

## Weight Loss

**The best plan** is a plan you feel motivated to continue and that fits your lifestyle! As your doctor, I want to help you with knowledge, advice, resources, tools, and support, but you are in the driver seat! Losing weight can be a complicated subject. Your weight is impacted by your life—both past and present—and it impacts your future. How, where, and with whom you live your life can affect your weight.

**START** by thinking about what impacts your weight and make a list. Is it your mood, your family/partner, job, finances, neighborhood, friend group, etc.? For example, you notice that you eat a lot of junk food at work because it's free and plentiful in the break room. OR, you would be more active but you have a high-stress desk job and often work early to late so you feel that you have no time to exercise.

Make your list below:

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### **NEXT:**

Make a SMART plan. Here's an example.

Specific: I am going to walk for thirty minutes in the morning before checking emails.

Measurable: I am going to track it on a calendar at my desk.

Attainable: I have an easily accessible place to walk right outside my home/job.

Time based: 3 months

Reasonable Goal:

1-2 pounds a week is a sustainable weight loss. It is normal to hit plateau's (stop losing weight while doing the same thing.) Weight loss can be slow at first or even dramatic and then slow. Even if the weight isn't coming off increasing exercise and improving diet habits is making a positive impact on your health.

## **RESOURCES:**

The following apps have been validated for their effectiveness in weight loss and are recommended by health experts:

- **Noom:** Offers a unique perspective into your overall lifestyle, not just your diet, and provides actionable insights. It uses quizzes, humor, and human language to make weight loss educational and fun.
- **MyFitnessPal:** Provides suggestions based on foods that can improve your fitness and encourages users to think about the things they eat.
- **Lose It!:** A calorie counter and nutrition tracker that helps you know if you're getting enough macronutrients.
- **Nutrition Coach:** Offers a wide variety of food tracking, thousands of recipes, easy-to-read nutrition data, and tons of helpful insights.

These apps are designed to help users track their food intake, exercise, and overall lifestyle, making it easier to achieve their weight loss goals. They also provide support forums, recipes, and the ability to sync with other apps like fitness trackers and smart scales.

## **MEDICATIONS**

Several anti-obesity medication (AOM) options are available.

- **Phentermine + topiramate.** Helpful for patients who experience frequent hunger, particularly nighttime eating. However, it must be used with caution in patients with high blood pressure and has a risk for birth defects. Patients of child-bearing age can still take the medication but must discontinue at least 2 months before trying to become pregnant.
- **Bupropion + naltrexone.** Beneficial for patients with depression or regular alcohol use, and helpful for cravings but must be used with caution in patients with high blood pressure.
- **Incretins (semaglutide, tirzepatide).** Effective for appetite reduction and associated with improvements in BP and lipids. Gastrointestinal side effects are common, although most subside over time. Counsel patients about sarcopenia and encourage both resistance training and sufficient protein intake.

All AOMs are contraindicated during pregnancy.

AOM	Mean body weight reduction in clinical trials	Mean long-term body weight reduction in clinical trials	Dosing
Phentermine-topiramate	9%-12% in 56 weeks	9%-11% in 108 weeks	Oral, once daily
Bupropion-naltrexone	5%-14% in 56 weeks	NA	Oral, twice daily with gradual titration
Semaglutide	15%-16% in 68 weeks	15% in 104 weeks	Weekly injections
Tirzepatide	17%-23% in 72 weeks	25.8% in 88 weeks	Weekly injections

## **EXERCISE**

Start with small goals. “I am going to walk 30 minutes 3 times a week.” No matter how you feel. It may be difficult at first! That is okay, it is good to do hard things for your wellness! Push past the discomfort it is temporary.

**Try to set a short-term motivator** – to have more energy, to help me wake up or wind down, stress management, etc.

**Find things you love;** basketball, weightlifting, dancing, pickleball, hiking outdoors, taking a dog for a walk. Get other’s involved – we are social creatures. Ask friends, co-workers, neighbors, partners, or another social group.

**Make it fun!** Play music, do jump rope, get a trampoline - only if you feel like those activities are safe for you.

**You do not have to leave home or get a gym membership** if you are tight on time or resources. Sometimes you do not even have to change clothes if that is hard! Activities at home: walking, push ups (can start on your knees, countertop, or wall if necessary),

squats. Another free app recommendation is seven. It's a daily 7-minute workout, add more reps until you feel tired. The ultimate goal would be moderate activity (can only speak one to two words at a time) for a total of 150 minutes a week (30 minutes x 5 days) or if you desire to lose weight 300 minutes a week.

Bring this handout to your next appt to help guide your discussion with your doctor.