

Getting Fit: the MetStudy

The Center for Healthy Weight and Nutrition



Thank you for your referrals to the Center for Healthy Weight and Nutrition. Some of your patients may have started on Metformin as an adjunct to their weight management intervention in the clinic, if in our clinical judgment there may be a benefit. For these patients, we will be offering them an opportunity to participate in a pilot study to investigate how children respond to a weight management program that includes a medication.

As part of the study, we will track their progress and they will complete surveys. The study will not be providing Metformin for the participants. There are no additional laboratory studies or visits for being a part of this study.

- :: Our inclusion criteria for consideration for the study are: (i) BMI above the 95th percentile and (ii) signs of insulin resistance
- :: Please indicate on the referral form if you feel your patient may be a good candidate for this study
- :: If you wish to order lab studies prior to the referral, consider ordering the standard laboratory studies usually obtained at the Center for Healthy Weight and Nutrition. (LFTs, TFTs, FBS, HgbA1c, Insulin level, Lipid profile, BUN and Cr.)

Thank you

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