



**Mount
Sinai**

Mount Sinai Eating and Weight Disorders Program

1428 Madison Avenue
New York, NY 10029
Telephone: 212-659-8724
Fax: 212-849-2561

MEDICAL CLEARANCE

Your patient is considering treatment at the Mount Sinai's Eating and Weight Disorders Program. Eating disorders can lead to serious medical complications, regardless of an individual's weight, and therefore patients often require fairly frequent medical monitoring. In accordance with the guidelines set forth by the Academy for Eating Disorders, we require that patients get a comprehensive assessment by their physician which should include a complete set of vitals and thorough physical examination. We appreciate your assistance with this assessment process. Please find below the required initial laboratory evaluation and tests that need to be obtained prior to your patient's initial intake.

1. Comprehensive Metabolic Panel, Magnesium, Phosphorus
2. Complete Blood Count with Differential
3. EKG (if Heart Rate < 60)
4. Thyroid Function Tests
5. Luteinizing Hormone, Follicle-Stimulating Hormone and Estradiol
6. Bone Mineral Density Test (if amenorrhea > 6 months)

Vitals

Current Height: _____	Current Weight: _____
Blood Pressure sitting: _____	Heart Rate sitting: _____
Blood Pressure standing: _____	Heart Rate standing: _____
Respiratory Rate: _____	Temperature: _____

For adolescents, please also send us a copy of your patient's growth chart.

Based on my evaluation of this patient, I have determined that she/he is medically cleared to participate in our outpatient program: Yes No

Physician Signature

Date

Physician Name

Phone

Address and Fax

Please fax the results to: 212-849-2561 Attention: Patrycja Klimek.