

# Build Your Own Case Study

## Obesity: Treating the Whole Patient



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### Quick Glance: Anti-obesity Medications

Name	Class	Dose	Weight Loss	Common Side Effects
Phentermine	Sympathomimetic amine anorectic	15 mg-37.5mg qd	3-7%	Dry mouth, agitation, increased blood pressure
Orlistat	Lipase inhibitor	60 mg tid OTC 120 mg tid Rx	3-5%	Abdominal pain, fecal urgency
Phentermine-topiramate	Sympathomimetic amine anorectic/antiepileptic combination	15 mg/92 mg*	5-7%	Constipation, paresthesia, increased blood pressure
Naltrexone/bupropion ER	Opioid agonist/antidepressant combination	8mg /90 mg*	2-5%	Constipation, nausea, elevated heart rate and blood pressure
Liraglutide Semaglutide Tirzepatide†	GLP1-RA GLP1-RA Dual GIP and GLP1-RA	3 mg† 2.4 mg† 15 mg†	5-10% 6-12% 15-22%	GI side effects: nausea, vomiting, diarrhea, etc

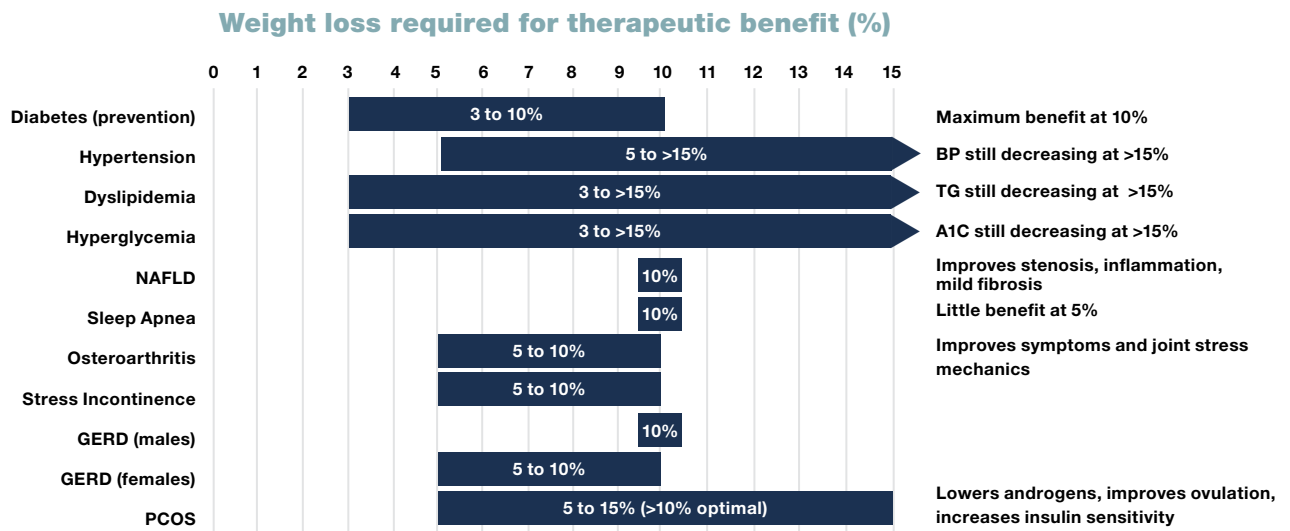
\* Please review prescribing information to determine optimal dose

† Titration-dosing suggested, review prescribing information

‡ Currently indicated for individuals with type 2 diabetes as of 04/06/23

**Abbreviation(s):** GIP, glucose-dependent insulinotropic polypeptide; GLP1-RA, glucagon-like peptide 1 receptor agonist; OTC, over the counter; qd, once daily; Rx, prescription drug; tid, three times daily

### Clinical Evidence of Therapeutic Weight Loss



Adopted from: Cefalu WT, et al. *Diabetes Care*. 2015.

**Abbreviation(s):** GERD, gastroesophageal reflux disease; NAFLD, nonalcoholic fatty liver disease; PCOS, polycystic ovary syndrome.

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### Reframing the Conversation about Obesity: Language Matters



#### Approaches to Reframing the Conversation

Seek permission

Use person-first language

Use evidence-based information

Be empathetic, understanding, and collaborative



#### Avoid

"I'm sure the problems you've had are related to your weight"

"Obese children..."  
"Overweight people..."

"If you don't lose weight, you will get sicker"

"You just need to eat less"  
"Just exercise when you get home"



#### Try Instead

"Do you mind if we spoke about your weight? Where do you think you're at?"

"Individuals with obesity..."

"Obesity can affect our health in x, y, and z ways."

"What has been going on in your life since we last met? Has this had an impact on what you eat?"



[click here for more information](#)  
Adopted from: Obesity UK

[click here for more information](#)  
Adopted from: World Obesity & Healthy Voices

### Overcoming Social Determinants of Health: Improving your Intake Questionnaire

#### Access

- How likely would you attend telehealth appointments to stay current with your health?
- Do you experience financial hardship that prevents you from staying engaged in your health and/or treatment regimens?

#### Built Environment

- In your neighborhood, do you have access to parks, sidewalks, or other spaces to engage in physical activity?
- How likely are you to stay home instead of going outside for physical activity based on where you live?

#### Food Desert

- Do you experience obstacles (and what type) of accessing healthy, affordable food?
- Generally, how close is your nearest supermarket to your place of residence?
- Do you have access to consistent transportation?

#### Health Literacy

- When discussing your health, who do you feel most comfortable supporting/educating you during clinic visits?
- How often do you leave your wellness appointment understanding your treatment plan, recommendations, and/or provider?
- What method do you use to stay up to date with your health? (internet, doctor appointment, friends, tv, social media, mobile apps, other)

#### Socioeconomic Status

- What is your highest level of education?
- How many hours per week do you typically work?
- How likely are you to take time off to come in for an annual well visit, sick appointment, or follow-up visit?