




Mission Obesity



Prevention & Health Care Centre

- Mr. Foodies is not feeling very well lately. After his wife prompt, he decided to visit the nearby health centre and consult the medical experts.
- By the time Mr. Foodies arrived in the centre, Ms. Liz Hippocrates, the health consultant, asked Mr. Foodies to fill in a form.

Mr. Foodies profile

Name/Surname of the patient		Elias Foodies		
Age: 40 years old	Height: 1,68 m	Weight: 126 kg		
Marital status: Married with two kids				
Job: Merchant	Working life: Sedentary work, many hours in front of the pc			
Physical Exercise: Minimum as non existent				
Smoking: 1 pack of cigarettes a day				
Nutrition: red meat, fried foods, sweets, sausages, pizza, fries, chocolates, ice creams, soft drinks.		Notes: <ul style="list-style-type: none">• He usually doesn't have breakfast• He eats a snack with his coffee at work• At noon he eats fast food and drinks a soft drink.• Then he eats something salty or sweet accompanied with an energy drink.• In the evening he eats his favourite food (meat, fried potatoes, pizzas etc.).• Then, he enjoys an ice cream or cake and watches his favourite series.• He avoids salads and fruits.• He has the same eating habits with his parents.		
Symptoms: pain in the bowel, constipation, shortness of breath, fatigue, snoring.				

- Ms. Hippocrates finds difficulty in choosing the medical expert that Mr. Foodies should visit first.
- The medical experts are the following:
 - Biologist
 - Gastroenterologist
 - Clinical dietician
 - Cardiologist

Biologist



Name: Darwin Evolutionist

Age: 40 years old

Studies: Bachelors' in Biology

Major subjects in high school: biology, chemistry, physics, mathematics.

Job duties:

- To study life in all its forms and trying to understand the basic processes of life and how it relates to its environment. For example, study the relation between genetic mutations of a protein and the symptoms of a patient to better understand a disease.
- To study an organism starting from blood collection.

Basic skills: He is curious , patient, he has self-confidence and excellent individual and teamwork skills.

Workplace: laboratories and research centers in health sector, hospitals, food companies, environmental centers etc.



Clinical dietitian



Name: *Mary Pyramid*

Age: 35 years old

Studies: Bachelors' in Dietetics and Masters' in Clinical Nutrition

Major subjects in high school: biology, chemistry, mathematics

Job duties:

- To determine and propose nutritional ways to help people to regain or maintain healthy and good physical condition.
- To supervise the planning and preparation of meals in various centers e.g. hospitals, schools for people to eat healthily.

Basic skills: She has understanding, sensitivity, accuracy and organisational skills. She is patient and has the ability to successfully communicate with her patients and other experts she cooperates with.

Workplace: nutrition department in hospitals, private institute dietetics, health center, sports center, kindergarten, fitness center, research center.



Gastroenterologist



Name: *Helen Belly*

Age: 42 years old

Studies: Bachelors' in Medicine and specialized in gastroenterology

Major subjects in high school: biology, chemistry, mathematics, physics

Job duties:

Examines the patient; makes a diagnosis of the disease; controls the various organs of the digestive system (which is responsible for the breakdown of food into simpler substances, ie. The esophagus, stomach, pancreas, liver, gall bladder, small and the large intestine); makes some specialized medical tests and indicates to the patient a pharmaceutical or clinical treatment.

Basic skills: She has a high sense of responsibility and shows understanding to the patient. She is calm, patient, determined and has mental and physical strength. Also, she participates in conferences and constantly updated about the developments in medicine.

Workplace: laboratories and research centers, health care centres, hospitals.



Cardiologist



Name: *Stephan Artery*

Age: 53

Studies: Bachelors' in Medicine and specialized in cardiology

Major subjects in high school: biology, chemistry, mathematics, physics

Job duties:

He deals with heart diseases and disorders e.g. infarction. He uses various devices to check if the heart functions normally, i.e. if it gets enough oxygen or if there is narrowing or closure in an artery.

Basic skills: He has a high sense of responsibility and shows understanding to the patient. He is calm, patient, determined and has mental and physical strength. Also, he participates in conferences and constantly updated about the developments in medicine.

Workplace: laboratories and research centers, health care centres, hospitals.



Mission!!

How could each expert help Mr. Foodies?

Who do you think would be the appropriate expert for Mr. Foodies' first medical visit?