

Bruce Sussman is a 25yo M with a pmhx of asthma. A rescue inhaler controls his asthma, which is only induced by environmental factors like pollen, not exercise. The majority of his diet comes from foods he eats outside.

Social Hx: Occasionally drinks with friends 1-2x a week, and recreationally does cocaine 1-2x a month. Bruce works as a train dispatcher for the LIRR.

Other information: BP: 124/76, weight 240lbs, BMI 34, LDL 130 with Total Cholesterol 160.

Goals: Weight loss and get in better shape, wants to lose weight to do better on the dating scene

Diet:

Breakfast: Eats Dunkin Donuts Breakfast sandwiches and has a coffee with half and half. On weekends, Bruce doesn't eat breakfast, but he goes to brunch with his friends at a diner.

Recommendation:

For weekdays, I would recommend that Bruce switches to a different kind of milk instead of using half-and-half creamer. His lab work indicates that he has high levels of cholesterol, and drinking that would only worsen it because it is a combination of whole milk and creamer. I would suggest switching to a plant-based milk like oat or almond milk for his coffee. Instead of a Dunkin Donuts sandwich, I suggest getting a different type of sandwich from a healthier location such as a veggie wrap. On weekends, I would suggest eating something small for breakfast such as fruit, yogurt, or nuts before going out for brunch, that way he does not have to skip breakfast; it may not be a large meal but it is still better than eating nothing. Instead of completely cutting out what he enjoys, other things can be incorporated to improve his health.

Lunch: Addicted to Tacobell and goes there every day for lunch. His go-to is the 7-layer burrito with guacamole. At his workplace, there is always access to sweets like cookies and cakes. He tries to incorporate better choices into his diet such as grilled chicken Caesar salad, but then eats poorly again afterward.

Changing Bruce's habits for the lunch section is a bigger challenge than his habits for breakfast. It is very difficult to break away from something if it becomes a routine and then turns into an addiction, and in Bruce's case, it's Taco Bell. I do not want him to cut out his favorite restaurant cold turkey because then it may cause him to go to a different fast food chain and have it become another addiction. I want him to make conscious decisions when he is at Taco Bell that way he

builds a good habit and can then later try other places with the things he learns about. The City Health Information article demonstrates the various options to present to patients if they eat out a lot. Firstly, I would encourage him to avoid getting his regular 7-layered burrito, and try getting other options from the menu such as a Cantina salad which includes leafy greens, chicken, beans, and guacamole; while this change may seem drastic, it is still from his favorite restaurant, and since he has tried to incorporate a grilled chicken caesar salad before, I think this would be a good start to make it consistent. Moreover, as for his workplace, I suggest bringing his snacks such as fruit/ fruit bars, or even a protein cookie, which still allows him to consume sugar but as an alternative to a much more sugary option like cookies and cake. Overall, this allows Bruce to actively think about what he has been consuming, and now he can avoid huge portions, and try an option that has protein, and vegetables, and still enjoy the guacamole he loves from his favorite restaurant, and have a better experience at his workplace without the temptation of desserts.

Dinner: Eats takeout, and has dessert afterwards

Recommendation:

Bruce consumes food from outside daily and does not cook because he does not know how to. I understand how much of a challenge this can be. I suggest that he buy a cookbook with recipes that way he will reduce how much he buys takeout, but of course, this is a habit that has to be developed slowly over time. He mainly consumes takeout from Pizza, Chinese, or Thai food, and finishes off his dinner with a dessert. For him, I suggest that he keep his favorite food places' menus and order from there at least 1-2 times a week as a treat, and focus on consuming foods that have protein or vegetables, for example, if he orders a pizza, instead of getting a plain slice, I would suggest getting a chicken and broccoli slice. There are little things he can do to make his meals enjoyable without going on an extreme diet. Another thing that Bruce can do since he enjoys takeout is purchase meals for delivery from a healthy spot, that way he can consume healthy meals on the go. To combine two of these recommendations, there is a service called Hello Fresh that will deliver meal kits that come with recipes to follow along with. Personally, as someone who has been an avid gymgoer for years, I would say that investing in these delivery services made me take a good look at what I was consuming and feel a lot healthier, it is worth it for my lifestyle because I relate to Bruce eating out often. I know that Bruce can make a change if he makes these adjustments that are tailored to his habits.

Additional - Social Hx: Occasionally drinks with friends 1-2x a week, and recreationally does cocaine 1-2x a month.

There are severe implications to consuming alcohol and cocaine such as damaging your liver and pancreas, organs that aid in digestion and metabolism. According to Medline, improvements made to one's nutrition will result in the body's need for craving alcohol and drugs to lessen, so if a person has a bad diet they have a higher chance in relapsing and crave alcohol and drugs again. I would recommend Bruce to stay away from these substances when he hangs out with his friends, and instead opt for a different alternative such as a mocktail or water, and start implementing healthier habits so that he does not get cravings for these substances. He can do this by eating a diet that is high in fiber because consumption of these substances will result in symptoms like nausea, vomiting, diarrhea, and this diet will help with that and overall lower his cravings.

Exercise: Pain in his knee due to a previous basketball injury, can walk 2 flights of stairs without feeling SOB, rides his bike sometimes on weekends 3-5 miles

Implementing a workout program for Bruce is crucial, while he does have knee pain from a previous injury, there are other ways he can exercise and still avoid overuse of his knee. Exercise and nutrition go hand in hand, so it is important that he makes time to exercise regularly. For Bruce's exercise plan, I recommend that he signs up for dancing classes like a salsa class and goes at least once a week, because he likes latin music. Joining a dance class is a great way to combine his love for latin music with working out, and also allows him to potentially meet a partner since his goal is to lose weight to do better in the dating scene. Next, Bruce does occasionally bike ride, so I would recommend him to start off lightly, and my plan is to slowly increase him from light to moderate to high intensity once he develops better habits. Also, since walking up flights of stairs does not cause him to get winded or tired, I would suggest that he sign up to a gym, and start off by using cardio machines such as the stairmaster for at least 15 minutes a day, and eventually he will get comfortable enough to explore other sections of the gym such as the free weights; he should get a personal trainer when he goes to the gym.

<https://medlineplus.gov/ency/article/002149.htm>