

## DRUG THERAPY

*Should I consider taking medications?*

Drug therapy is helpful for some obese patients, in combination with diet and exercise. The decision to initiate drug therapy should only be made by a doctor after careful evaluation of risks and benefits.

### GOALS OF DRUG THERAPY:

- Weight loss should exceed 5 lbs during the first month of drug therapy in order to be considered effective
- In drug studies, weight loss of 10-15 percent of your body weight is considered a good response and weight loss of greater than 15 percent is considered an excellent response
- It is unrealistic to expect the outcome to be a return to ideal body weight
- Currently available:
  - ORLISTAT (Xenical<sup>TM</sup>)
  - SIBUTRAMINE (Meridia<sup>TM</sup>)
  - PHENTERMINE
  - DIETHYLPROPION
  - PHENDIMETRAZINE

## SHOULD I CONSIDER SURGERY?

Surgery for weight reduction (also called bariatric surgery) is only recommended for severely obese patients who have not had success with diet, exercise, and medication.

Two surgeries are recommended by the National Institute of Health as a result of an expert panel meeting:

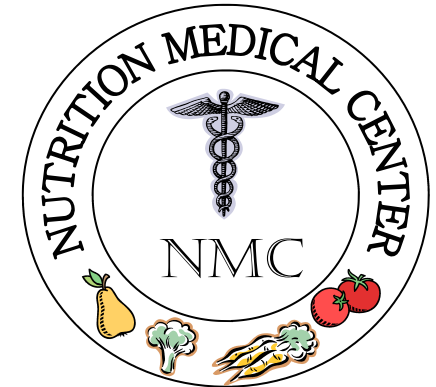
- Vertical Banded Gastroplasty
- Roux-en-Y Gastric Bypass

Many other surgical procedures are available today, but their long-term safety and effectiveness are unknown:

- Lap Band<sup>™</sup>
- Biliopancreatic Diversion with Duodenal switch



## PATIENT INFORMATION



## WEIGHT MANAGEMENT PROGRAM

### UCLA Office

100 UCLA Medical Plaza  
Suite 522  
Los Angeles, CA 90024  
(310)267-2788

### Woodland Hills Office

6325 Topanga Canyon Blvd  
Suite 315  
Woodland Hills, CA 91367  
(818) 615-2888

Obesity is a major medical problem and Americans are among the heaviest in the world. Obesity is associated with many medical conditions, most of which will improve with weight

## WHO SHOULD CONSIDER A WEIGHT MANAGEMENT PROGRAM?

MEN AND WOMEN WHO ARE AT INCREASED RISK FOR THE FOLLOWING:

- Diabetes Mellitus
- Hypertension (High Blood Pressure)
- High Cholesterol
- Coronary Artery Disease
- Stroke
- Sleep Apnea

Those with:

A Body Mass Index over  $25 \text{ kg/m}^2$

| <b>BMI</b><br>➤       | 25                       | 26  | 27  | 28  | 29  | 30  | 31  | 32  | 33  |
|-----------------------|--------------------------|-----|-----|-----|-----|-----|-----|-----|-----|
|                       | <b>w e i g h t (lbs)</b> |     |     |     |     |     |     |     |     |
| <b>height</b><br>5'6" | 155                      | 161 | 167 | 173 | 179 | 186 | 192 | 198 | 204 |
| 5'7"                  | 159                      | 166 | 172 | 178 | 185 | 191 | 198 | 204 | 211 |
| 5'8"                  | 164                      | 171 | 177 | 184 | 190 | 197 | 203 | 210 | 216 |
| 5'9"                  | 169                      | 176 | 182 | 189 | 196 | 203 | 209 | 216 | 223 |
| 5'10"                 | 174                      | 181 | 188 | 195 | 202 | 209 | 216 | 222 | 229 |
| 5'11"                 | 179                      | 186 | 193 | 200 | 208 | 215 | 222 | 229 | 236 |
| 6'0"                  | 184                      | 191 | 199 | 206 | 213 | 221 | 228 | 235 | 242 |

## HOW SHOULD WEIGHT LOSS BE APPROACHED?

No one should begin a weight loss program without a doctor's advice. A doctor can help the patient choose the appropriate treatment plan, monitor progress and provide advice and support along the way.

## SHOULD THERE BE A WEIGHT LOSS GOAL?

It is important for you and your doctor to set goals for weight loss. The patient's first goal should be to prevent further weight gain. The doctor's first goal is to identify a realistic weight loss goal for the patient. In general, most patients have a "dream" weight that is well below a realistic level.

Many people find that although they initially lose weight with any given diet, they quickly regain the weight after stopping. Because long-term weight reduction is so difficult, it is essential to have as much information and support as possible.

## TYPES OF TREATMENT

Depending upon a person's risk factors, Body Mass Index, and personal preferences, a doctor will suggest a combination of diet, exercise, behavioral modification and in some cases, drug therapy. Surgery is only indicated in treating severe obesity that has not responded to other treatments.

## DIET THERAPY

Conventional weight reduction diets provide at least 800 calories a day. These diets fall into four major groups:

- Balanced low calorie diets
- Low carbohydrate diets
- Low-protein diets
- Fad diets (these are diets that involve unusual food combinations or eating foods in a particular order)

A calorie in is a calorie in. Beyond calorie restrictions, there has been no scientific evidence to suggest which diet programs are more superior in terms of weight reduction and weight maintenance.