med*

<p>1 FDA Approved for Indication of Obesity: Pediatric and Adult</p> <ul style="list-style-type: none"> • Phentermine/Topiramate • Phentermine • Liraglutide** • Semaglutide • Orlistat • Setmelanotide 	<p>3 FDA Approved for Indication of Type 2 Diabetes Mellitus: Used off-label for indication of obesity</p> <ul style="list-style-type: none"> • Tirzepatide • Metformin* • Exenatide • Dulaglutide • Liraglutide* • Semaglutide
<p>2 FDA Approved for Indication of Obesity: Patients > 18 years of Age</p> <ul style="list-style-type: none"> • Naltrexone/Bupropion 	<p>4 FDA Approved for Other Indications: Used off-label for indication of obesity</p> <ul style="list-style-type: none"> • Topiramate • Lisdexamfetamine • Bupropion

- Added phentermine 37.5mg (half in the am)
- Visit 20 (7 days later)- weight down 4.5#
 - *“Did not get around to” doing elliptical this week*
- Over the next year...
 - *ON phentermine and metformin*
 - Weight got as low at 168 (12 lbs over initial weight)
- No visits from 4-2018 to 7-2018
 - *Weight is now up to 185 (+29#)*
- Interim trial of Ozempic. At least 0.5mg. No significant benefit
- Jan 2022
 - *Had recommended bariatric surgery in the past and was uninterested.*
 - *Was now ready to listen to what they have to say*
 - *Came back to me “don’t really want surgery but will do their diet without it”*
 - *Last visit was 6-13-22 – about 7 years after first visit*
 - Weight is now 306 lbs (+150 # over where he started)



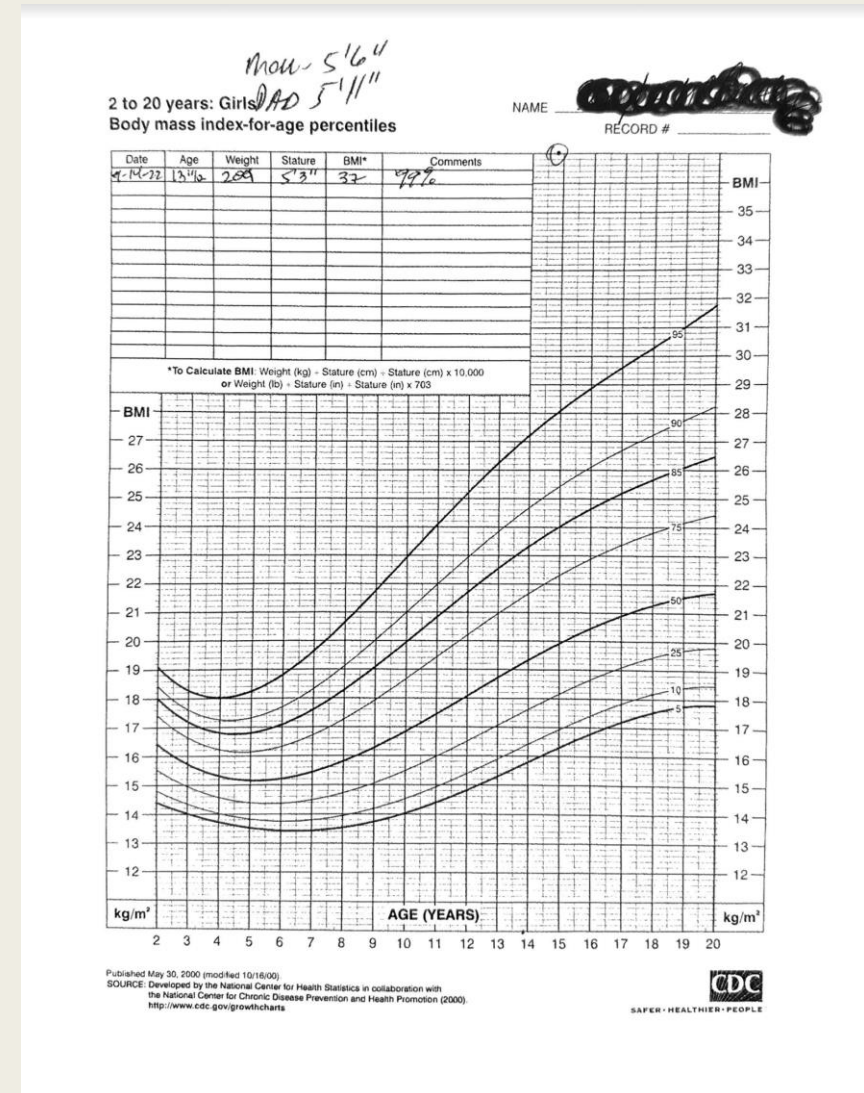


CASE 3

SM



- 13 11/12 F who weighs 210.5 lbs with a BMI of 37.3
 - “wants to be healthier and at a more normal weight”
 - PMHx: Depression
 - Meds: On bupropion XL 150mg daily
 - Currently 8th grader. Weight issues since 6th grade
 - Past diets: none
 - Menarche at 12; irregular
 - Activity: used to ride bikes with mom or by self but not currently.
 - Pex: unremarkable



■ Diet:

- Breakfast: toast or sausage and waffles and or just waffles. 2 sticks of gum.
- late lunch: 6 am then lunch at 1:30. Lunch: 2x per week: pizza or whatever.
- Late PM: Soup after school or snacky things like chips. Jack in the box at times. sometimes nothing. veggies at times also.
- Dinner: out more often or asparagus or corn. fajitas. chipotle bowl.
- Dessert: not much.
- Water: half hydroflask or a whole one per day-
-36 oz.



Report Status FINAL
Route 2006
Scottsdale Weight Loss Center Dr Primack
9989 N 95th St
Scottsdale, AZ 85258

QuestQuantum™



Craig Primack, MD

Patient Information:

Account: 17891
ID/MR#: 94814
Patient Lab ID: 0289544132

Collected: 09/02/2022
Received: 09/02/2022 10:39 PM
Reported: 09/03/2022 04:44 AM

Order #: 178910002930 / NL79211300
DOB: [REDACTED] Age: 13Y-10M-24D
Sex: F Fasting: Unknown
Patient Phone: [REDACTED]

TEST	RESULTS	REFERENCE RANGES	UNITS	PL
HEMATOLOGY				
CBC w/ Differential, w/ Platelet				
WBC	8.5	4.0 - 10.5	k/mm3	
RBC	4.62	4.20 - 5.60	m/mm3	
Hemoglobin	12.9	12.0 - 15.0	g/dL	
Hematocrit	42.7	35.0 - 45.0	%	
MCV	92.4	78.0 - 95.0	fL	
MCH	27.9	26.0 - 32.0	pg	
MCHC	30.2 L	31.0 - 37.0	g/dL	
Platelet Count	309	130 - 450	k/mm3	
RDW(sd)	47.2	38.0 - 49.0	fL	
RDW(cv)	14.0	11.0 - 15.0	%	
MPV	10.8	7.5 - 14.0	fL	
Segmented Neutrophils	59.5*		%	
Lymphocytes	27.1		%	
Monocytes	11.1		%	
Eosinophils	1.7		%	
Basophils	0.4		%	
Absolute Neutrophil	5.05	1.60 - 9.30	k/uL	
Absolute Lymphocyte	2.30	0.60 - 5.50	k/uL	
Absolute Monocyte	0.94	0.10 - 1.60	k/uL	
Absolute Eosinophil	0.14	0.00 - 0.70	k/uL	
Absolute Basophil	0.03	0.00 - 0.20	k/uL	
Immature Granulocytes	0.2		%	
Absolute Immature Granulocytes	0.02	0.00 - 0.10	k/uL	
NRBC RE, Nucleated Red Blood Cell Percent	0.0	0.0 - 1.0	%	
*Segmented Neutrophils: Automated Diff				

CHEMISTRY

Specimen Integrity

Slightly hemolyzed specimen: Aldolase, Aspartate Aminotransferase, Direct Bilirubin, Glycomark, Lactate Dehydrogenase, Potassium and Total Iron Binding Capacity (TIBC) results may be increased due to erythrocyte contamination or hemolysis. Alanine Aminotransferase and Fructosamine are affected.

Uric Acid	5.2	2.5 - 5.7	mg/dL
TSH, High Sensitivity	2.90	0.30 - 4.00	mU/L
Insulin, Fasting	12	2 - 25	uIU/mL

Comprehensive Metabolic Panel

NL79211300 - FINAL Report

L=Low, H=High, C=Critical Abnormal, CL=Critical Low, CH=Critical High, *=Comment

Distribution #: 561315231-28672284

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Report Status FINAL

Route 2006

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Patient Phone: [REDACTED]

Glucose	83*	60 - 99	mg/dL
Urea Nitrogen (BUN)	8	6 - 19	mg/dL
Creatinine	0.56 L	0.60 - 1.10	mg/dL
eGFRcr CKD-EPI	See Comment*	See Comment	mL/min/1.73m2
BUN/Creatinine Ratio	14.3	10.0 - 28.0	
Sodium	142	135 - 145	mmol/L
Potassium	4.3	3.6 - 5.3	mmol/L
Chloride	104	98 - 108	mmol/L
Carbon Dioxide (CO2)	23	20 - 31	mmol/L
Anion Gap	15	4 - 18	
Protein, Total	7.3	6.3 - 8.0	g/dL
Albumin	4.7	3.8 - 5.1	g/dL
Globulin	2.7	1.9 - 3.7	g/dL
Albumin/Globulin Ratio	1.8	1.0 - 2.5	
Calcium	9.9	8.7 - 10.4	mg/dL
Alkaline Phosphatase	60	57 - 271	IU/L
Alanine Aminotransferase	15	5 - 35	IU/L
Aspartate Aminotransferase	21	11 - 40	IU/L
Bilirubin, Total	0.4	≤1.3	mg/dL

*Glucose: Glucose reference range reflects fasting state.
*eGFRcr CKD-EPI: Calculation is not performed on patients less than 18 years.

Lipid Panel

Cholesterol	150	≤169	mg/dL
Triglyceride	75	≤89	mg/dL
Cholesterol/HDL Ratio	3.8	≤4.4	
HDL Cholesterol	40 L	≥46	mg/dL
Non-HDL Cholesterol	110	≤119	mg/dL
LDL Cholesterol, Calculated	93	≤109	mg/dL
VLDL Cholesterol	17	≤29	mg/dL

Tests Ordered: Uric Acid; Lipid Panel; CBC w/ Differential, w/ Platelet; TSH, High Sensitivity; Insulin, Fasting; Comprehensive Metabolic Panel

Values Outside of Reference Range

TEST	RESULTS	REFERENCE RANGES	UNITS
MCHC	30.2 L	31.0 - 37.0	g/dL
Creatinine	0.56 L	0.60 - 1.10	mg/dL
HDL Cholesterol	40 L	≥46	mg/dL

Values listed above may not include all results considered abnormal for this patient (e.g., text-only results, such as those for some pathology/cytology specimens, and results for analytes without established reference ranges will not appear). Always review the entire patient report and correlate all results with the patient's clinical condition.

/ NL79211300 - FINAL Report

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09/02/2022 6:42:53

100 bpm
-- / -- mmHg

13 Years

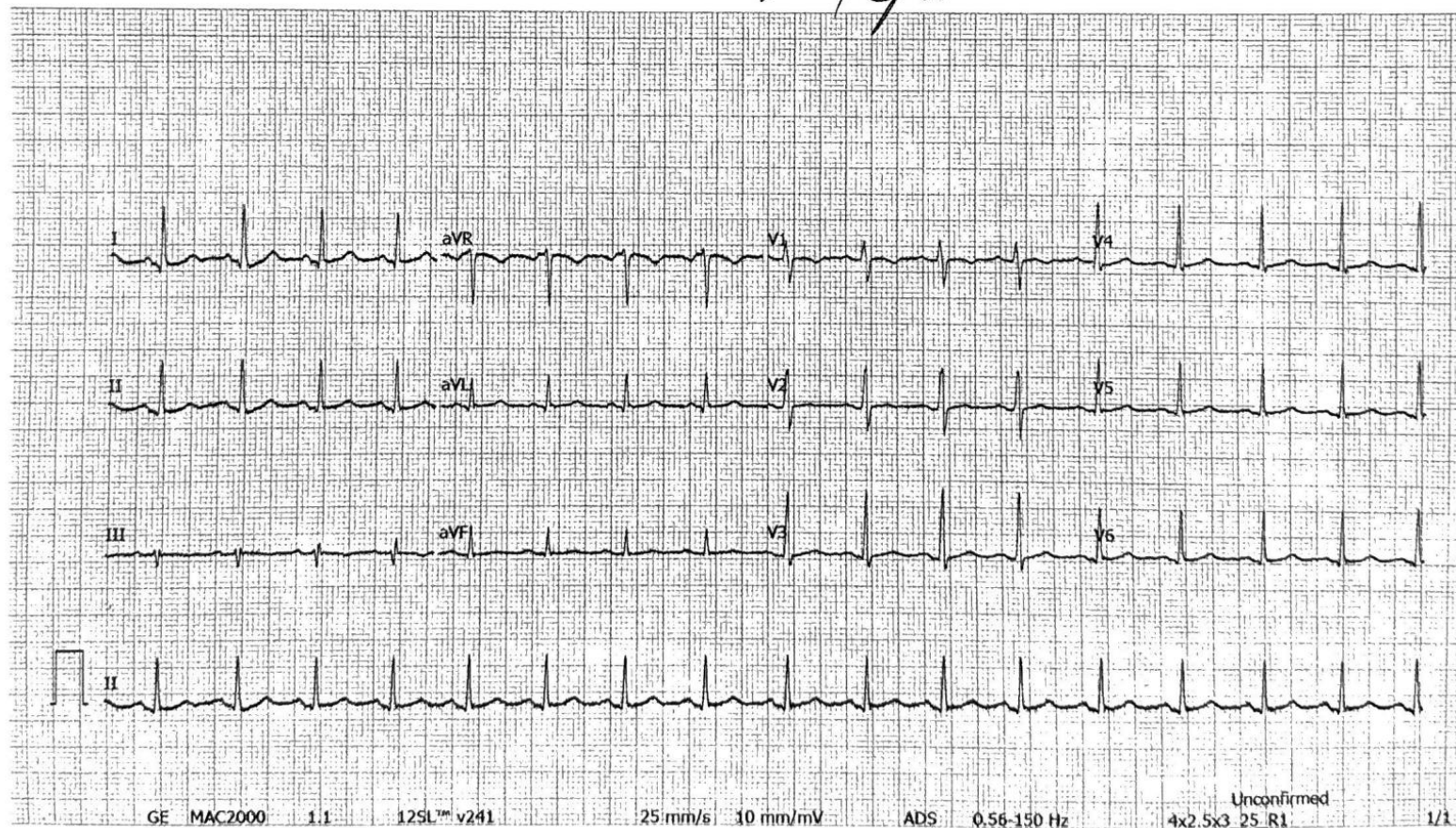
Female

QRS : 80 ms
QT / QTcBaz : 342 / 441 ms
PR : 152 ms
P : 112 ms
RR / PP : 598 / 600 ms
P / QRS / T : 43 / 26 / 20 degrees

*** Pediatric ECG analysis ***
Normal sinus rhythm
Normal ECG

Technician: MP
Ordering Ph: Craig Primack
Referring Ph:
Attending Ph:

Accepted



Summary so far

- 13 11/12 F who weighs 210.5 lbs with a BMI of 37.3
 - *Obesity >99th %*
 - *Depression*
 - *Low HDL*

4 Pillars of Obesity Medicine:

Diet

Exercise

Behavior Modification

Meds



Diet- Full meal replacement

1/4/0/0



Exercise: ride bike



Classes:



Meds: ?

1

**FDA Approved for Indication of Obesity:
Pediatric and Adult**

- Phentermine/Topiramate
- Phentermine
- Liraglutide**
- Semaglutide
- Orlistat
- Setmelanotide

2

**FDA Approved for Indication of Obesity:
Patients > 18 years of Age**

- Naltrexone/Bupropion

3

**FDA Approved for Indication of Type 2 Diabetes
Mellitus: Used off-label for indication of obesity**

- Tirzepatide
- Metformin*
- Exenatide
- Dulaglutide
- Liraglutide*
- Semaglutide

4

**FDA Approved for Other Indications:
Used off-label for indication of obesity**

- Topiramate
- Lisdexamfetamine
- Bupropion

- Meds: Phentemrine 37.5mg #30 Start with half tab

- Visit 1: Weight is 206 lbs (down 3#)
 - *Walking with mom*
 - *Changed to a 1 meal plan (1/3/0/1)*

- Visit 2: Weight is 199.5 (loss of 9.5#)
- Week 8: Weight is 186.5 lbs (loss of 22.5 lbs)
- Week 17: Weight is 179 (loss of 30#)
 - *Now on regular food only*
- Week 18: weight is 176 (loss of 33#)
 - *Now hungry later in the day*

1

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- Dulaglutide
- Liraglutide*
- Semaglutide

4

**FDA Approved for Other Indications:
Used off-label for indication of obesity**

- Topiramate
- Lisdexamfetamine
- Bupropion

- Added diethylpropion 25mg at 3-4 pm
- 8 months after first visit June 2023
 - *Current weight is 158.5 lbs (loss of 50.5 lbs)*
- What to do now? Continue meds?



QUESTIONS?