Meet Sandra Elia

At age 29, Sandra was 45 kg (100 lb) overweight. She managed to lose the weight through a 12-step programme, which was later replaced with spiritual practice.

Over time, she has regained and lost 23 kg (50 lb). During the COVID-19 pandemic, she has gained some weight.

Focusing on her relationship with food has been a key part of her journey. This includes focusing on eating patterns that boost energy and vitality and assessing her thought patterns.

Sandra does not focus on the number on the scale and avoids any healthcare providers that forces weight measurements.

Sandra is returning for a follow-up consultation with Dr. Deborah Horn to discuss treatment options. She is eager to discuss her homework and action plan with Dr. Horn.

Sandra's medical history

Sex:	Female
Age:	48
Height:	160.0 cm (5'3")
Body weight:	Patient declined
BMI:	Patient declined
Blood pressure:	99/60 mmHg
HbA$_{1c}$:	33.3 mmol/mol (5.2%)
Current medications:	• 0.125 mg levothyroxine

Notes:

- Hashimoto autoimmune – diagnosed at age 16

BMI, body mass index

Checklist of action items

Visit laboratory for fasting blood tests

Mindful eating focused on energy and vitality

Monitor symptoms

Sandra's action plan

Laboratory assessments

Total cholesterol: 5.9 mmol/L (228.2 mg/dL)

HDL-C: 2.0 mmol/L (77.3 mg/dL)

LDL-C: 3.5 mmol/L (135.3 mg/dL)

Triglycerides: 0.8 mmol/L (70.9 mg/dL)

Fasting glucose: 5.4 mmol/L (97 mg/dL)

Fasting insulin: 46.0 pmol/L (6.6 µU/mL)

HbA$_{1c}$: 33.3 mmol/mol (5.2%)

ALT: 15.0 U/L

Free T4: 12.0 pmol/L (0.9 ng/dL)

ALT, alanine aminotransferase; HDL-C, high-density lipoprotein cholesterol, LDL-C, low-density lipoprotein cholesterol; T4, thyroxine; U, units.

Sandra's action plan

Monitor symptoms

	Previous week			Current week		
I engage in weekly activity	No	✓ Yes	Somewhat	No	✓ Yes	Somewhat
I eat to thrive	No	Yes	✓ Somewhat	No	✓ Yes	Somewhat
I experience improved sleep	✓ No	Yes	Somewhat	No	✓ Yes	Somewhat
I experience improved energy	No	Yes	✓ Somewhat	No	Yes	✓ Somewhat
My mood has improved	No	Yes	✓ Somewhat	No	Yes	✓ Somewhat
I have improved self-image	No	✓ Yes	Somewhat	No	✓ Yes	Somewhat
I have improved relationships	No	Yes	✓ Somewhat	No	Yes	✓ Somewhat