

## Jose Garcia- Case Study



Jose Garcia is a 68 year old man who is retired from his job as a taxi driver for about 3 years now. He is largely sedentary and says that “I seem to have a lot of time on my hands since I retired”. He used to smoke quite a lot, “but my wife doesn’t let me smoke in the house so I’ve gradually cut down to a half a pack a day”. His PMH includes HTN, high cholesterol and arthritis in both knees. He says he’s been told in the past that he has “pre-diabetes” as well.

### Diet:

Breakfast: I usually get a buttered roll at the coffee shop at the corner when I go out for the paper. On weekends when my wife is home from work, she makes me eggs or pancakes.

Lunch: I usually have a sandwich or sometimes I go out with my old cabbie friends to a Dominican restaurant in the neighborhood where we can get steak and fried plantains

Dinner: “I’m smart enough to eat whatever my wife makes with no complaints”. Usually consists of meat or fish with plantains or rice and beans.

Likes his desserts – especially pastries and flan (custard)

Admits that he is also very fond of chicharrones (fried pork skin).

### Exercise:

“I don’t do much exercise really”. Says he can go up a flight of stairs without being short of breath, but when you ask him to do so in the office his respiratory rate is 30.

When asked about what he enjoyed doing when he was younger, he says he liked playing handball and riding a bike.

### Other information:

BP 148/88 on his BP meds

Fasting Glucose 120

Weight 250

Height 5 feet 6 inches

Waist circumference 45 inches

### Goals:

Lose weight

Avoid diabetes

## **Intervention:**

### **Diet Plan:**

For breakfast, continue to eat the eggs that your wife makes you but cut back on the pancakes or see if you can buy a whole grain pancake mix. You can also add spinach, tomatoes, mushrooms, and other vegetables to the egg for an omelet. When going to the coffee shop, instead of the butter roll see if they have a whole grain option. Additionally, see if they have a veggie or protein based option such as an egg sandwich or a spinach and egg wrap.

When eating a sandwich for lunch, instead of having processed meats/cold cuts try to have a fresher meat option, such as a grilled chicken sandwich, and add some veggies to the sandwich such as dark green lettuce and tomato. Additionally, try to have a salad before the sandwich.

When eating at a neighborhood Dominican restaurant with your old cabbie friends, try to substitute steak with fish or chicken as well as add beans and even a greens-based salad if the restaurant makes one. The chicken can be simply grilled or if you want more flavor you can have the pollo guisado (chicken stew) for a tasty, leaner meat option.

For dinner, rice and beans are great! Try to eat brown rice instead of white rice.

For deserts, try to limit them for special occasions rather than a daily occasion. When eating meals with plantains, try to only eat 1-2 plantains and eat them last so they can be the sweet at the end of your meal. Even better, try to cut out plantains entirely and eat fresh fruit at the end of your meal as your dessert. Try to stay away from the super sugary fruits (such as mangos, pineapples, and bananas) and try other fruits such as berries, melon, or apples.

Plantains can be very starchy, so try to limit your intake and consider replacing them with vegetable-based dishes including salads.

Try to replace chicharrones with lightly salted nuts, for a healthy snack option.

Try to have smaller portions.

### **Exercise:**

Due to your arthritis, try low intensity exercises daily.

Walking is a great source of exercise. Start by walking 10-15 minutes every day, and gradually increasing the frequencies of these walks as time goes on (two 10-15 minute walks a day followed by three 10-15 minute walks per day). This is something you can start immediately.

If you liked biking previously, this may be the best way to incorporate exercise into your life. Start with biking for 10 minutes a day on flat ground. Over time, you can gradually increase the duration of your bike rides.

With the frequency and duration of the walks and bike rides, remember to start slow and gradually increase while listening to your body. Don't try to push yourself. The goal is to be active everyday with low intensity exercises, not active some days with high intensity exercises.

Due to your arthritis, join the YMCA or a public pool so that you can do aerobic exercises in the pool, including bicycle kicks. Gentle pool exercises are a good way to exercise without exerting too much pressure on your knees.