**WEIGHT LOSS EVALUATION**

In the Elderly

**1-30-30 Rule**

**Protein** maintenance: 1.0 g/kg/day

**Calories** (resting): 30 kcal/kg (ideal body weight)/day.

**Water** (resting): 30 ml/kg/day.

**[Nutritional Maintenance Requirements]**

- Appetite stimulants:
  - *Megestrol* 400 mg (start) — 400 mg q.d.
  - *Remeron* 7.5 mg (start) — 30 mg q.d. — antidepressant & sleep
  - *Tramadol* 25 mg (start) — 100 mg q.d. — sleep
  - *Flunisolide* 4-10 mg q.d. — anti-inflammatory
  - *Marinol* 2.5 mg q.d. (start) — anti-anxiety, anti-nausea
  - *Metoclopramide* 10-20 mg q.d. — gastric emptying, anti-nausea
  - *Amifostine* 2-20 mg q.d. — for hypophosphatemia
  - *Eucardal* 2.5 mg (start) bid — man 20 mg/day for 2-4 weeks

- Additional benefits:
  - *Anorectic Medications*:
    - amlodipine
    - fentanyl
    - nizatidine
    - spironolactone
    - antineoplastics
    - furosemide
    - NSAIDS
    - theophyllines
    - amiodarone
    - hydralazine
    - omeprazole
    - warfarin
    - ativan, ipratropium
    - paroxetine
    - ciprofloxin
    - iron
    - phenytoin
    - colchicine
    - l-dopa
    - procainamide
    - phenothiazines
    - cimetidine
    - l-thyroxine
    - potassium
    - conjug. estrogens
    - metronidazole
    - psyllium
    - digoxin
    - mineral oil
    - ranitidine
    - enalapril
    - narcotics
    - metoclopramide
    - famotidine
    - nifedipine
    - SSRI’s

For more explanation: Web site: geriatrics.unmc.edu

**WEB PAGE:** [GERI Pearls](http://www.geri.unc.edu) 9/10/09

Resource: Morely JE, Thomas DR. JAMDA. May, 2008, volume 9, No. 4, pages 205-210