

**BLISSFUL WELLNESS MEDICAL WEIGHT LOSS CENTERS**  
**2065 HERSCHEL ST**  
**JACKSONVILLE, FLORIDA 32204**  
**904-208-4040**

**WEIGHT LOSS CONSENT FORM**

This very low calorie and/or low carbohydrate plan will be medically supervised. Some of our plans are designed to promote rapid weight loss. As with any diet, there are certain risks associated that we mention below but most importantly there are many benefits associated with weight loss. Some highlights of these benefits are listed here.

**HEALTH BENEFITS:** Weight loss improves obesity related conditions such as:

- |                           |  |
|---------------------------|--|
| ❖ High blood pressure     | ❖ Improves your breathing  |
| ❖ High cholesterol        | ❖ Helps you sleep better and wake more rested                              |
| ❖ Sleep apnea             | ❖ Prevention of angina, chest pain caused by decreased oxygen to the heart |
| ❖ Arthritis               | ❖ Decreases your risk of sudden death from heart disease or stroke         |
| ❖ Diabetes                | ❖ Improved blood sugar levels  |
| ❖ Increases energy level  |  |
| ❖ Reduces aches and pains |  |
| ❖ Improves mobility       |  |

**MORE ABOUT HEALTH BENEFITS OF WEIGHT LOSS**

Research shows the following health benefits for weight loss (from WEBmd.com)

- Weight loss may improve survival in those who have an [obesity-related disease](#), especially [type 2 diabetes](#).<sup>3</sup>
- A modest weight loss of 4.4lb to 9.7lb resulted in a significant lowering of blood pressure.<sup>7</sup>
- People with [asthma](#) who lost an average of 31.3lb over 1 year showed improved lung function and overall health, and with weight loss, the number of severe asthma episodes (exacerbations) and oral [corticosteroid](#) courses were reduced.<sup>8</sup>
- People with type 2 diabetes who lost weight had lower blood sugar levels and were able to use less medicine to lower their blood sugar levels.<sup>3</sup>
- Sustained weight loss prevented new cases of type 2 diabetes in people who were obese.<sup>3</sup>
- People with obstructive [sleep apnea](#) who lost as little as 10% of their weight improved their sleep patterns and had less daytime sleepiness.<sup>3</sup>

**POTENTIAL ADVERSE EFFECTS AND RISKS OF WEIGHT LOSS:**

- Fatigue/weakness – Constipation – Nausea – Diarrhea - Lightheadedness/Dizziness – Headache
- Increased risk of pregnancy: Menstrual Irregularities – Acne - Muscle cramps – Arrhythmias - Electrolyte imbalances (potassium, sodium, magnesium, etc.)- Gout - Pancreatitis – Gallstones - Hair Loss - Brittle Nails - Dry skin - Halitosis (bad breath)

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**CONSENT FOR HUMAN CHORIONIC GONADATROPIN (hCG)**

**CLINICAL APPLICATION:**

The HCG diet was developed for the treatment of obesity by a British endocrinologist named A.T.W. Simeon. Dr. Simeon theorized that by giving HCG injections in conjunction with a low calorie (low carbohydrate/high protein/low fat) diet improved the breakdown of stored fat (lipolysis), especially in targeted areas where fat deposits were likely to collect. Patients will be administered HCG intramuscularly and will be monitored by the medical providers at Blissful Wellness Medical Weight Loss Centers.

**The American FDA requires the following disclaimer:**

“This weight reduction treatment includes the use of hCG, a drug which has not been proven by the Food and Drug Administration as safe and effective in the treatment of obesity or weight control. There is no substantial evidence that HCG increases weight loss beyond that resulting from caloric restriction, that it causes a more attractive or “normal” distribution of fat, or that it decreases the hunger and discomfort associated with calorie restricted diets.”

Explicit diet compliance is necessary to experience success on the center’s HCG diet program.

**PHARMACOLOGY:**

HCG stimulates late follicular maturation and initiated the rupture of pre-ovulatory ovarian follicle (LH surge) HCG is practically identical to pituitary luteinizing hormone (LH), but also appears to have a small amount of follicle stimulating hormone (FSH) activity as well. It also stimulates production of gonadal steroid hormones by stimulating the testicular interstitial cells (Leydig cells) to produce androgens (testosterone) and the corpus luteum of the ovary to produce progesterone.

**CONTRAINDICATIONS:**

Precocious puberty (sexual and physical body changes that happen earlier than normal), prostate cancer or other androgen – dependent cancers, prior allergic reaction to HCG.

**CAUTIONS:**

Ovarian hyperstimulation (a syndrome of sudden ovarian enlargement ascites and/or pleural effusion) ; Pre-existing enlarged ovarian cysts or rupture of ovarian cysts which result in hemoperitoneum; multiple births; atrial thromboembolism; cardiac disease(CHF, Valvular diseases); renal disease; epilepsy; migraine; Asthma; Nursing mothers; Electrolyte imbalances

**POTENTIAL ADVERSE REACTIONS:**

Increased fertility, headache, irritability, depression, fatigue, edema, precocious puberty, gynecomastia, injection site pain and/or bruising, electrolyte imbalances, dizziness, constipation, hypersensitivity reactions which include erythema, urticaria, rash angioedema, dyspnea and shortness of breath.

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DIETHYLPROPRION/TENUATE 25 MG (TABLET) AND 75 MG ER (TABLET)

- ❖ **INDICATIONS:** Indicated for patients greater than 16 years of age for short term adjunct in a regimen of weight reduction based on exercise, diet and behavioral modification in the management of obesity for patients with the initial body mass of 30kg/m<sup>2</sup>, or 27kg/m<sup>2</sup>. This FDA approved appetite suppressant stimulates the satiety center in the hypothalamus, which is similar to amphetamine.
- ❖ **CONTRAINDICATIONS:** Hypersensitivity to drug/class/components; MAO inhibitor used within 14 days (hypertensive crisis); Advanced Arteriosclerosis; Cardiovascular Disease; Severe Hypertension; Hyperthyroidism; Glaucoma; Agitated States; Pulmonary Hypertension; Drug abuse history; Pregnancy; Breastfeeding; Anorexiants/Stimulants
- ❖ **CAUTIONS:** Avoid abrupt withdrawal; Caution in mild hypertension; Caution in Epilepsy; Certain OTC cold and cough medications; May impair ability to drive or operate heavy machinery.
- ❖ **ADVERSE REACTIONS:** Abuse Dependency; Withdrawal if abrupt discontinuation with high doses and/or long-term use; Psychosis; Tachycardia; Hypertension; Palpitations; Restlessness; Insomnia; Dizziness; Euphoria; Tremor; Headache; Dry mouth; Constipation; Diarrhea; Abdominal pain; Urticaria; Impotence; Libido changes; Leukopenia; Agranulocytosis; Bone marrow depression; Pulmonary hypertension and Cardiac Vascular Disease has been reported in patients who had taken a combination of phentermine with fenfluramine or dexfenfluramine.

Phendimetrazine/Bontril: 35mg (tablet) and 105 mg ER (capsule)

- ❖ **INDICATIONS:** ( Same as Diethylpropion) Indicated for patients greater than 12 years of age for the short term adjunct in a regimen of weight reduction based on exercise, diet and behavioral modification in the management of obesity for patients with the initial body mass of 30kg/m<sup>2</sup>, or 27kg/m<sup>2</sup>. This FDA approved appetite suppressant stimulates the satiety center in the hypothalamus, which is similar to amphetamine.
- ❖ **CONTRAINDICATIONS:** Hypersensitivity to drug/class/components; MAO inhibitor used within 14 days (hypertensive crisis); Advanced Arteriosclerosis; Cardiovascular Disease; Severe Hypertension; Hyperthyroidism; Glaucoma; Agitated States; Pulmonary Hypertension; Drug abuse history; Pregnancy; Breastfeeding; Anorexiants/Stimulants
- ❖ **CAUTIONS:** Avoid abrupt withdrawal; caution in mild hypertension; Caution if diabetes mellitus; Certain OTC cold and cough medications.
- ❖ **ADVERSE REACTIONS:** Abuse Dependency; Withdrawal if abrupt discontinuation with high doses and/or long-term use; Psychosis; Tachycardia; Hypertension; Palpitations; Restlessness; Insomnia; Dizziness; Euphoria; Tremor; Headache; Dry mouth; Constipation; Diarrhea; Abdominal pain; Urticaria; Impotence; Libido changes; Leukopenia; Agranulocytosis; Bone marrow depression; Pulmonary hypertension and Cardiac Vascular Disease has been reported in patients who had taken a combination of phentermine with fenfluramine or dexfenfluramine.

PHTENTERMINE/ADIPEX –P 15 mg (capsule), 30mg (capsule), and 37.5 (capsule and tablet)

- ❖ **INDICATIONS:** ( Same as Diethylpropion) Indicated for patients greater than 16years of age for the short term adjunct in a regimen of weight reduction based on exercise, diet and behavioral modification in the management of obesity for patients with the initial body mass of 30kg/m<sup>2</sup>, or 27kg/m<sup>2</sup>. This FDA approved appetite suppressant stimulates the satiety center in the hypothalamus, which is similar to amphetamine.
- ❖ **CONTRAINDICATIONS:** Hypersensitivity to drug/class/components; MAO inhibitor used within 14 days (hypertensive crisis); Advanced Arteriosclerosis; Cardiovascular Disease; Severe Hypertension; Hyperthyroidism; Glaucoma; Agitated States; Pulmonary Hypertension; Drug abuse history; Pregnancy; Breastfeeding; Anorexiants/Stimulants
- ❖ **CAUTIONS:** Avoid abrupt withdrawal; caution in mild hypertension; Caution if diabetes mellitus; Certain OTC cold and cough medications.
- ❖ **ADVERSE REACTIONS:** Abuse Dependency; Withdrawal if abrupt discontinuation with high doses and/or long-term use; Psychosis; Tachycardia; Hypertension; Palpitations; Restlessness; Insomnia; Dizziness; Euphoria; Tremor; Headache; Dry mouth; Constipation; Diarrhea; Abdominal pain; Urticaria; Impotence; Libido changes; Leukopenia; Agranulocytosis; Bone marrow depression; Pulmonary hypertension and Cardiac Vascular Disease has been reported in patients who had taken a combination of phentermine with fenfluramine or dexfenfluramine.

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**5 HTP (5 Hydroxytryptophan)/Carbidopa: 10mg/5 mg tablets and 20mg/5 mg tablets**

- ❖ **Indications and description:** 5 HTP is the metabolic precursor to the neurotransmitter serotonin. Serotonin is responsible for mood , hunger and sleep. Although not FDA approved, this natural supplement because of its similarity to the FDA approved antidepressants (Prozac, Paxil, Zoloft, Lexapro, Cymbalta, and Celexa ) may serve as an alternative to the prescription medications to increase the levels of Serotonin in the brain. 5 HTP is often combined with low doses of Carbidopa (a medication also used in combination in Parkinson’s disease but in much higher doses) to prevent its conversion to Serotonin in the blood stream before it reaches the brain. When used in combination this medication/supplement is felt to increase the amount of Serotonin in the brain which suppresses appetite, elevates mood and decreases insomnia.
- ❖ **Contraindications:** Hypersensitivity to drug/class/ components. Concomitantly taking other SSRI such as Zoloft, Paxil, Prozac, Celexa, Lexapro, Effexor, Prestiq, Remeron, Cymbalta, Luvox or Savella. Advanced cardiovascular disease, Uncontrolled Hypertension, Chronic digestive disorders such as Crohn’s Disease, ulcers, Anorexia Nervosa, Liver and Lung disease, Sickle Cell Anemia and Hemophilia. Do not use if taking MAO inhibitors, Alcoholic Beverages, Cancer chemotherapy drugs, Tranquilizers, Barbiturates, Antibiotics, and Anti Parkinson’s medications.
- ❖ **Cautions:** Avoid abrupt withdrawal. Caution with Irritable bowel and chronic nausea.
- ❖ **Adverse Reactions:** Gastrointestinal disturbances such as flatulence, feeling of fullness, heartburn, nausea, swelling, diarrhea, constipation and rumbling sensation; rashes or flushing; headaches; vivid dreams, at times worsening nightmares.

**Serotonin Syndrome:**

- ❖ This syndrome occurs when there is an excess amount of serotonin in the central and peripheral nervous system It can be seen when certain medications are used in combination such as Phentermine and high dosages of SSRI’s and with 5HTP and SSRI’s.
- ❖ Symptoms: Can range from barely perceptible to fatal. Symptoms are generally rapid, often occurring within minutes and consist of increased heart rate, shivering, sweating, dilated pupils, intermittent tremor or twitching. More severe symptoms include high blood pressure and hyperthermia (increased body temperature), agitation, seizures, and kidney failure.

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BY SIGNING BELOW, I ACKNOWLEDGE THAT I HAVE READ AND AGREE TO THE WEIGHT LOSS PROGRAM DESCRIBED IN THIS INFORMED CONSENT, WHICH MIGHT INCLUDE THE USE/ADMINISTRATION OF HUMAN CHORIONIC GONADOTROPIN (HCG) AS WELL AS 5HTP/CARPIDOPA ALONG WITH THE DIET AND WITH ITS POTENTIAL SIDE EFFECTS AND RISKS. I HAVE DISCLOSED MY PAST AND CURRENT MEDICAL HISTORY AND HAVE BEEN PHYSICALLY EXAMINED BY A HEALTH CARE PROVIDER. I AM AWARE OF THE POTENTIAL RISKS AND ADVERSE REACTIONS OF HCG, PHENTERMINE, PHENDIMETRAZINE, DIETHYLPROPRION, AND 5 HTP/CARBIDOPA. I HAVE HAD FULL OPPORTUNITY TO ASK QUESTIONS AND/OR EXPRESS ANY CONCERNS. I UNDERSTAND THAT HCG AND 5 HTP/CARBIDOPA ARE NOT FDA (UNITED STATES FOOD AND DRUG ADMINISTRATION) APPROVED FOR ADJUNCTIVE THERAPY IN THE TREATMENT OF OBESITY. I HEREBY RELEASE THE HEALTHCARE PROVIDER, THE PERSON ADMINISTERING THE HCG AND 5HTP/CARBIDOPA, AND BLISSFUL WELLNESS MEDICAL WEIGHT LOSS CENTERS FROM ANY AND ALL LIABILITY ASSOCIATED WITH THE PROCEEDURES, PROTOCOLS AND USE OF HCG AND 5 HTP/CARBIDOPA FOR WEIGHT LOSS. I ALSO RELEASE THE ABOVE MENTIONED PARTIES FROM ALL LIABILITY ASSOCIATED WITH THE USE OF PHENTERMINE, PHENDIMETRAZIN, AND DIETHYLPROPRION WITH OUR DIET PROGRAMS.

PATIENT NAME PRINTED:

\_\_\_\_\_

PATIENT SIGNATURE:

\_\_\_\_\_ DATE: \_\_\_\_\_

WITNESS:

\_\_\_\_\_ DATE: \_\_\_\_\_

Initial: \_\_\_\_\_

Date: \_\_\_\_\_

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The above disclaimer of liability is a standard release form used by almost every medical practice in the country that has been adapted to reflect the specific medications and procedures prescribed and followed by our clinics. It is very important that patients understand that the risks associated with the medications mentioned above are no more than the risks related to most medications currently on the market today. **These disclaimers of potential risks are even present in common over the counter medications such as Tylenol and Ibuprofen.** This is in no way meant to dismiss the potential risks aforementioned, but simply to give our patients peace of mind knowing that these disclaimers are of common use in the industry and not only used here.

Doctors have used HCG and other medications off label for decades to effectively combat obesity; even when many of these medications are not FDA approved for weight loss. These medications still largely benefit patients and it is for this reason physicians, under the umbrella of the law, continue to prescribe them.

It is our firm belief that the **REAL** risks associated with leaving obesity untreated far outweigh the **potential** risks specified in this disclaimer.

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