



Weight Management: General Information on Medications & Surgery





What is it?

These medications act like a natural hormone called a GLP-1 which is responsible for suppressing appetite.

What does it do?

Creates the sensation of fullness in relation to food intake, which leads to the improvement in one's portion control as well help control cravings. It also improves one's blood sugars (usually prescribed to people with type II diabetes), cholesterol levels and blood pressure.

Weight loss expectation?

Average: Saxenda: 8%; Ozempic: 9-10%; Rybelsus: 8% below starting weight.

Side effects?

Nausea (decreases within the weeks), constipation (keep an eye out for this), heartburn, bloating, gallstones (rare) and acute pancreatitis (rare). Other side effects also possible.

MEDICATIONS

**Saxenda
(Liraglutide) [DIN
#: 02437899]**

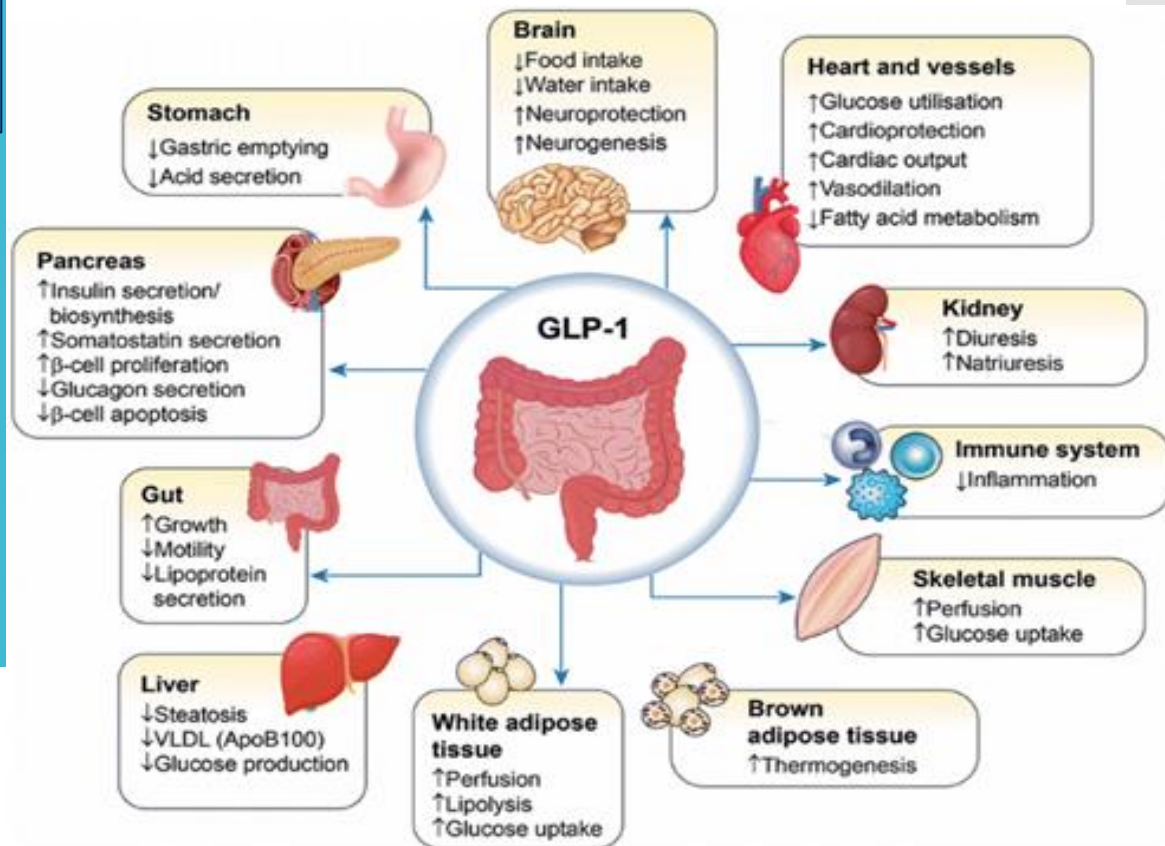
~\$200-400/month:
*injection – 1x/day

**Ozempic
(Semaglutide)
[DIN #: 02471477]**

~\$200/month:
Covered by OHIP for
patients with
diabetes
*injection –
1x/week

**Rybelsus
(Semaglutide)
[DIN #: 02497603]**

~\$250/month:
Oral tablet once a
day



MEDICATIONS

**Contrave
(Bupropion/
Naltrexone) [DIN
#: 02472945]**

~\$300+/month:
2 pills twice a day

**Xenical/Orlistat
[DIN #: 02472945]**

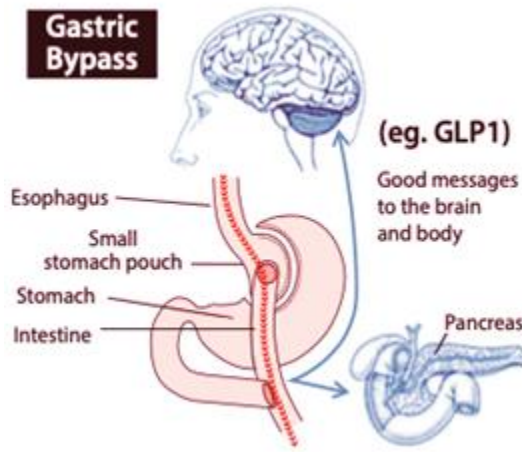
~\$180/month:
1 tablet before each
meal



- **What is it:** A combination medication that contains an antidepressant and an opioid antagonist.
- **What does it do:** It decreases one's appetite and help with food cravings.
- **Weight loss expectation:** Average 8% below starting weight.
- **Form and route of medication:** Prescribed as a *pill*. Dosage is 2 pills twice a day.
- **Side Effects:** Nausea (decreases within the weeks) & seizures (rare). Other side effects also possible.
- **Contraindications:** Chronic opioid use and seizure disorder.
- **Cost:** \$300+ per month for the full dosage.

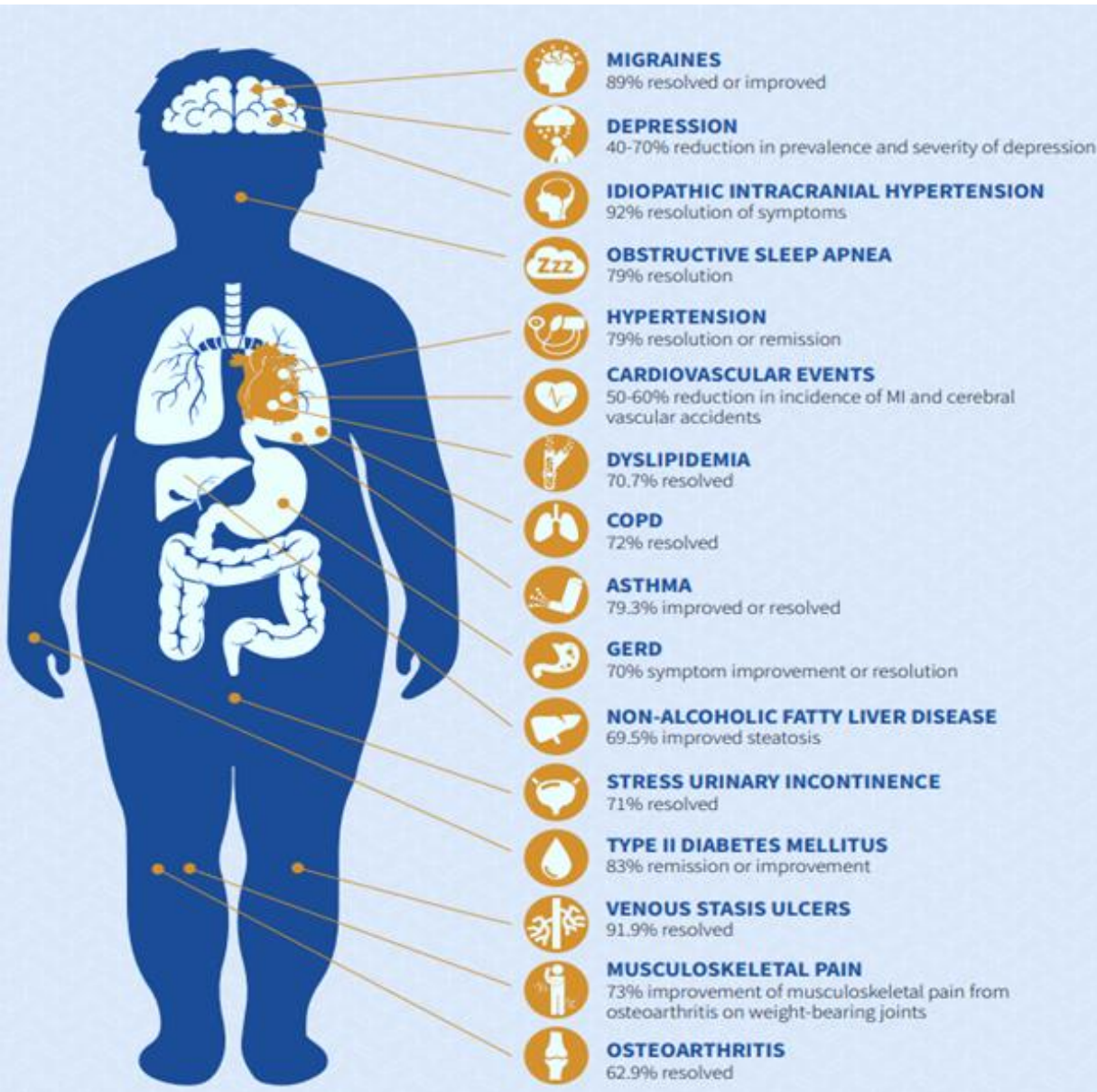
- **What is it:** A gastrointestinal lipase inhibitor
- **What does it do:** It blocks the action of lipase and decreases the absorption of fat absorption of fat in the intestines.
- **Weight loss expectation:** Average of 3% below the starting weight
- **Form and route of medication:** Prescribed as a *pill*. Dosage is 1 pill 3 times a day (must be taken with meals)
- **Side Effects:** Oily/loose bowel movements (frequently leads to discontinuation) and liver failure (rare), liver enzymes must be monitored. Other side effects also possible.
- **Cost:** Approximately \$180 per month

Surgery for Weight Management: Bariatric Surgery



<p>Procedure Description</p>	<p>The surgeon creates a small pouch in the stomach and attaches a section of the small intestine to the pouch. This allows food to bypass a portion of the small intestine.</p>	<p>The surgeon creates a thin vertical sleeve of the stomach using a stapling device. The sleeve is about a size of a banana and the rest of the stomach is removed.</p>
<p>Procedure Selection</p>	<p>Procedure of choice in Ontario</p>	<p>May be performed when Gastric bypass is not possible due to adhesions from previous surgery BMI >60 Specific chronic diseases in which prevents gastric bypass</p>
<p>Expected Weight Loss</p>	<p>65 -80% weight loss/20 – 35% of total weight loss</p>	<p>55 – 60 weight loss/15 – 25% total weight loss</p>
<p>Weight Regain</p>	<p>Lower risk</p>	<p>Minimal risk due to several underlining factors</p>
<p>Reversibility</p>	<p>Can be reversed</p>	<p>Irreversible</p>
<p>Nutrient Deficiencies</p>	<p>Impacts the absorption of iron, Vitamin B12, calcium and Vitamin D.</p>	<p>Impacts the absorption of iron, Vitamin B12, calcium and Vitamin D.</p>
<p>GERD</p>	<p>Often cures it</p>	<p>May exacerbate reflux symptoms</p>

Potential Benefits of Bariatric Surgery



Cost:

Covered by OHIP

***** A referral must be sent to the "Ontario Bariatric Network" *****

Criteria	Risks	Benefits
<p>BMI: >40 or BMI of 35-39 with 1 one of the following conditions: Diabetes, Heart Disease, Hypertension, Or Sleep Apnea</p> <p>Smoke free for at least 6 months (includes vapes and recreational marijuana)</p> <p>Age Requirement: At least 18 years and older</p> <p>Alcohol Intake: Less than 10 drinks per week</p>	<p>Death: 1 in 500</p> <p>Complications: 20 in 200</p> <p>Risk of infections, leakage and ulcers</p> <p>Vitamin Deficiencies</p>	<p>Weight loss at between 30-35% = 100 lbs. for a 300 lbs. Person</p> <p>Improvement in medical disorders</p> <p>Some studies showed protection of the kidneys</p>

Frequently Asked Questions About GLP-1 Agonists

What if I forget my dose?

- Take it as soon as you remember
- If more than 12 hours has passed since your missed dose, then skip the missed dose and take the next dose at the regularly prescribed time
- Do not double your dose

What is the risk of low blood sugar/hypoglycemia?

Rare, if your sugars go too low then decrease your dose.

What are the main possible side effects?

- Mainly causes GI (stomach) symptoms such as nausea, vomiting, constipation, diarrhea, heart burn
- May cause allergy
- Can slightly increase heart rate
- Can rarely cause gallstones or pancreatitis

What is the research behind these medications?

- Rat studies have shown an increased risk of thyroid cancer (medullary type). Thus far, this has not been shown to occur in humans, but is still being monitored for by regulatory bodies (FDA, Health Canada, etc.). There are no human or animal studies showing pancreatic cancer but this possibility has been raised as the pancreas cells look "funny" under the microscope, possibly pre-cancerous

What do I do if I am sick?

When you are sick, vomiting, have diarrhea, or cannot drink enough fluids, you should stop taking this medication until these symptoms go away

What is the effect on my kidneys?

There are some small studies showing protection of kidneys; larger studies underway!

How do I inject it?

If you have a pharmacist actively involved in your care then they will teach you to inject. If you search on the internet how to inject the medication, the company's website contains a short 3 minute video (for Ozempic, Victoza and Saxenda) and step by step instructions

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Are you ready for weight loss?

- 1 Pre-contemplation**
Weight loss is a distant goal and not on your radar for at least the next six months.
- 2 Contemplation**
The benefits of weight loss are appealing to you. You have some idea of the changes you would like to make within the next six months.
- 3 Preparation**
You have started to make small changes, such as saving healthy recipes or buying a gym membership.
- 4 Action**
For less than six months, you have consistently taken steps to lose weight. You are committed to eating healthy and exercising.
- 5 Maintenance**
You been committed to your goals for more than six months. You have started to identify any barriers to your success, and have thought of solutions.

If you have ANY concerning side effects with the medication then stop it **IMMEDIATELY**. Do NOT wait to discuss this with a physician. We will discuss it at the next appointment.

On average, there is a 8-10% weight loss ranging from 0-80 lbs over ~1 year. This will vary however, 90% of people lose weight while only 10% do not respond.

Please check with your Insurance company to see if they would cover the medications as some private insurances cover these medications. Ask your pharmacist for more guidance if needed.