

# Integrated Weight Management Programme

## 綜合體重管理計劃

### Integrated Weight Management Programme

Integrated weight management programme is an one-stop weight loss platform designed by multidisciplinary professional team. Team members, including endocrinologist, dietitian, physiotherapist and dedicated nurse, will tailor make a safe and personalized scheme for those with obesity. If treatment outcome is suboptimal, pharmacological approach can be considered, and further referral can be made to surgeon and psychologist to assess the suitability of metabolic surgery, when appropriate.



### What is obesity?

World Health Organization (WHO) defines obesity as excessive accumulation of fat that presents a risk to health. Obesity is a risk factor for a number of chronic diseases, including cardiovascular disease, stroke, type 2 diabetes mellitus, hypertension, degenerative arthritis, kidney disease and certain types of cancer etc.

#### WHO Measures Obesity by Body Mass Index (BMI)

$$\text{Body Mass Index (BMI)} = \frac{\text{Weight (kg)}}{\text{Height (m)} \times \text{Height (m)}}$$

#### BMI in Adult (Asians)

Normal	18.5 - 22.9
Overweight	23 - 27.4
Obese I	27.5 - 32.4
Obese II	32.5 - 37.4
Obese III	≥ 37.5

(Not applicable for children under age 18 or pregnant women)

### Medical Weight Management

Possible underlying endocrine causes of obesity can be identified through medical assessment and treated appropriately. After exclusion of pathological causes, diet modification and exercise are the cornerstones of any obesity management. Dietitian and physiotherapist will guide patient to achieve appropriate and feasible weight loss through establishing proper eating and exercise habit. A modest weight loss of 5%-10% of the initial body weight, generally at a rate of 1 to 2 pounds per week, and maintenance of that weight loss can reduce risk of chronic disease.



### Dietetics

Adult's daily calorie requirement depends on age, weight, metabolic rate, gender, physical activity level, and other factors. To lose weight, daily calorie intake should be less than output. Dietitian can base on patient's daily habit, physical activity level and food diary to calculate the difference between daily needed calorie and total intake, and advise on diet modification to achieve weight loss and maintain the goal.

Treatment plan (if applicable):

1. Design an individualized balanced diet plan, including goal setting and self-monitoring by food diary.
2. Review and revise diet plan, and provide ongoing feedback, monitoring and support.

### Physiotherapy

Physiotherapist, being an expertise in exercise, plays a pivotal role in trimming down body weight by delivering the knowledge of proper and efficacious physical exercise. Physiotherapist will make appropriate recommendations and design a personalized exercise prescription based on patient's current health condition. Weight management is an enduring process, persistence with proper exercise is of paramount importance. Physiotherapist will walk patient through to maintain and uplift the physical activity level.

What I called, you answered me; you greatly emboldened me.

*Psalms 138:3, NIV*

Treatment plan (if applicable):

1. Advise personalized lifestyle modification, taking into account individual's daily habit, background, culture and readiness to change.
2. Provide exercise prescription, supervise with graded advancement of appropriate physical activity to enhance muscle strength, flexibility and endurance; and to aim at sustaining energy output to achieve and maintain weight loss under safe and controlled conditions.



### Integrated Weight Management Programme

#### Items

##### Part I\*

#### Health Examination & Consultation

Endocrinologist's Physical Examination & Consultation (2 visits)	✓
Nurse Assessment	✓
Body Composition Analysis	✓
Investigation Report	✓

#### Ultrasound Examination

USG Upper Abdomen	✓
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#### Cardiac Examination

Electrocardiogram	✓
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#### Laboratory Tests

Complete Blood Count, Liver Function Test, Renal Function Test, Lipid Profile Tests, Glucose (Fasting), Haemoglobin A1c Thyroid Stimulating Hormone, Calcium, Inorganic Phosphates, Routine Urinalysis	✓
Cortisol - Overnight Dexamethasone Suppression Test (ONDST) #Test on separate day	✓

#### Items

##### Part 2\*

Endocrinologist Consultation (3 Visits at 1st, 3rd & 6th Month)	✓
Dietitian Programme (5 Visits / 6 Months)	✓
Physiotherapy Programme (6 Visits / First 6 Months)	✓

##### Part 3

Physiotherapy Programme (6 Visits / Another 6 Months)	✓
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The programme is suitable for adult with BMI 27.5 or above. Enquiry from patient with chronic diseases who is overweight (BMI 23 or above) is also welcomed.

\* Participants in this programme must be assessed by doctor for their suitability

The effect of weight loss varies individually. Patient should follow the guidance of dietitians and physiotherapists to work for a balanced diet and moderate exercise. This programme does not guarantee weight loss.

The above information is for reference only, please consult doctor for details. Note: For referral cases, please call the Centre for information.

#### Service Hours (By appointment only)

Monday to Friday	9:30am to 12pm, 3pm to 5:30pm
Saturday	10am to 1pm
Sunday and Public Holidays	Closed



香港浸信會醫院  
Hong Kong Baptist Hospital

Diabetes and Endocrinology Centre  
3/F, Block B, 222 Waterloo Road, Kowloon Tong, Hong Kong

Tel : 2339 5990 / 2339 8836  
Fax : 2339 5994  
Email : dec@hkbh.org.hk  
Website : http://www.hkbh.org.hk

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# 綜合體重管理計劃

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### 綜合體重管理計劃

綜合體重管理計劃是一個由跨科目專業團隊，包括糖尿及內分泌科醫生、註冊營養師、註冊物理治療師和專職護士，為患有肥胖症人士策劃既安全及個人化的減重方案，提供一站式管理體重平台。若治療效果未如理想，可考慮配合藥物治療，需要時更可轉介外科醫生和心理學家為患者評估是否適合進行減重手術。



### 什麼是肥胖症

世界衛生組織(WHO)定義肥胖為過量的脂肪堆積，並對健康構成風險。肥胖症可以引發心血管疾病、中風、二型糖尿病、高血壓、退化性關節炎、腎病及部份癌症等。

#### 世衛以體重指標 (BMI) 釐定肥胖

$$\text{體重指標 (BMI)} = \frac{\text{體重(公斤)}}{\text{身高(米)} \times \text{身高(米)}}$$

#### 亞洲成年人的體重指標 (BMI)

正常	18.5 - 22.9
超重	23 - 27.4
輕微肥胖	27.5 - 32.4
中度肥胖	32.5 - 37.4
嚴重肥胖	≥ 37.5

(不適用於18歲以下兒童或懷孕婦女)

### 醫學體重管理

醫生通過醫學檢查找出可能引致肥胖的潛在內分泌疾病以對症下藥。排除病理成因後，飲食和運動是任何肥胖症治療的關鍵基石。營養師和物理治療師會指導患者培養正確的飲食和運動習慣來減重。一般而言，以每週減重1-2磅的速度來減去原來體重的5%-10%，並長期維持，可減低患上慢性疾病的風險。



### 營養學

成年人每天所需的卡路里取決於年齡、體重、新陳代謝率、性別、活動量以及其他因素。要成功減重，每天攝取的卡路里必須比總消耗量少。營養師根據患者的日常生活習慣、活動模式及食物日記，分析每天所需的目標卡路里和總攝取量，並找出兩者的落差，協助患者改善飲食，以達到減重或保持體重的效果。

內容包括 (如適用)：

1. 制定個人化的均衡飲食計劃，包括設定目標及以食物日記作自我監控。
2. 檢視和修訂飲食計劃，並提供持續檢討、監督和支援。

### 物理治療

物理治療師作為運動的專家，透過教授正確及有效的運動方法，在體重管理中擔當重要角色。物理治療師會利用其專業知識，根據患者的身體狀況建議個人化的減重運動處方。體重管理是一個漫長過程，持之以恆的運動是很重要的一環。物理治療師會與參加者一起計劃以維持及提昇運動水平。

我呼求的日子，你就應允我，鼓勵我，使我心裏有能力。

詩篇 138:3

內容包括 (如適用)：

1. 配合日常活動模式、背景、文化、為健康作出改變的意願等情況，提供個人生活習慣的專業建議。
2. 處方運動、定期監察及逐步提升運動程度：在安全受控的情況下增加肌肉力量、柔軟度、耐力等；及維持能量消耗，以達到體重控制的目的。



### 綜合體重管理計劃

項目	
第1部分*	
健康評估及會診	
糖尿及內分泌專科醫生臨床檢查及會診 (2次)	✓
專科護士評估	✓
身體成份分析	✓
檢驗報告	✓
醫療造影	
上腹部超聲波掃描	✓
心臟檢查	
心電圖	✓
化驗	
全血計數、肝功能、腎功能、空腹血脂、空腹血糖、糖化血色素、甲狀腺激素、鈣、磷、尿液常規	✓
皮質素 (類固醇隔夜抑制測試) #須於另一天進行	✓

項目	
第2部分*	
糖尿及內分泌專科醫生會診 (3次，於計劃第一、三、六個月)	✓
營養師計劃 (5次 / 六個月內)	✓
物理治療計劃 (6次 / 首六個月內)	✓
第3部分	
物理治療計劃 (6次 / 次六個月內)	✓

此計劃適合BMI 27.5或以上的成年人士參與。慢性病患者如有超重問題 (BMI 23或以上) 亦歡迎查詢。

\* 參加者必須經由醫生診斷是否適合進行此計劃

減重效果因人而異，患者需要跟從營養師及物理治療師指引，配合均衡飲食及適量運動。本計劃並不保證減重效果。

以上資料只供參考，詳情請向醫生查詢。  
註：有關轉介個案，請致電本中心查詢詳情。

#### 服務時間 (敬請預約)

星期一至五	上午9時30分至中午12時 下午3時至下午5時30分
星期六	上午10時至下午1時
星期日及公眾假期	休息



香港浸信會醫院  
Hong Kong Baptist Hospital

糖尿及內分泌科中心  
香港九龍塘窩打老道222號B座3樓

電話：2339 5990 / 2339 8836  
傳真：2339 5994  
電郵：dec@hkbh.org.hk  
網址：http://www.hkbh.org.hk

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