

Case: Metabolic Tune-Up — Prediabetes & LDL Control in Midlife

Patient Name: Jason M.

Sex: Male

Age: 56 Years Old

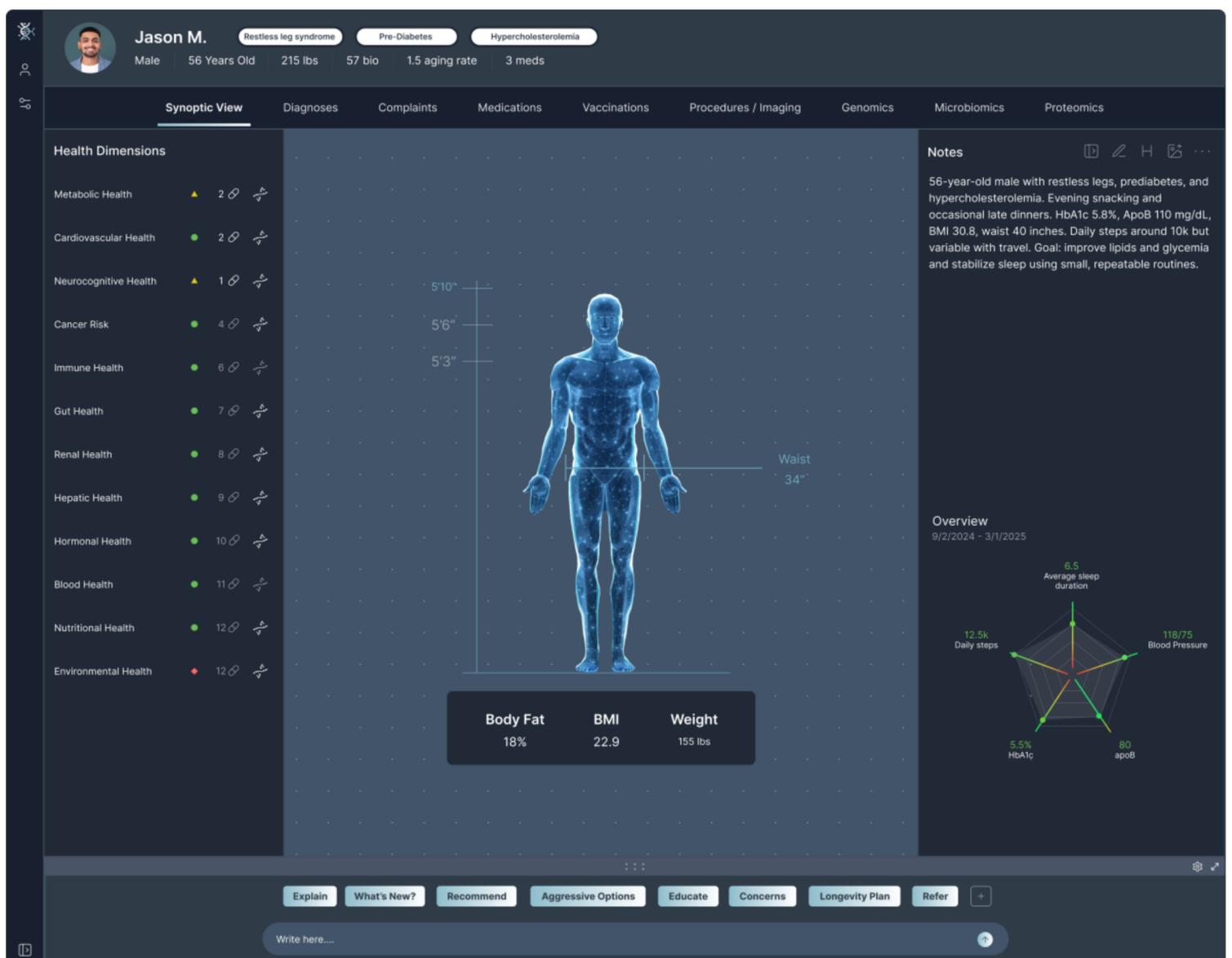
Case source: Bioscope.AI

Context: Employer wellness screening (mid-year)

Summary:

Midlife male with long workdays and late-evening snacking presents with borderline glycemia (HbA1c 5.5%), elevated ApoB (80) given history of hypercholesterolemia, and sleep fragmentation from restless legs. Daily steps are high (~12.5k) but inconsistent on travel weeks. Goal: tighten cardiometabolic risk and improve sleep quality without overhauling his schedule.

Report:



Plan:

12-week, lifestyle-first protocol: (1) Mediterranean meals with protein-forward breakfasts; replace late snacks with nuts/berries; (2) soluble fiber target ≥ 10 g/day (oats, psyllium) to support LDL/ApoB; (3) time-boxed activity: 10–15 min brisk walk after dinner + 2 stationary-bike sessions/week; (4) sleep hygiene for RLS (consistent bedtime, magnesium-rich foods); coordinate with PCP on lipid therapy adherence and labs. Reassess at week 8.

Recheck Week: 8

Outcome Summary:

By week 8, evening snacks reduced to 2–3 nights/week, subjective RLS episodes decreased, and energy steadier in late afternoons. Weight trend modestly down, home BP stable, and lipid panel/ApoB trending favorable; patient reports better sleep continuity and easier adherence due to small, repeatable routines.