

CASE #1070: Application of the FirstLine Therapy™ Therapeutic Lifestyle Changes Program on a Patient with Altered Body Composition

PURPOSE

The purpose of this case study was to show how a therapeutic lifestyle changes program known as *First Line Therapy*—which includes a dietary program, regular exercise, and targeted nutritional support—can be beneficial in a patient with altered body composition and polycystic ovarian syndrome (PCOS).

PATIENT'S PRESENTATION AND HISTORY

A 25-year-old Caucasian female presented with concerns about her weight. Additionally, she was looking for a natural therapeutic approach to address her PCOS. Two years earlier, she had presented to her primary care physician with complaints of irregular menstrual periods and hirsutism, and was diagnosed with PCOS. Based on laboratory results, she was diagnosed with borderline insulin resistance. She was placed on desogestrel/ethinyl estradiol tablets (OCP), to be taken cyclically. She was taking no other prescriptive medications or supplements.

The patient's past medical history, as well as her family history, also included hypertension.

Patient's Objective Information:

- HT: 62"; WT: 198 lb; BMI¹: 36.2 kg/m²; body fat: 42.5%; lean mass: 57.5%
- Physical exam was unremarkable, except for mild hirsutism on chest

ASSESSMENT AND PLAN

Assessment: Altered body composition, PCOS, and presumed insulin resistance.

Plan:

The patient was placed on the *First Line Therapy* program, along with supplements to support underlying issues associated with PCOS, and instructed to begin:

- UltraGlycemX Medical Food beverage mix to nutritionally support healthy blood sugar levels, 2 scoops each morning with fruit
- Conjugated linoleic acid (CLA) in triglyceride form to promote healthy body composition, 1000 mg/day
- EPA-DHA 300:200 to support overall health, 1 capsule/day
- UltraMeal Bar Medical Food to promote healthy body composition, 1/day (in the afternoon)
- A 1300 Cal/day, low-glycemic-index diet, including only one grain item per day
- Exercising 20 min/3 times per week
- Keeping a food journal

1, 4, and 6 Weeks after Starting the FirstLine Therapy Program

In the **first week**, the patient lost 4.5 lb, and was advised to alternate her breakfast with other meal options, or mix 1 scoop UltraGlycemX with 1 scoop UltraMeal Medical Food beverage mix.

After **4 weeks**, the patient reported doing well and had been following the program without any problems. During the previous 4 weeks, she had switched from UltraGlycemX to UltraMeal beverage mix. Her weight had decreased to 186.5 lb, her body fat had decreased to 39.6%, and her lean mass increased to 60.4%. Her BP was 145/110. Two weeks later, she had lost an additional 2 lb.

2.9% Decrease in Body Fat in 4 Weeks

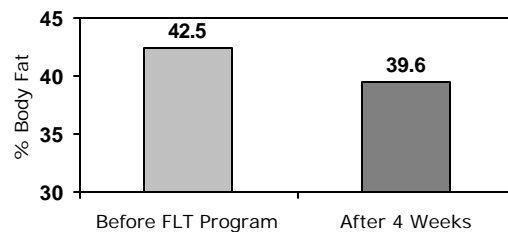


Figure 1. After 4 weeks, the patient's body fat decreased from 42.5% to 39.6%. This result suggests a notable improvement in the patient's body fat mass with the *FirstLine Therapy* program.

2.9% Increase in Lean Body Mass in 4 Weeks

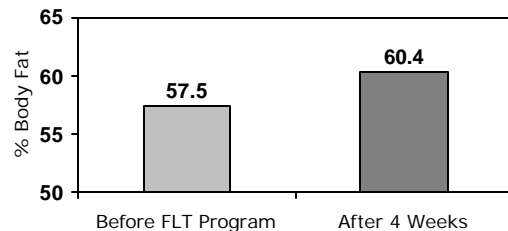


Figure 2. The patient's lean body mass increased from 57.5% to 60.4% after 4 weeks. This result suggests a noteworthy improvement in the patient's body composition with the *FirstLine Therapy* program.

8, 10, and 15 Weeks after Starting the FirstLine Therapy Program

The patient continued a steady weight loss at the 8, 10, and 13 week visits. After **13 weeks** she weighed 172 lb, and her BMI had decreased to 31.5 kg/m². She reported no new hair growth on her chest, and was anxious to discontinue her OCP. She was advised to discontinue the OCP at the end of her current cycle.

After **15 weeks**, the patient's BMI was reduced to 30.5 kg/m² and she had lost an additional 5 lb, for a total weight loss of 31 lb. Her fasting insulin was normal at 11.9 µIU/mL (reference range: 6 - 27 µIU/mL), and fasting glucose was also normal at 80 mg/dL (reference range: 65-109 mg/dL). The patient's BP had normalized to 122/80. She was scheduled for a follow-up visit to assess whether she resumed normal cycling after discontinuing the OCP.

19% Decrease in Body Mass Index in 15 Weeks

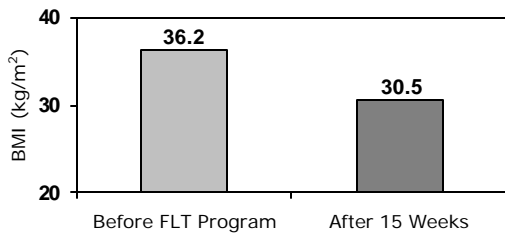


Figure 3. After 15 weeks, the patient's body mass index (BMI) decreased from 36.2 to 30.5 kg/m². This result indicates the patient's BMI considerably improved with the *FirstLine Therapy* program.

SUMMARY

This case study demonstrated dramatic improvements of BMI, body weight, and insulin control in a female with altered body composition and PCOS with the application of the *FirstLine Therapy* program.

NOTE

The information provided in this case study describes the results of one patient under the care of a licensed healthcare practitioner and may not be a typical response. Patients treated with medications should be carefully monitored by their healthcare practitioner during any changes to their medication and/or dietary regimens.

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¹Body Mass Index (BMI) is computed by the weight (kg) divided by the square of the height (m).

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