

How Weight Loss Can Help

Weight loss of 5% or more can be clinically meaningful¹

Weight management is important for many reasons, one of which is its effect on cardiometabolic risk factors¹



Blood Pressure



A1C Levels



HDL Cholesterol Levels



Triglyceride Levels

What is your plan for helping your patients manage their weight?

For some patients, lifestyle modifications are not enough to give them lasting and meaningful results²

Sustained weight management can be hard because changes in hormones after weight loss from reduced-calorie intake can lead to increased eating^{3,4}

Your guidance can make a difference

Consider options beyond lifestyle modification in your patients' obesity care

Developing a treatment plan with your patient is essential

Did You Know?



Patients have reported that they want their HCP to **initiate the conversation** about their weight⁵



Patients with HCP guidance **lost 5 times more** weight than those with a self-directed program^{6*}



Patients who add pharmacotherapy to lifestyle modification have been **shown to lose more weight** than with lifestyle modification alone²

*A randomized, controlled study of 415 patients with obesity showed that patients lost more weight with HCP counseling, weight-loss coaches, and web-based support (5.2% weight loss) when compared with a self-directed program (1.1% weight loss) at 24 months. A meta-analysis of survey data indicated that weight-loss advice from HCPs has a positive effect on a patient's attempt at behavior change and on weight-loss efforts.^{6,7}

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