

WEIGHT REDUCTION INJECTIONS

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DEFINITION

Obesity is a chronic disease universally defined as an excess of adipose tissue resulting in body mass index (BMI) $> 30.0 \text{ kg/m}^2$

The National Institutes of Health had declared obesity a disease, not a behavior in 1998 and the American Obesity Society did so in 2008



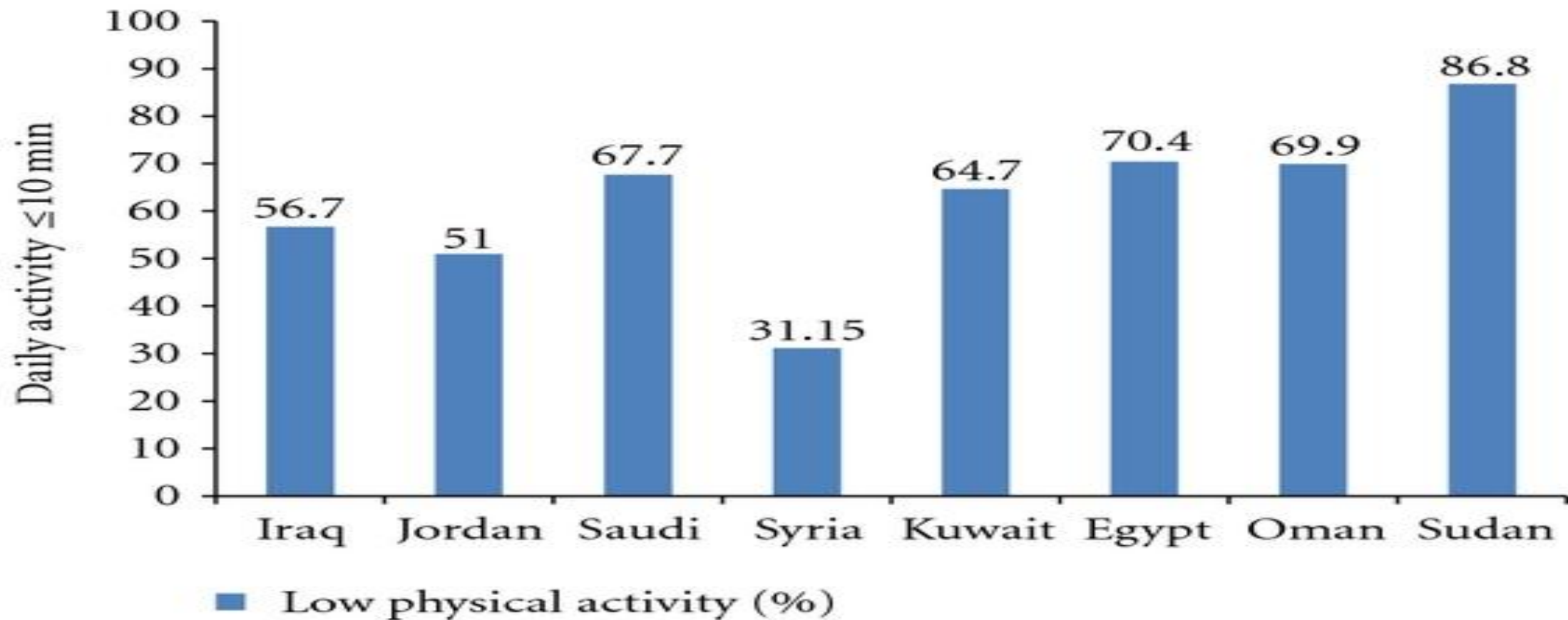
EPIDEMIOLOGY

- In 2018, the World Health Organization reported that more than 1.4 billion adults were overweight, BMI > 25 kg/m², and more than half a billion were obese. This global epidemic has led to growing concerns, for adults, and for the increased rate in childhood obesity that predisposes them to become obese adults.



**EVERYBODY
NEEDS TO
ACT**

Epidemiology in Iraq



Childhood obesity causes

Lifestyle issues — too little activity and too many calories from food and drinks — are the main contributors to childhood obesity. But genetic and hormonal factors might play a role as well.

Obesity can increase a child's risk for serious and chronic medical problems, such as type 2 diabetes, high blood pressure (hypertension), high cholesterol, orthopedic problems, and liver disease



MANAGEMENT

Prevention is imperative regardless of age. Initiating lifestyle interventions, including behavioral modifications, diet and exercise are recommended first-line approaches for anyone with a BMI >25 kg/m² .

HEALTHY LIFESTYLE



10 Effective Weight Loss Tips

1 drink more
WATER



2 don't drink
SODA



3 exercise
DAILY



4 eat fruits and
VEGETABLES



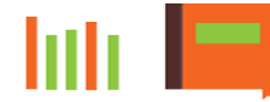
5 get enough
SLEEP



eat only when
HUNGRY



control food
PORTIONS



keep food
DIARY



don't eat and
WATCH TV



build
MUSCLES

Enjoy Your
Healthy Life

ANTI-OBESITY MEDICATIONS

-Have been approved for use in conjunction with the mentioned lifestyle interventions for patients with a **BMI > 30 kg/m²** with **no co-morbidities**

-Those with a **BMI > 27 kg/m²** with **obesity related co-morbidities**

Weight related co-morbidities include metabolic syndrome, pre-diabetes, type 2 diabetes mellitus, dyslipidemia, hypertension, non-alcoholic fatty liver disease, polycystic ovarian syndrome, female infertility, male hypogonadism, obstructive sleep apnea, asthma/reactive airway disease, osteoarthritis, gastroesophageal reflux disease and depression.

OBESITY THERAPEUTIC INTERVENTIONS

- There are now multiple clinical practice guidelines published from various societies endorsing medical weight loss.
- The goal of obesity medications is to see a 5-10% decrease in weight within the first 6 months of therapy. If there is < 5% weight loss in 3–6 months, it is recommended to consider a dose adjustment or discontinue the medication.

Weight reduction
injections

SAXENDA

(LIRAGLUTIDE) Saxenda, also known as Liraglutide, is the only long-acting, daily, injectable therapy approved for medical weight loss. It is a glucagon-like peptide-1 (GLP-1) receptor agonist that was approved in 2014. It previously was approved at a lower dose by the FDA for treatment of type 2 diabetes mellitus, known as Victoza. The **mechanism** of delaying gastric emptying and agonist effects on GLP-1 receptors in the brain have been implicated in decreasing appetite thereby decreasing caloric intake.



At 1 year, patients treated with Saxenda had a 5.6 % decrease in total body weight compared to placebo. It has also been shown to improve fasting and postprandial glycemia, beta-cell function, insulin sensitivity and delayed onset of type 2 diabetes mellitus.

Adverse effects include nausea, vomiting, diarrhea, constipation, headache, increased heart rate, dyspepsia and hypoglycemia.

Contraindications for use include gastroparesis, pancreatitis, personal or family history of medullary thyroid cancer, acute gallbladder disease, pregnancy and breastfeeding. The **dose** of this medication is titrated based on tolerability of adverse effects. Thyroid C-cell tumors have been reported in rodents only; however, the FDA has required a boxed warning of contraindication for patients who have a personal or family history of medullary thyroid cancer or those with multiple endocrine neoplasia syndrome type 2 (MEN 2). The significance in humans is unclear and ongoing post-marketing evaluations are planned to evaluate the incidence of medullary thyroid cancer and the potential risk of breast cancer

OZEMPIC

Ozempic® (Semaglutide) injection 0.5 mg, 1 mg, or 2 mg is an injectable prescription medicine used:

along with diet and exercise to improve blood sugar in adults with type 2 diabetes.

to reduce the risk of major cardiovascular events such as heart attack, stroke, or death in adults with type 2 diabetes with known heart disease.

The beginning dose is 0.25 mg once a week for the first 4 weeks. This will help give your body a chance to get used to the medicine.

At Week 5, your health care provider will increase the dose to 0.5 mg once a week.



Ozempic® may cause serious side effects, including:

inflammation of your pancreas (pancreatitis). Stop using Ozempic® and call your health care provider right away if you have severe pain in your stomach area (abdomen) that will not go away, with or without vomiting. You may feel the pain from your abdomen to your back.

changes in vision.

low blood sugar (hypoglycemia). Your risk for getting low blood sugar may be higher if you use Ozempic® with another medicine that can cause low blood sugar, such as a sulfonylurea or insulin.

kidney problems (kidney failure). In people who have kidney problems, diarrhea, nausea, and vomiting may cause a loss of fluids (dehydration), which may cause kidney problems to get worse. It is important for you to drink fluids to help reduce your chance of dehydration.

serious allergic reactions. swelling of face, lips, tongue, or throat; problems breathing or swallowing; severe rash or itching; fainting or very rapid heartbeat.

gallbladder problems. Gallbladder problems have happened in some people who take Ozempic®. pain in upper stomach (abdomen), fever, jaundice, or clay-colored stools.

The most common side effects of Ozempic® may include nausea, vomiting, diarrhea, stomach (abdominal) pain, and constipation.

TRULICITY

Trulicity (Dulaglutide): is a once-weekly injectable prescription medicine to improve blood sugar (glucose) in adults with type 2 diabetes (mellitus). It should be used along with diet and exercise.

Trulicity is also used in adults with type 2 diabetes to reduce the risk of major cardiovascular events (problems having to do with the heart and blood vessels) such as death, heart attack, or stroke in people who have heart disease or multiple cardiovascular risk factors. It is not known if TRULICITY can be used in people who have had pancreatitis. TRULICITY is not for use in people with type 1 diabetes. TRULICITY is not recommended for use in people with severe stomach or intestinal problems. It is not known if TRULICITY is safe and effective for use in children. TRULICITY should not be used in children under 18.



- **The most common side effects with Trulicity are:**
- Nausea
- Diarrhea
- Vomiting
- Abdominal pain
- Decreased appetite
- Indigestion
- Fatigue

CONCLUSION

Each year at least **2.8 million** people die secondary to being overweight or obese. Both **awareness and prevention** is the cornerstone of treatment for this disease. Obesity medications have proven to be a **favorable**, additional therapeutic intervention to **complement diet, behavior modifications, physical activity and bariatric surgery**. Hopefully, continued awareness, dedication and **research** will bring more options for providers and patients to treat obesity.



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كلية طب الكندي

المكتب الاستشاري الطبي

الاسم : شيريته عبدالرحمن
 الجنس : انثى
 العمر : 21 سنة
 العدد : ٤٠٨٠٠٠٠٠٠
 التاريخ : ٢٠٢٤/١١/٠٩

Chief complaint :

obesity

Past medical history :

~~none~~ PCOS

Past surgical history :

none

Family history :

obesity in family

Drug history :

none

investigations :

on Saxenda

Date	Weight	Height	Bmi
<u>٢٠٢٤/١١/٢</u>	<u>١٠٤</u>	<u>١٦٢</u>	<u>٣٨,٤</u>
<u>٢٠٢٤/١١/٩</u>	<u>٩٦</u>	<u>١٦٣</u>	<u>٣٦,١</u>
<u>٢٠٢٤/١٢/١٠</u>	<u>٩١,٣</u>	<u>١٦٣</u>	<u>٣٤,٣</u>

-6 kg

-5 kg

Thank You.

