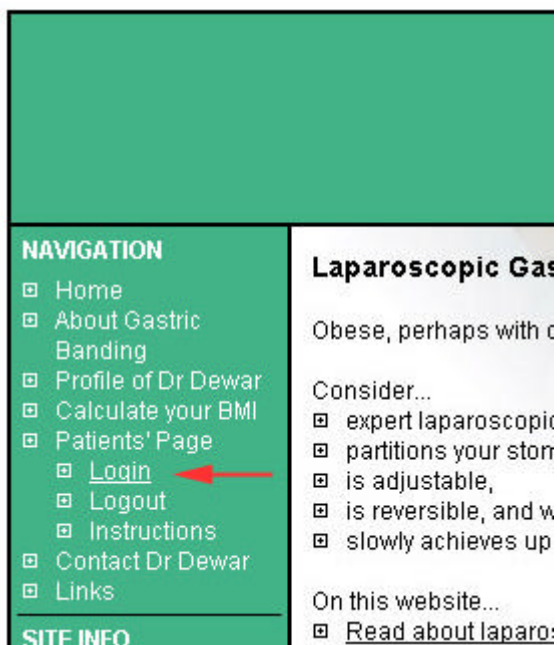


Instructions for Patients using this website

To Log In...

Before you can use the advanced functions of this website, you need to be given a username and password. Dr Dewar will assign these for you at your first post-operative consultation. If you have an email address, they will be emailed to you when he registers you on the site, otherwise he will write them down for you. From the front page, under the **Navigation** bar on the left hand side, there is a link called **login** - click on this link.



In the **username** block, enter your username. In the **password** block, enter your password. Then click on **enter** and you will be taken straight to the patient's page. If you enter either your username or your password incorrectly, an error message will appear. Also, if cookies are disabled on your computer, you will not be able to log in.

 A screenshot of the 'Patient Login' form. The form has two input fields: 'Username:' and 'Password:'. The 'Username:' field contains the text 'test'. The 'Password:' field contains the text '123456'. Below the input fields are two buttons: 'Enter' and 'Clear'. At the bottom of the form, there is a copyright notice: '© 2005-2005, Dr Grant Dewar. All rights reserve'.

To View your Statistics...

Once you enter the patient's page, a table of all your statistics will be provided. Some statistics are only available once you have entered several weights. You can see various statistics including your starting weight and BMI, your current weight and BMI, the amount of weight you have lost or gained and the percentage of your excess weight you have lost. Figures highlighted in green indicate weight loss, figures highlighted in red indicate weight gain.

Patient's Page

Welcome, _____, to the patient's page.
You have lost 24% of your excess body weight.

Your Profile:

Record	Value
Today's Date:	20/11/2005
Starting Date:	12/6/2002
Starting Weight:	150kg
Height:	1.94m
Ideal Weight:	82.8kg
Starting BMI:	39.9kg/m ²
Most Recent Weight:	134kg
Most Recent BMI:	35.6kg/m ²
Weight loss:	16kg
Percentage Excess Weight Lost:	24%

To add, edit or delete your weights...

The statistics only become meaningful after you have recorded some weights. You may weigh yourself as often as you like, and enter the weights according to the date on which you weighed yourself. It is recommended to weigh yourself every month - this will allow for progress to be seen. Underneath the profile and statistics on the patient's page is a list of options. Click on **Review, Add or Delete Weights**.

Percentage Excess Weight Lost:

- [View instructions for using this site.](#)
- [Review, Add or Delete Weights.](#) 
- [View Weight Graph.](#)
- [Send a Message to Dr Dewar.](#)
- [Change your username, password or details.](#)
- [Logout.](#)

You will now enter a page which allows you to manage your weights. To add a weight, enter it in the **weight** block at the top of the page, then click on **Add Weight**. The date entered will be the current date, but you can change this if you are entering a weight from another day.

Add Weight

Date	Weight
<input type="text" value="20/11/2005"/>	<input type="text" value="124"/> kg
<input type="button" value="Add Weight"/>	

Below the **Add Weight** section is a table containing all the weights you have already entered. Reviewing this table is one method to see how your weight loss is progressing. Next to each weight in the table (apart from the starting weight), is a link called **delete** - click on **delete** to delete a weight if you have entered one in error.

Date	Weight	Delete this Weight?
12/6/2002	150kg	Start Weight
5/10/2002	133kg	Delete
5/11/2002	131kg	Delete 
8/2/2003	120kg	Delete

To View a Graph of your Weights...

You can view the graph of your weights in two ways. If you are on the patient's page, under your profile and statistics, click on **View Weight Graph**.

Percentage Excess Weight Lost:	
<input type="checkbox"/>	View instructions for using this site.
<input type="checkbox"/>	Review, Add or Delete Weights.
<input type="checkbox"/>	View Weight Graph. ←
<input type="checkbox"/>	Send a Message to Dr Dewar.
<input type="checkbox"/>	Change your username, password or details.
<input type="checkbox"/>	Logout.

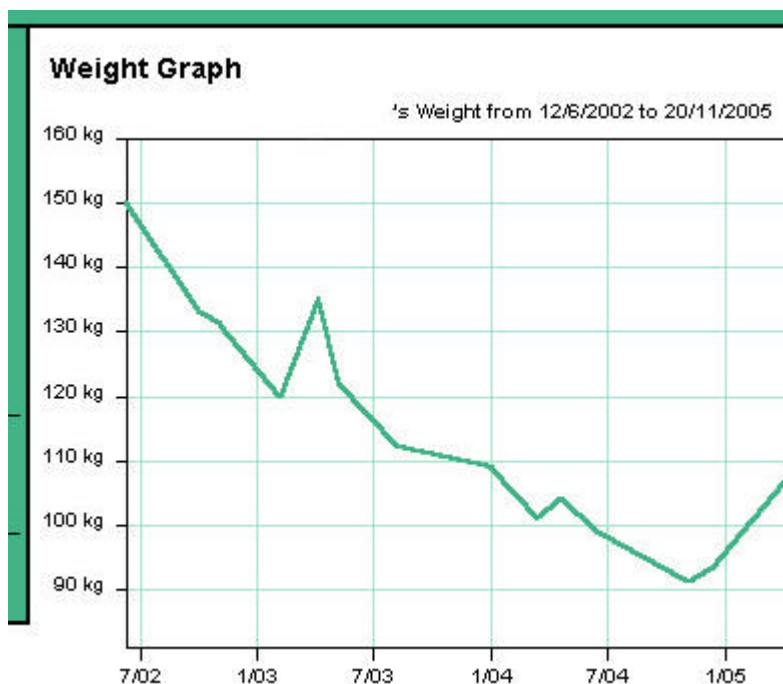
If you are on the manage weights page, under the table with all your weights, click on **View the Graph of these weights**.

10/12/2004	134kg
20/11/2005	134kg

- [View the Graph of these weights.](#) ←
- [Return to the patient's page.](#)

© 2005-2006 Dr Grant Dewar. All rights reserved. Designed

You will then be taken to a page where the graph of your weights is plotted with time on the x-axis and weight on the y-axis. For the graph to be displayed, you must have entered more than one weight on a day subsequent to your start day.



Other Options...

There are various other options available to you from the patient's page. These include **Send a Message to Dr Dewar** and **Change your username, password or details**. By clicking on **Send a Message to Dr Dewar**, a page will appear where you can choose to email Dr Dewar or type your message in a form and send it to him. If you click on **Change your username, password or details**, you will be taken to a page where you can update any of your details including changing your email address, username and password.

When you have finished on the website, click on **logout**.