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### *Case Study*

#### 1. Patient Profile:

The patient is 48 years old. Male. 125 kg

Diabetes, blood pressure, sleep apnea, such as the need to use chronic medications are present.

He's been obese for about 18 years.

Irregular and unhealthy fast food feeding.

Carbohydrates are heavily fed.

Eating intervals are frequent and calorie.

The amount of water is insufficient.

There is no regular movement, sports, exercise.

#### 2. Description of the case:

The patient is now moving less and less, moving slowly by resting.

Chronic disorders are getting worse day by day and the discomforts that need to be treated are increasing.

The patient now believes that obesity reduces the quality of life.

He believes that the problem of obesity needs to be resolved.

#### 3. Situation before the Professional care:

It is difficult to make the necessary responsibilities on its own.

Mostly they get help from the family.

He is tired and unhappy all the time.

The comments on the conversation makes him, his sadness also causes more food and weight gain.

The drugs he uses for chronic diseases are increasing day by day.

The condition of his illness is getting worse.

#### 4. Situation during the intervention of the Professional:

The patient is conscious and willingly helped.

He wants to lose weight now.



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It consumes food and drinks as recommended.

It adapts to the exercises.

#### 5. Treatment developed for the patient:

Patients and their relatives were informed about the process.

First, regimens were made on sugar and blood pressure medicines for chronic illnesses.

An appropriate diet program was identified.

The daily exercise schedule was created.

#### 6. Results of the Professional care:

Desired results were obtained with the diet applied for the patient.

#### 7. Experiences & Recommendations:

As the patient and his or her relatives begin the healthy nutrition process, information about the process should be provided.

Instead of getting very fast results in a short time, it is aimed to get more balanced but permanent results.

#### 8. Partner's Advice:

Healthy eating should be the nutritional form of all people, not just obese people.

For healthy results, diet and exercise should be done with the whole family.

#### 9. Queries & Consideration:

The way of life affects people's health negatively.

Our immobile life threatens our health.

Carbohydrate-weighted fast food diet increases obesity.

#### 10. Questions to think about the theme:

How can we increase the movement in our daily lives?

How do you get a regular eating habit?



How do we increase water consumption?

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