



## HCG Informed Consent

### BACKGROUND

The HCG program is a weight loss program originally designed by Dr. A.T.W. Simeons, a British medical doctor in the 1950s. He went on to write "Pounds and Inches", a descriptive manuscript outlining his weight loss protocol, history behind the usage of HCG for weight loss, possible risks associated with HCG, and the overall benefits achieved.

Since that time, studies on HCG have been limited, and has failed to show a direct relationship between the use of HCG and the claims of weight loss benefit. According to the FDA, it must be stated that "HCG has not been approved by the Food and Drug Administration as a safe and effective treatment in obesity and weight control". There is no substantial evidence that HCG increased weight loss beyond that resulting from caloric restriction or that it causes a more "normal" fat distribution, or that it decreases the hunger and discomfort associated with calorie-restricted diets."

HCG is used in medical practice for other conditions and until more studies can be performed, we cannot make claims about its affect on weight loss. Weighless MD incorporates new researched protocols and we believe, based on our experience and anecdotal evidence, that HCG is effective for long term weight loss.

Please initial here \_\_\_\_\_

FOR WOMEN ONLY:

This can affect menstrual cycle temporarily; it also can turn a pregnancy test positive.

INITIAL \_\_\_\_\_

DATE \_\_\_\_\_

### ABSOLUTE CONTRAINDICATIONS:

PRECOCIOUS PUBERTY, PROSTATIC (OR ANY ANDROGEN-SENSITIVE) CARCINOMA OR NEOPLASM, OR PRIOR ALLERGIC REACTION TO HCG.

Please notify the treating practitioner immediately if you think you are experiencing and of these side effects, or any other symptoms that have developed since starting your HCG program.

### **Associated Risks & Benefits associated with HCG/low calorie diet:**

The following is a summary of rare but possible risks associated with HCG treatment:

#### **Allergic Reaction:**

Symptoms of allergic reaction may include: Hives (Rash), Difficulty breathing (shortness of breath), swelling of face, lips, tongue, or throat.

#### **Blood Clot:**

Symptoms of a blood clot may include: Pain, Warmth, Redness, Numbness, Tingling, Dizziness, and Extreme Headache.

#### **Exacerbation of certain conditions or cancers (androgen-responsive cancers):**

Including, but not limited to:

Thyroid disorder; Adrenal disorder; Cancer or Tumor of Prostate, Hypothalamus, Pituitary, Ovary, or Uterus; Ovarian Cyst; Heart Disease (including abnormal EKG, cardiac blood work, or abnormal stress test); Cardiovascular Disease (including peripheral artery disease, angina, or stroke); Kidney Disease; Liver Disease; Epilepsy.

**Notify the physician if you have ever had a history of these conditions.**

#### **Local Reaction at the injection site**

At injection site, it is possible to experience localized pain, swelling, or bruising. It is also possible to have a localized infection with redness and tenderness.

#### **Other Possible Adverse Reactions:**

Headache, irritability, restlessness, depression, fatigue, edema (swelling of extremities), precocious puberty (in pre-pubescent) and gynecomastia.

#### **Averse reactions to low calorie diet:**

Moodiness, irritability, headache, hair thinning, gall bladder attack, irregular period, dizziness/light-headedness, exercise intolerance, low blood sugar.

#### Benefits

The HCG incorporates HCG injections with a low calorie diet and has typical results of a loss of 1 lb per day. There is often an improvement in metabolic profile in patients that are obese, pre-diabetic, and diabetic. The ability to improve and possibly prevent the onset of diabetes and its associated health risks is a benefit to this weight loss program.

There is no question about the morbidity and mortality associated with being overweight, and those risks are increased in the obese and morbidly obese. Through marked weight loss and a lowering of body mass index, these risks are substantially reduced.

I acknowledge the above risks and benefits associated with initiating the HCG program.

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Signature

Print Name

Date

Agreement:

PLEASE READ CAREFULLY

- I understand that dietary treatment takes dedication. I will follow the diet while under medical care. I will avoid fats, carbohydrates, and sugars. I understand that stalling is typical and can be expected even while following the diet plan.
- I understand that during treatment, I need adequate sleep, extra water, and will abstain from alcohol. If I have something that is not on the diet plan, I will record it, and notify the RDN so that any changes in weight loss pattern can be properly monitored. Any lost time due to failure of a follow-up or non-compliance will be my responsibility not that of the prescribing practitioners.
- I understand that HCG is non-refundable. If my program is not working or is not as effective as I expected, I understand that Weighless MD can offer other solutions that may be a better fit. HCG is only refundable if a newly diagnosed or exacerbated medical condition is contraindicated for continued use.

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Signature

Print Name

Date