

## Weight-Loss Medications

### What are weight-loss medications?

Weight-loss medications are prescriptions that help people lose weight. They are usually only prescribed for people with a higher risk of medical problems due to their weight. One part of your risk is Body Mass Index (BMI), which is a measure of your weight in relation to your height, to define overweight and obesity. You may have a higher risk of health problems if you have a BMI of:

- 30 or higher
- 27 or higher AND you have weight-related health problems, such as high blood pressure or type 2 diabetes.

### Would I benefit from weight-loss medications?

Weight loss medications are meant to help people who may have health problems related to overweight or obesity. Before prescribing a weight-loss medication, our health care provider will consider:

- The likely benefits of weight loss
- The medication's possible side effects
- Your current health issues and other medications
- Your family's medical history
- Cost
- Your BMI



Weight-loss medications **DO NOT** replace physical activity and healthy eating habits. Weight-loss medications work best when combined with both healthy eating and physical activity.

### How do weight-loss medications work?

There are two main types of weight-loss medications:

1. Appetite suppressants keep you from feeling hungry, or make you feel full.
2. Lipase inhibitors make it harder for your body to absorb fat from the foods you eat.

Weight-loss medications only work well when they are used as part of a program that includes healthy eating and regular physical activity. You will need these tools to help keep the weight off after you stop taking the medication.