



TNC Weight Loss
New Patient Registration

Please Print

Full Legal Name _____

Date of Birth _____ Age _____

Email _____

Cell phone number _____ Cell phone provider _____

Alternative phone number _____

Address _____

City _____ State _____ Zip Code _____

Emergency contact _____ Relationship _____

Emergency contact phone number _____

Please list any drug allergies _____

Preferred pharmacy _____

GENERAL INFORMATION, SIDE EFFECTS, AND PRECAUTIONS FOR THE WEIGHT LOSS PROGRAM

Philip Borgardt M.D., Inc. / TNC, Inc. uses a combination of prescription medications which help reduce your appetite and interest in food. Most often, topiramate and phentermine are used. The effect of phentermine is fairly rapid, while the effect of topiramate is slower in onset. **If needed, other medications can be used.**

What is Topiramate (Topamax)?

Topiramate is a drug approved by the FDA for long term use for the treatment of epilepsy, migraine headaches and weight loss. It is not habit forming. Topiramate does not work via serotonin. Patients state they lose their interest in food and feel full after eating small amounts. These effects are reversible if the drug is stopped.

In studies of obese people taking topiramate for epilepsy (but not trying to lose weight), patients lost an average of over 4% of beginning weight in the first 3 months of therapy and over 13% of beginning weight in one year.

What precautions must I observe while taking topiramate?

- **You should not drink alcohol or take sedating medications while taking topiramate since excess sedation could occur.**
- **Topiramate can occasionally cause sedation; you should exercise caution in performing dangerous tasks like driving until you are comfortable with the side effects and are on the full dose.**
- **DO NOT increase the doses of any medication unless instructed to do so by the doctor or nurse practitioner.**
- **The only medication you CANNOT take with topiramate is Diamox, a rarely used drug for altitude sickness and glaucoma.**
- **You MUST USE a reliable form of contraception if you are taking this program to lose weight. If you are using birth control pills, you should switch to a pill with a higher dose of estrogen since topiramate may reduce the blood level of estrogen from the pill by 20%. Fertility also appears to be increased by this treatment.**
- **You MUST STOP topiramate if you become pregnant, as this drug could cause birth defects. If you miss a period, immediately stop taking your medications and call our office.**
- **You CANNOT be on this program if you are breast-feeding a child.**

Possible side effects from Topiramate (Topamax)

Most of these side effects are dose related and not serious. Some side effects can be lessened by starting at low doses of topiramate and gradually increasing the dose as described on the Summary of Dosages page.

Most Common Side Effects:

- **Difficulty with speech or finding words**
- **Tiredness**
- **Difficulty concentrating**
- **Numbness or tingling in the hands, feet, or lips (if not well hydrated)**
- **Difficulty with balance**
- **Dizziness**
- **Low blood pressure (may feel light-headed, especially when getting up from a lying or sitting position)**

Less Common Side Effects are:

- **Nausea**
- **Coordination problems**
- **Abdominal pain**
- **Nervousness**
- **Depression**
- **Breast pain**
- **Painful periods**
- **Blurred or Double vision**
- **Palpitations**
- **Acne**
- **Low white blood cell count**
- **ringing in ears (may continue after stopping topiramate)**
- **Anemia**
- **Overheating from inability to sweat**
- **Reversible hair loss (possible side effect of most anti-epilepsy medications) – Can be decreased with topical 5% minoxidil, vitamins, as well as correcting low thyroid.**

Uncommon but Serious Side Effects:

***Kidney stones** – You should drink at least 8 glasses of fluid daily to reduce the risk of kidney stones. Several of the vitamins and supplements will also help prevent kidney stones. Call our office if you have lower back pain on one side, sharp abdominal pain, or blood in your urine.

***Angle-closure glaucoma** – If you have sudden eye pain, eye redness, visual changes (such as blurry vision or seeing halos around objects), headache, or nausea and vomiting, you should **stop the medication and call our office immediately.**

Depression or thinking of harming yourself – If you have this, stop the medication and call our office immediately.

If any of these side effects or any other symptoms trouble you, you should inform the doctor or nurse practitioner by calling our office when the event occurs.

What is phentermine (Adipex, Fastin, Ionamin)? Phentermine is a stimulant which suppresses appetite. Phentermine was part of the combination known as Fen/Phen (or Redux). No heart valve problems have been found with phentermine use. These problems arose from fenfluramine, the component of Fen/Phen which was taken off of the market years ago.

What precautions must I observe while taking phentermine? Avoid caffeine for the first three days of phentermine treatment. Phentermine can be mildly habit forming. Stopping phentermine may cause excessive tiredness lasting for up to 1-2 weeks.

Possible side effects from Phentermine

- **Increased nervousness**
- **Increased energy**
- **Irritability**
- **Insomnia (rarely)**
- **Raised blood pressure and pulse rate, especially during the early phases of treatment**

Why are we combining two medications for appetite suppression and requiring a variety of vitamins and supplements? In a double-blind study, we have shown that these two medications are better tolerated and more effective than either alone. The effect of phentermine is fairly rapid, while topiramate takes longer to take effect. You must take vitamins and supplements as directed in order to stay healthy while on such a limited calorie intake.

What rate of weight loss should I expect? Weight loss of two pounds per week is common for those who carefully follow our diet and exercise guidelines. Individual results vary.

How do I keep the weight or maintain my goal weight once I've reached my goal?

We recommend you continue your treatment by: **tapering off of phentermine and only using on special occasions and/or you are experiencing weight gain. ALSO, continue Topamax at current dosage or adjust as needed. (we will advise you on this.) If other medications are part of your regime, this too, will be discussed. Follow-up visits for maintenance are usually at 3-6 month intervals, with more frequent visits if you gain weight.*

What if my employer does drug testing? In our experience, in most cases, these medications are not a problem for drug testing. Speak to your employer about company policy. Neither drug is illegal; however, phentermine is a controlled substance.

Good luck in your effort. Our most successful patients follow our diet and exercise recommendations closely and come in for routine follow-up appointments.

Please sign this form giving your permission to the doctor to administer this treatment for obesity and to indicate that you have read and understood this information sheet, including potential side effects and risks of this treatment. You also understand the importance of taking vitamins and supplements as directed during your visit to help you remain healthy on this program.

Sign: _____ Date: _____

Philip Borgardt M.D, Inc. / TNC, Inc. Locations:

SLO: 865 Aerovista Place, Ste. 210, San Luis Obispo, CA 93401

PH: 805-540-5544

FAX: 805-528-1690

BAY AREA: 3860 Blackhawk Rd., Ste 140, Danville, CA 94506

PH: 925-951-3359

FAX: 805-528-1690

Consent for Treatment

I, _____, agree to proceed with treatment by Philip Borgardt, MD, Inc. / TNC, Inc. Weight Loss. I understand that these offices are strictly consultative practices. To this end, I understand that to remain a patient in this practice, I must agree to accept the responsibility to obtain and keep current a relationship with a primary care physician or gynecologist to provide routine physical examination and evaluation services. Documentation of such treatment will be requested as indicated.

In addition, I understand that many of the treatment protocols and medications that are recommended by Dr. Borgardt in the course of my care may be characterized as alternative in nature, outside the "standard of care," or off FDA label for a specific indication. I understand that each such incidence will be discussed with me fully at the time of our visit, so that I may have full benefit of comprehensive informed consent.

Potential risks, benefits and the limitations of current research on any particular treatment option will be discussed with me at length. I understand I have the right to decline treatment at any time and that I can request review of the informed consent process as needed. I understand that it is impossible to predict all risks/outcomes when dealing with new therapies and agree to assume these risks.

I also agree to abide by Dr. Borgardt's / TNC, Inc. Weight Loss recommendations for follow up appointments, as they are often determined by clinical protocols and the need for careful monitoring when dealing with newer therapies.

Signature:

Date:

Print name:

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Acknowledgement of Receipt of Notice of Privacy Practices

I hereby acknowledge that I can receive a copy of Dr. Borgardt's / TNC, Inc. Weight Loss Notice of Privacy Practices. I further acknowledge that a copy of the current notice is available from the receptionist and that a copy of any amended Notice of Privacy Practices will be available at each appointment.

Authorization to Release Medical Information / Records

I hereby request that Philip Borgardt M.D., Inc. / TNC, Inc. Weight Loss has authorization to request any records and/or information necessary to complete treatment on my behalf. I also authorize Dr. Borgardt to provide in writing to my doctor, hospital, a report of my diagnosis, treatment, prognosis and recommendations, as well as other data pertinent to this treatment of me. This authorization will remain valid until revoked in writing by myself.

Authorization for Records Request

I hereby authorize the release of my medical records to:

Philip Borgardt M.D., Inc. / TNC, Inc. Weight Loss

865 Aerovista Place, Suite 210
San Luis Obispo, CA 93401
Ph: 805-540-5544
Fax: 805-528-1690

Signature:

Date:

Print name:

Philip Borgardt MD

Authorization to Discuss Medical Information

I authorize Philip Borgardt, MD/TNC to leave detailed messages on my voicemail.

Yes or No (please circle your response)

I authorize Philip Borgardt, MD to discuss my information with*:

Name of friend or family members (printed)

Relationship to patient

(Please cross out anything below you do not wish discussed.)

- Medical conditions
- Appointments
- Prescriptions
- Payments or other issues specified below

Patient name _____ DOB _____
(Please print)

Patient signature _____ Date _____

* It is your responsibility to inform us of any changes in the future.

Medicare Notification Form

Philip Borgardt M.D., Inc. and TNC, Inc. are NOT Medicare providers.

- NO, I am NOT on Medicare
- YES, I am on Medicare

You will be responsible to pay for the medical services provided. Medicare will not reimburse you and you can not submit bills to Medicare.

We *will not* be supplying you with a Superbill or a Statement for services.

By signing below you agree:

I understand I *will not be provided* with a Superbill to submit to Medicare and I *will not* try to bill Medicare on my own.

Name _____ Date _____

DOSAGE INFORMATION FOR WEIGHT LOSS PROGRAM

- **WORK YOUR WAY UP TO A DOSE OF TOPAMAX THAT MAKES YOU:**
 - not hungry most of the day.
 - fill up quickly when you do eat.
- **THEN STAY ON THAT DOSE.**

PHENTERMINE

TOPIRAMATE (Topamax)

First Week	1/2 of a 37.5 mg tablet or one 15 mg capsule before breakfast or late morning on an empty stomach.	25 mg (1 pill) 1 hour before supper or 4pm, <i>if sleepy move to bedtime.</i>
	DO NOT INCREASE PHENTERMINE DOSE.	<i>At the end of the first week, if your appetite is well controlled, stay on 25 mg of Topamax. If not, increase the Topamax dose as follows:</i>
Second Week	1/2 of a 37.5 mg tablet or one 15 mg capsule before breakfast	50 mg (2 pills) one hour before supper or at bedtime
	DO NOT INCREASE PHENTERMINE DOSE.	<i>At the end of the 2nd week, if your appetite is well controlled, stay on 50 mg of Topamax. If not, increase the Topamax dose as follows:</i>
Third Week (May skip and go to fourth week dose if desired)	1/2 of a 37.5 mg tablet or one 15 mg capsule before breakfast	75 mg (3 pills) one hour before supper or at bedtime
	DO NOT INCREASE PHENTERMINE DOSE.	<i>At the end of the 3rd week, if your appetite is well controlled, stay on 75 mg of Topamax. If not, increase the Topamax dose as follows:</i>
Fourth – Fifth Week	1/2 of a 37.5 mg tablet or one 15 mg capsule before breakfast	100 mg one hour before supper or at bedtime

If your appetite is not controlled after a full week on 100 mg of Topamax, we will adjust medication at your next visit.

COSTCO in San Luis Obispo (805) 541-7028,

CAYUCOS PHARMACY & GIFTS in Cayucos (805) 995-3538 have inexpensive generic topiramate. They can also mail to you for a small fee.

Phentermine & Topamax prescriptions PAID BY CASH should be only \$25 or less for EACH Rx.

FOLLOW THE INSTRUCTIONS WE HAVE GIVEN YOU. (SEE ABOVE)

YOU SHOULD FEEL WELL WHILE YOU'RE ON THIS TREATMENT

- **If you have tingling from topiramate, do not go to higher dose. Increase your water intake, to help the tingling go away.**
- **If you have trouble thinking or speaking from topiramate, decrease dose by 1 step and this side effect should go away in one day.**
- **If you're bothered by side effects of either medication, call our office.**
- **If you start to feel cold or very tired, call us. This is usually caused by the thyroid gland decreasing function in response to your decreased food intake. This will slow weight loss. Call our office and we will order labs to check your thyroid function.**

OFFICE POLICIES AND APPOINTMENT FEES

Prescriptions

- We prescribe for weight loss and/or thyroid medications *only*, if you need any other medications, please refer to your primary care physician.
- Prescription refills will *only* be made at the time of your appointment. You will be given a new prescription at each visit. This helps prevent medication errors.

Lab Tests

Lab results will be discussed at your next appointment or they can be faxed to another physician of your choice. The office staff is not qualified to give you the results of your tests over the phone.

Appointment Reminders

We do not make reminder phone calls for follow-up appointments.

We have a system that generates an email/text TWO DAYS before your appointment, but it is not foolproof. Please do not rely on a reminder. Not getting an email/text is not a valid excuse for missing an appointment.

PHONE Appointments

Please ***CALL OUR OFFICE*** at your scheduled appointment time. Have your weight, blood pressure and heart rate for your visit. Phone appointments should not be back-to-back; your next appointment should be an in-office visit. All phone appointments are at the discretion of the provider. (A phone appointment request may be denied.)

If you are sick, please do not come into the office, we will make arrangements for you to have a phone appointment instead.

New Patients Initial Fee **\$200**

New patient phone appointment fee **\$220**

Follow-up Visit Fee **\$ 100**

Follow -up phone appointment fee **\$120**

Follow-up appointments are important for your weight-loss success. Patients that come in regularly for their follow-up visits tend to be more successful with the program.

Restart Fee **\$160**

Restart phone fee **\$180**

If a patient has dropped out of treatment, or has missed or cancelled appointments six months after the most recent visit, there is a restart fee.

Cancelled/Missed Appointment Fee

Cancellation without 24 hour notice. **\$ 35**

(If appointment is at 9:00 am we need to hear from you by 9:00 am the previous business day.)

Missed appointment **\$ 60**

Long Distance Patients

Some patients are not able to come into our office for an initial visit or are unable to come for follow-up visits. An initial visit can be done in the office or entirely by phone provided that the patient can send a recent complete history, physical and lab reports to the office. We require an annual office visit or notes from your annual visit with your primary care physician. Visit fees are the same as above. We are not able to accommodate patients who live out-of-state.

Signature _____ **Date** _____

DIET SUGGESTIONS

- Eat only when you are hungry. (If you haven't eaten for more than one day, then call our office to talk about reducing the dose of medications.) Stop eating when you are no longer hungry.
- Eat
 - **fairly high protein** Three to five 3-oz. servings of meat, fish, or poultry per day. This gives you 80-120 grams of protein daily. Non-fat cottage cheese and whole eggs are fine.
 - **low fat and low carbohydrate** diet (40 g or less per day is best).
- To stay healthy while eating a very low carbohydrate diet, you need protein, a small amount of healthy fat, vitamins, calcium, and other minerals. ***THIS IS WHY THE VITAMINS AND SUPPLEMENTS ARE SO IMPORTANT.***

Choose high protein (Read labels to find the protein content of your food choices.):

- **Low fat meats** (baked, broiled or boiled; **NOT FRIED**): lean chicken, turkey, beef, pork, whole eggs.
- **Dairy**: non-fat versions of milk, cheeses, yogurt (with a protein boost)
- **Seafood**: fish and shellfish
- It's harder for some types of vegetarians to follow an extremely low carb diet. Talk to your provider.

Choose low carbohydrate vegetables (in salads or cooked without fat) such as: Lettuce, celery, tomatoes, cucumbers, radishes, onions, garlic, peppers, carrots, broccoli, spinach, summer squash, asparagus, string beans, cabbage.

Choose: Olive oil or canola oil (small amounts), vinegar, salsa, pepper, lemon juice, salt or salt substitute (contains potassium) on salads

AVOID HIGH FAT: butter, margarine, lard, nuts, avocados, sausage, bacon, bologna.

AVOID HIGH CARBOHYDRATE FOODS: pastry, candy, sodas, fruit juice, juice drinks, foods containing high-fructose corn syrup, alcoholic drinks, potatoes, rice, tortillas, pasta, cereal, bread (except low carb breads), high carb vegetables (corn, beans, beets, peas, winter squash, parsnips), most fruits (especially bananas, watermelon, pineapple and all dried fruit).

DON'T BE FOOLED: Some Atkins bars, Slim Fast foods, and other products claim to have only 5 or 10 "net carbs" or "effective carbs." Some of these are actually high in carbs and most are high in fat. You want foods that have twice as many grams of protein as the sum of carb and fat grams combined. For example, a food that has 20 grams of protein, 4 grams of fat and 5 grams of carbs would be a low fat, low-carb food. This would be a good choice.

Tips for Making It Work

- If you find you're not eating all day, then get home from work and overeat, you will do better if you plan to eat a light breakfast and lunch.
- Make sure you have the right kinds of foods available at home and at work so that when you do eat, you are less tempted by other options. **THIS REQUIRES EFFORT AND PLANNING.**
- **The closer you stick to this, the faster you will lose weight.** Weight loss will be slower with increased carbohydrates or higher fat meat and dairy choices.
- A food diary can be helpful

Resources

South Beach Diet Phase I Diet is close to our plan. Some people find this too rigid and will use South Beach Phase II with more carbohydrates. *South Beach Diet: Good Fats, Good Carbs Guide* can be helpful.

The Doctor's Pocket Calorie, Fat & Carbohydrate Counter provides data on food contents including packaged foods and restaurant items also available at www.calorieking.com.

ADDITIONAL INSTRUCTIONS

1. You will be eating about 800 calories per day and must take in as much protein as you do now when you are eating over 1600 calories per day. This means that you need about 80-120 grams of protein per day that would equal about 400 calories each day from protein. Many foods have labels describing protein, fat and carbohydrate content. Please read the Diet Suggestions information sheet. The South Beach Diet Phase 1 is very close to our approach
2. Alcohol should be eliminated because it may increase the sedating effect of topiramate, it may make you hungry by blocking the weight loss effect of topiramate, and it contains empty calories.
3. You should do some aerobic exercise for 30 minutes at least 3 times per week, such as walking, swimming, aerobics, etc.
4. You and your family members should avoid any foods that contain an ingredient called high fructose corn syrup or fructose or corn syrup. This is the main sugar that is added to many processed foods, especially sodas, candies, pastries, cereal, even baby food and other foods. It seems from some recent research that this added sugar derived from corn, unlike simple granulated sugar, does not register well as calories when you consume it in foods, even though it has the same caloric content of other carbohydrates. When you eat most food, including granulated sugar, the stomach and brain feel at least temporarily satisfied. When you eat corn syrup, these calories do not cause the usual hormonal signals that tell us that we should be full, no matter how much of this sweetener you consume. Remember that you are supposed to be avoiding carbohydrates in general for this diet, but please especially avoid this carbohydrate.
5. Please read the labels of all processed foods and avoid any that contain artificial sweeteners. Recent evidence suggests that these no-calorie sweeteners may actually increase appetite and may contribute to obesity.
6. For constipation, you may take extra fish oil, flax seed oil 1000 – 2000 mg daily, magnesium 250 mg 2 – 4 a day, and or fiber tablets as needed. Try to keep bowels on the loose side to prevent hemorrhoids.
7. Losing weight on a low calorie diet often causes the thyroid to become temporarily under active. Signs of low thyroid include: **tired and cold, hair loss, constipation, low blood pressure, weakness, and depression.** Please call the office if you develop any of these symptoms.

Good luck and please call if you have any questions or any unexpected side effects from the medications.

WHY CUTTING OUT THE CARBS MATTERS

When we eat highly processed carbohydrates, the body increases insulin secretion and suppresses glucagon secretion. This, in turn, signals fat cells to store more calories, leaving fewer calories available to fuel muscles and other metabolically active tissues. The brain perceives that the body isn't getting enough energy, which in turn leads to feelings of hunger. In addition, metabolism may slow down in the body's attempt to conserve fuel. Thus, we tend to remain hungry, even as we continue to gain excess fat.

We need to consider not only how much we are eating, but also how the foods we eat affect our hormones and metabolism.

Foods to avoid

Highly processed foods:

- Sugary or sweetened juice drinks, including soft drinks
- Syrups and jams
- Sweetened breakfast cereals
- Chocolate and candies
- Potato chips and pretzels
- Sauces, dressings and gravies
- Ice cream and frozen desserts
- Bakery products like muffins, cakes, and pastries
- Fast foods, like French fries and burgers, pizza
- White flour (bread, bagels, tortillas) pasta, bread
- White rice
- White potatoes
- Pre-made meals – frozen, microwave, or instant noodles. The most heavily processed food with added sugars, sodium and fats

Foods ok to eat

Unprocessed or minimally processed foods:

- Vegetables
- Legumes
- Fruits (like berries, apples, or pears)
- Nuts, meats, seafood, herbs, spices, garlic, eggs, and milk
- Pair whole-grain carb sources with healthy fats and protein

Whole grain carb sources: A grain is a whole grain if it contains the three key parts of a seed: the bran, the germ, and the endosperm, such as brown rice, quinoa, sprouted-grain bread, and corn.

Makes these real, whole foods the basis of your diet.

Females over 40

Decreasing estrogen in our 40s will make our bodies want to store fat in the abdominal area. The estrogen will lead the carbohydrates and alcohol straight to the tummy. Decreasing muscle mass also slows metabolism, so exercise (usually weight resistance or high-intensity interval training versus walking or cardio) and changing the diet and the timing one eats are of utmost importance. Also considering bioidentical hormone replacement may keep the abdominal fat from accumulating.

Males over 40

Andropause is real. Testosterone decreases after age 30 leading to decreased muscle mass, fatigue, mood changes, and poor libido. If testosterone is low, exercise intolerance and fatigue can make it challenging to get weight off. Testosterone replacement may be helpful for some men.