

LOSING WEIGHT AND KEEPING IT OFF IS HARD.

TALKING ABOUT IT DOESN'T HAVE TO BE.

Obesity is caused by a combination of many different factors, including:



Genetic



Metabolic



Behavioural



Environmental

These factors and biological processes are often beyond our control and can influence our ability to manage our weight.

In addition, people living with obesity face substantial bias and stigma, which can contribute to increased medical illness, disease, and sometimes death, regardless of weight or body mass index (BMI).

Losing weight and keeping it off may be challenging for people living with obesity—obesity isn't just about willpower.

Sustained weight loss of 5%–10% is associated with improvements in obesity-related medical conditions.

Adults living with overweight or obesity with a BMI of ≥ 25 kg/m² are at risk of developing medical conditions such as:



Heart disease



High blood pressure



Type 2 diabetes



High cholesterol



Sleep apnea

Struggling to lose weight and keep it off? It's not your fault, and science can help explain why.

After losing weight, your body's biological response is to try to regain it.

After weight loss, the levels of a variety of vitamins, minerals, peptides, and hormones involved in the regulation of body weight were disrupted for at least 1 year. These changes can alter appetite regulation, leading to **increased hunger and eating more food** than our bodies need.



Hunger

Overall, the challenge we face is that biological responses to weight loss can lead to weight regain. **As it turns out, losing and maintaining weight isn't just about willpower.**

Current treatment options for obesity management

Obesity is a prevalent, complex, progressive, and relapsing chronic medical condition that impairs health. Talk to your doctor about managing your weight and your health to determine the treatment option that is right for you.

The long-term management of living with obesity may involve a combination of treatment options:



Psychological intervention:

- Includes cognitive approach to behaviour change, managing sleep, stress, and psychotherapy if appropriate



Pharmacotherapy (in addition to diet and exercise):

- For weight loss and weight-loss maintenance of individuals with BMI ≥ 27 kg/m² + weight-related comorbidities or BMI ≥ 30 kg/m²



Bariatric surgery:

- BMI ≥ 35 kg/m² + at least 1 obesity-related medical condition or BMI ≥ 40 kg/m²



You are not alone in your weight management journey; your doctor is here to help. To make the most of your next appointment, bring along any questions you may have. Consider asking your doctor:

Why am I able to lose weight, but have trouble keeping it off?

Is my current weight putting me at risk for other medical conditions or diseases?

What can I start doing to help manage my weight, health, and well-being?

Managing your weight is a lifelong process, so it's important to have regular conversations with your doctor about it. Schedule a follow-up appointment with your doctor:

Date:

Time:

BMI, body mass index.

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