

Obesity-Related Comorbidities

Pre-referral workup

Fasting lab draw for complete metabolic panel, A1C, lipid panel, TSH-reflex

URGENT Endocrine consult to on-call provider for random glucose over 200 mg/dL, fasting glucose over 126 mg/dL or A1C >6.5%

Fasting glucose 100 to 126 mg/dL

Refer to Nutrition services first and then to Endocrine if not improved

A1C 5.7 to 6.4%

Refer to Nutrition services first and then another referral to Endocrine if not improved after six months

Acanthosis nigricans and/or elevated fasting insulin

Refer to Nutrition

TSH 4 to 7 uIU/mL

Obtain repeat TSH, FT4 and TPO & Tg antibodies; refer to endocrine if elevated TSH and antibody positive

TSH >7 uIU/mL

Refer to Endocrine

Irregular menses/concern for PCOS

Refer to Endocrine

LDL cholesterol 130 to 160 mg/dL

Refer to Nutrition

LDL >160 mg/dL

Refer to Endocrine

Fasting triglycerides 150 to 250 mg/dL

Refer to Nutrition

Fasting triglycerides >250 mg/dL

Refer to Endocrine

Low HDL cholesterol

Refer to Nutrition

Elevated AST/ALT

Refer to GI