



LIVINGlite[®]
medical weight management program

**Your doctor may be able to help
you achieve your weight loss goals**



About Weight Management

There are a number of factors that determine your weight:

- ✓ Appetite, genetics, lifestyle/behaviour and the environment all have a role to play.
- ✓ Weight management requires a long-term approach and support.

You don't have to do it alone

If you're concerned about your weight, or worried about health risks like hypertension, diabetes, cardiovascular disease, raise the topic with your doctor in your next appointment.



➔ **SPEAK UP**

Speak to your doctor and get started
on your weight management journey

Medically managed weight loss

Whether this is your first attempt to lose weight or if you've tried everything you can think of to lose weight, don't give up hope yet.

LIVINGlite Weight Management Program is a 12-week weight management program that can help you reach your goals and provide support to help you stay motivated for long term success. Your doctor has the knowledge and tools to help you achieve your weight loss goals. You just have to have a chat about clinically proven ways to lose weight. Also let them know you've tried other weight loss options and they haven't worked.

Your doctor can discuss an evidence-based approach to weight loss. Unlike fad diets and weight loss gimmicks, your weight loss plan will be based on science, making it more likely to work for you.

Weight loss options

Lifestyle: Healthy eating and physical activity are the first steps in achieving a healthy weight. It's important to realise that a diet is not an extreme eating pattern that's done for a short period, after which you go back to old habits. Instead you should think of your diet as a way of life.

Very-low energy diets: VLED products such as shakes and bars can be used to replace all or some meals. This option should only be used with supervision from your doctor as part of a weight management program.

Weight loss medications: Medications may be used as part of an overall weight loss program that includes diet, exercise and behaviour changes. It is important that you speak to your doctor to discuss your options.

Weight loss surgery: Weight loss surgery may be an option for severely obese people to lose weight who have not achieved weight loss by other methods. Again, talk to your doctor about which options may be suitable for you*.

*Any surgical or invasive procedure carries risks. Before proceeding you should seek a second opinion from an appropriately qualified health practitioner.

**Have a chat with your doctor
about clinically proven
weight management options**



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Benefits of 10% weight loss results in¹...

Blood Pressure

- ↓ 10 mmHg reduction in DBP and SBP

Diabetes

- ↓ *In newly diagnosed patients: 50% reduction in blood glucose levels*

Lipids

- ↓ 10% drop in Total cholesterol
- ↓ 15% drop in LDL
- ↓ 30% drop in triglycerides
- ↑ 8% increase in HDL

Diabetes

- ↓ *In those at risk of developing diabetes: 40-60% reduction in the incidence of new cases of diabetes*

Improvements in:

Respiratory system

- ↑ Respiratory function
- ↓ Reduced severity of asthma

Joints

- ↑ Improved joint function
- ↓ Reduced osteoarthritis pain

Mental

- ↑ Improves sense of wellbeing and confidence

Women

- ↑ Improved fertility
- ↓ Reduction in severity or reversal of PCOS

1. Haslam D, Sattar N, Lean M. ABC of obesity: Obesity—time to wake up. *BMJ* 2006; 333: 640–42.