

# Preparing Patients for Their Weight Management Journey

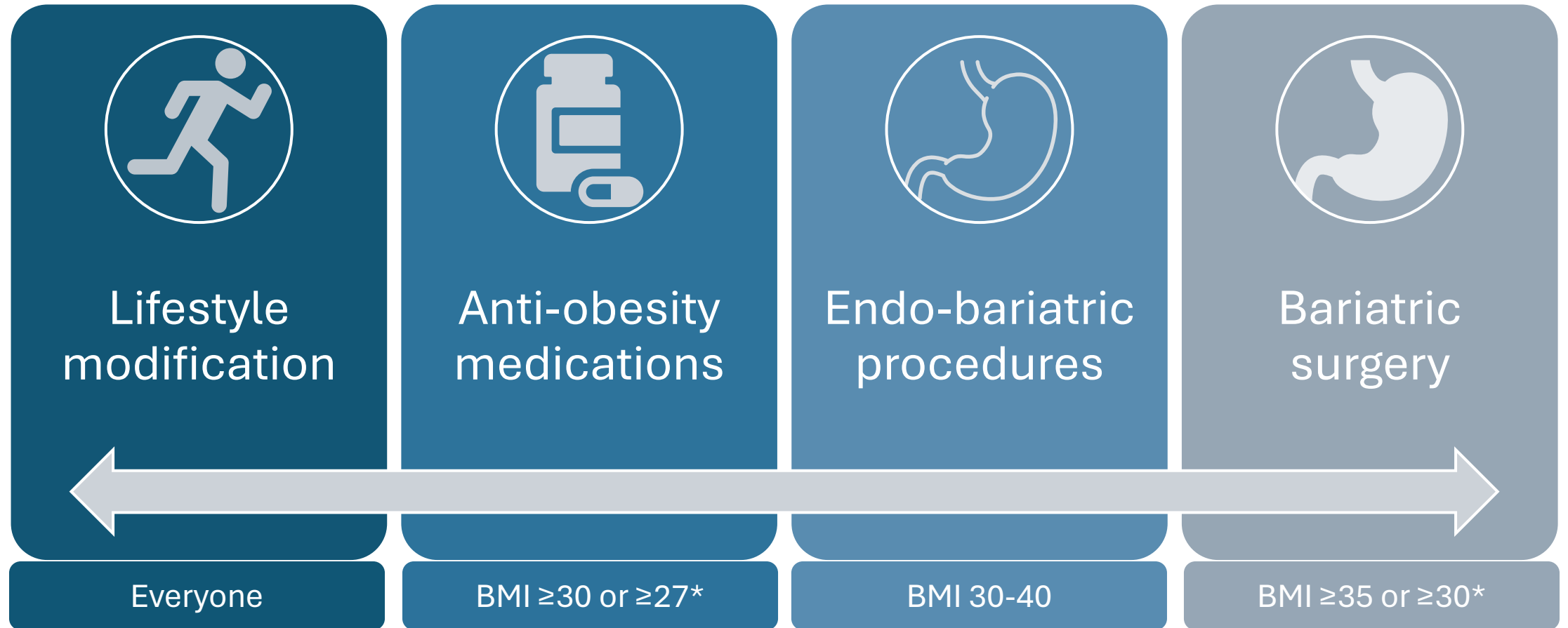
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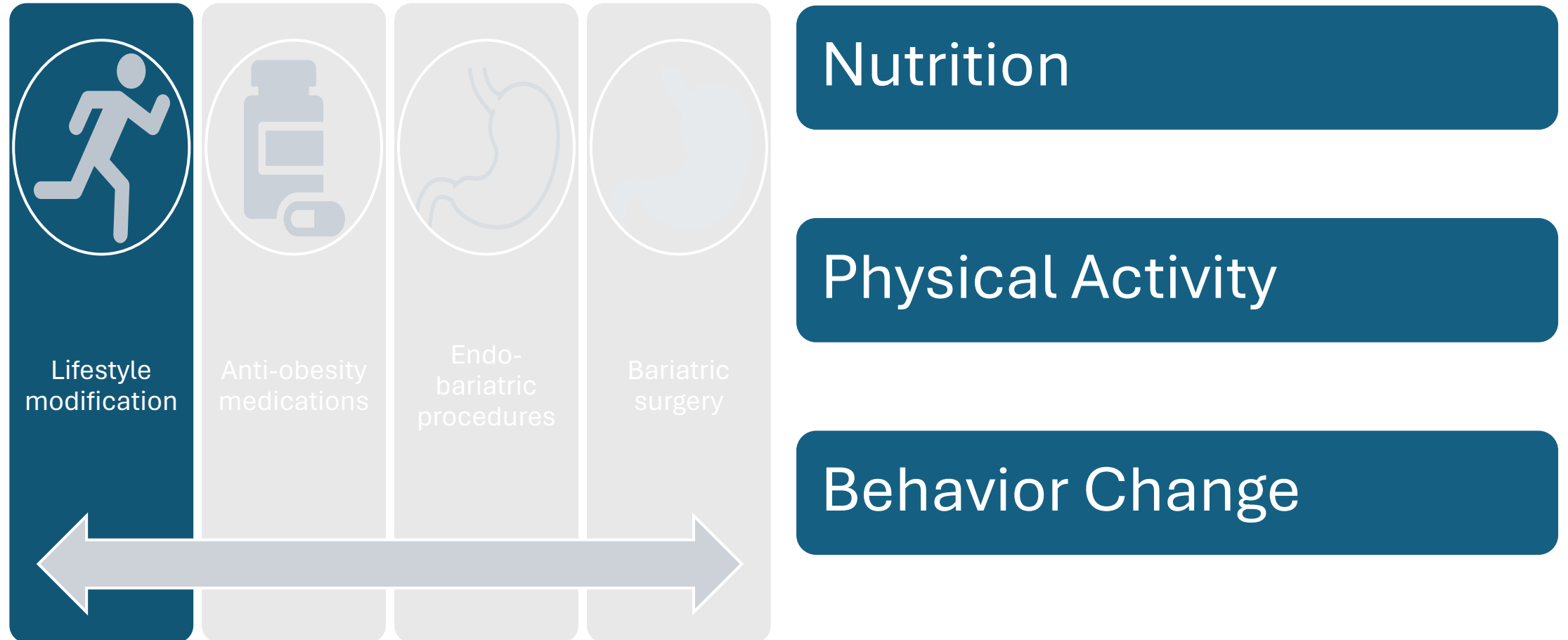
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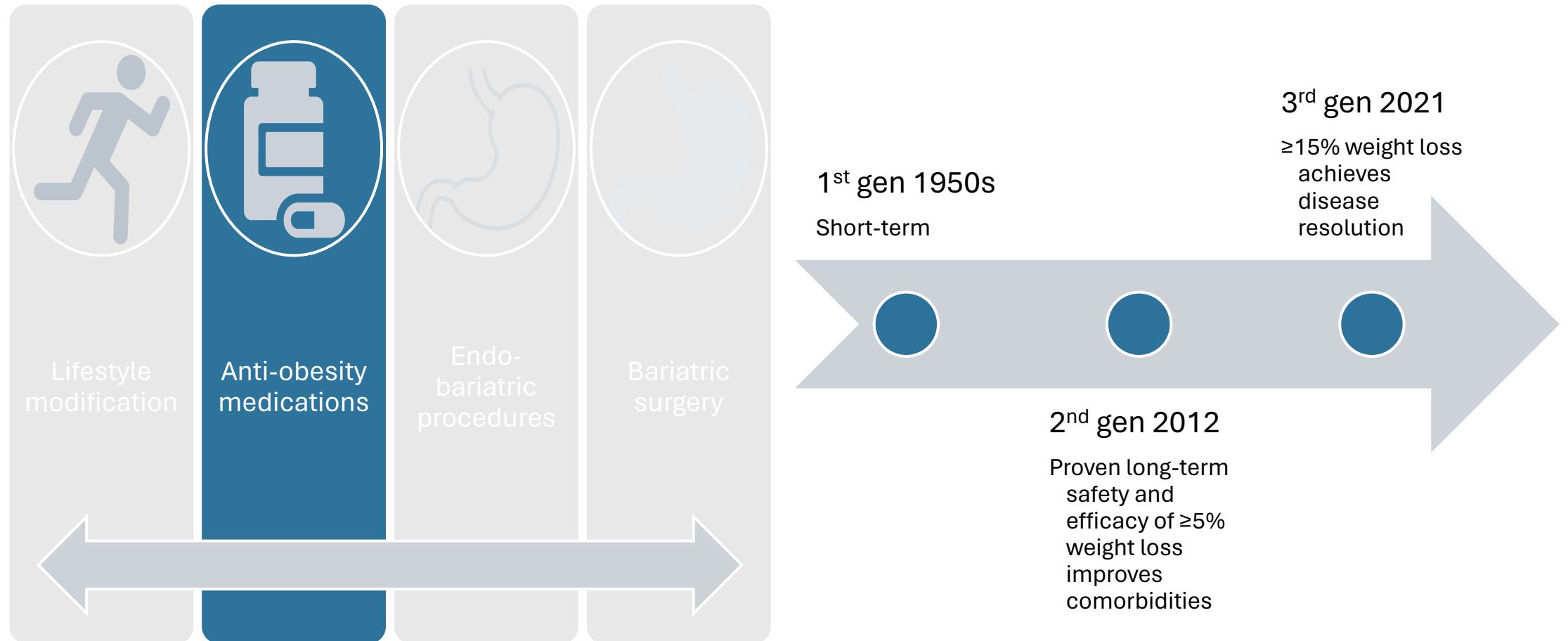
# Obesity care is multi-modal



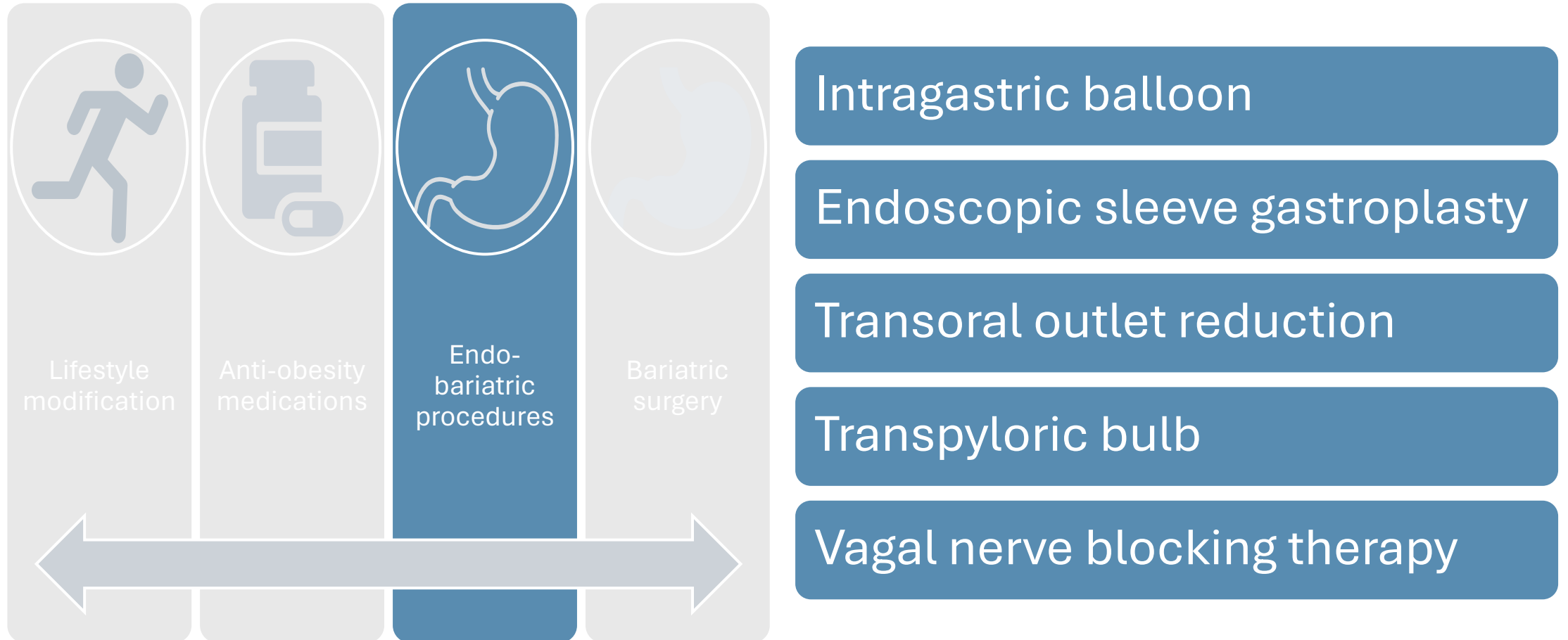
# Expect 3-5% weight loss with lifestyle modifications



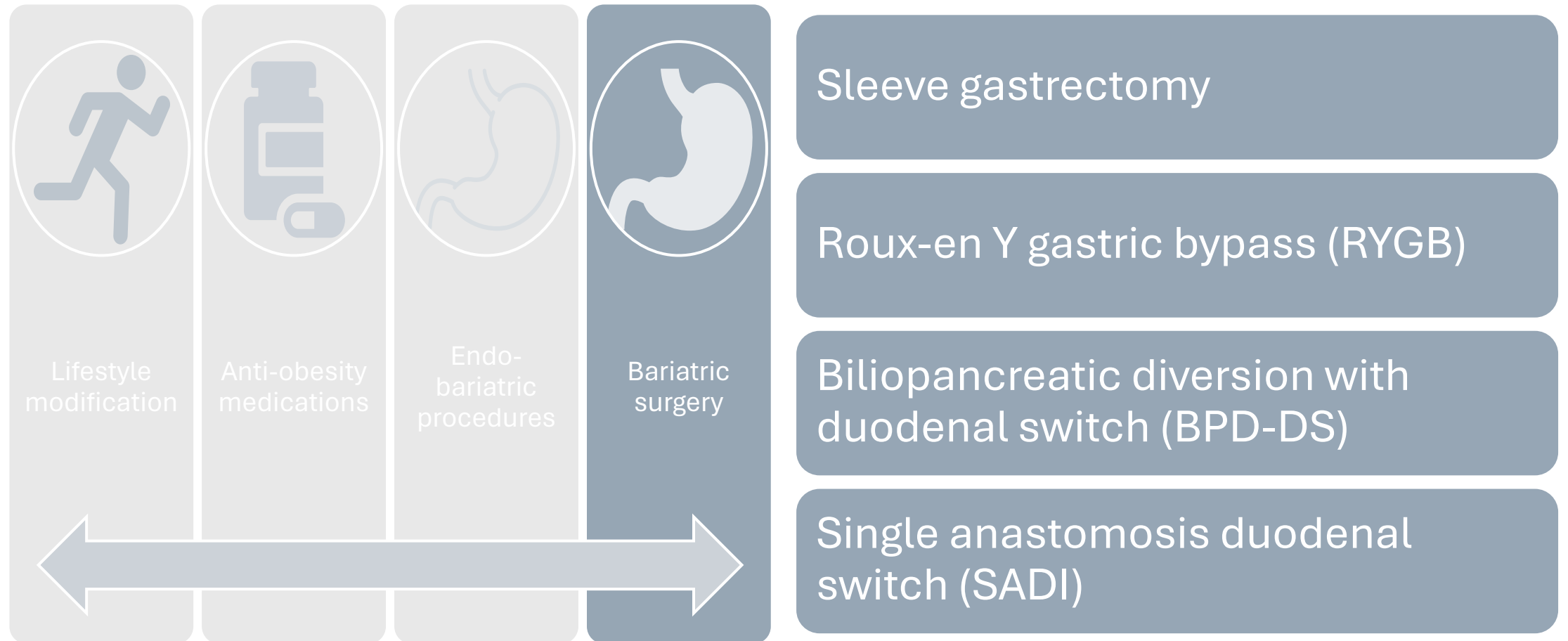
# 3<sup>rd</sup> generation anti-obesity medications achieve $\geq 15\%$ weight loss needed for disease resolution



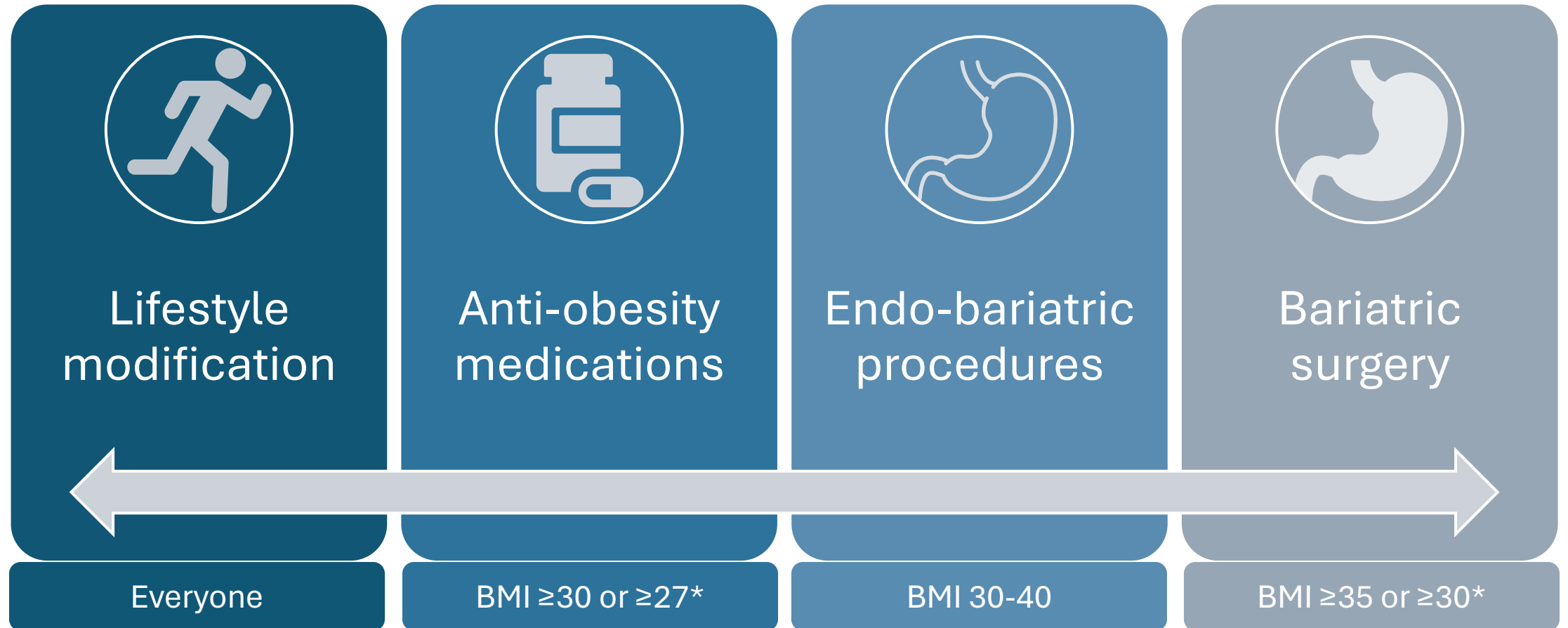
# Endo-bariatric procedures produce 10-18% weight loss



# Bariatric surgery results in 20-40% weight loss

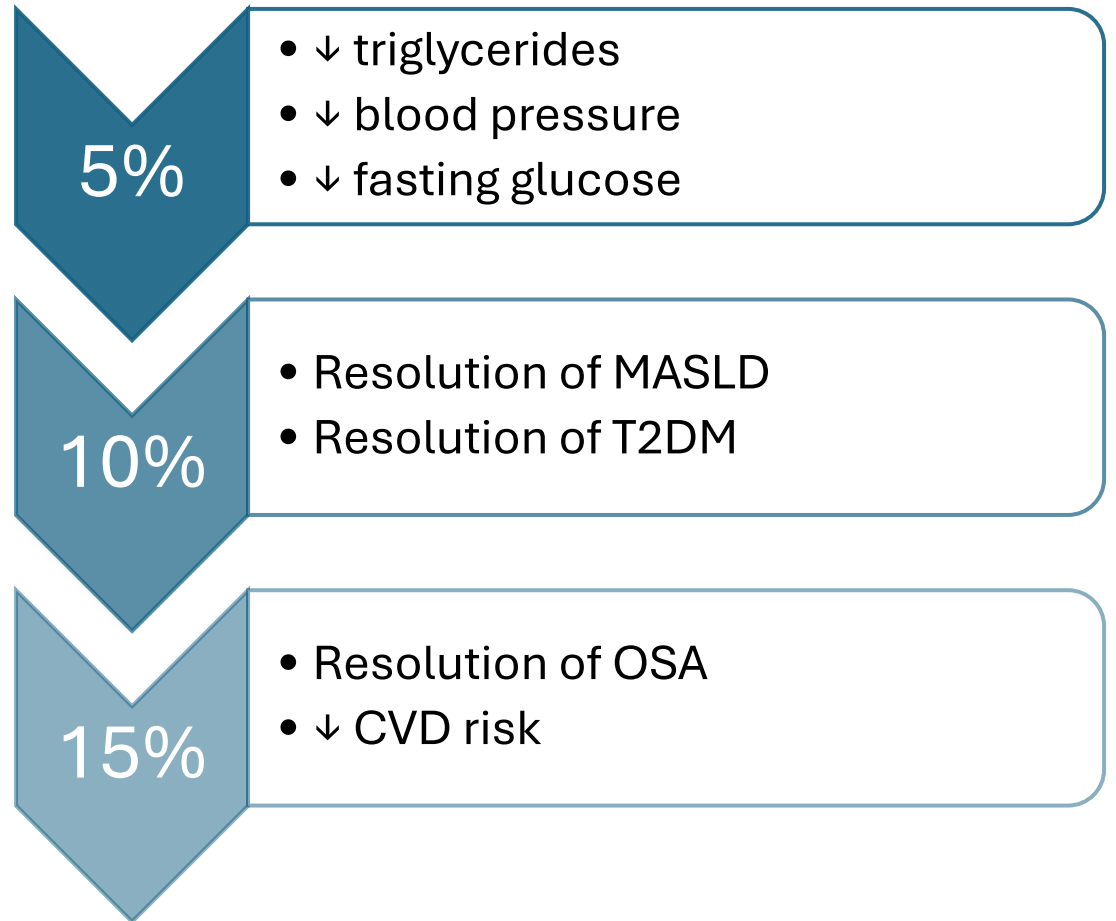


# How do you decide where to start?



# Shared decision making will identify weight loss goals

The goal of obesity treatment is *not* a normal BMI



# Use alternative measures of adiposity

## Waist Circumference

>35" (89 cm)  
women

>40" (102 cm) men

## Waist-to-Height Ratio

Healthy 0.4-0.49

Increased 0.50-0.59

High  $\geq 0.60$

## Body Fat %

>30% women

>20% men

# Don't forget about non-scale victories (NSV)

I sat with my legs crossed during class

I didn't have to ask for the seatbelt extender on the plane

I danced in the club for 3 straight hours



# It takes a (multidisciplinary) village

