

# OBESITY

Clinical Considerations: Definitions & diagnosis | Prevalence | Comorbidities & Related Conditions | Biomechanical Processes

## PREVENTION

### Prevention Strategies

- Wellness Programs
  - Healthy Eating
  - Physical Activity
  - Weight Management
- Weight Watchers / Noom
- Gym Memberships / Classes
- Other Commercial Programs
- Diabetes Prevention Program
- Other Community Programs
- Online / Digital Programs
- Applications

## MANAGEMENT

### Weight Management Strategies

- Special Diets
  - Calorie-restricted
  - Intermittent-fasting
- Specialists
  - Face-to-face
  - Telemedicine
  - Individual / Group

### Weight Management Devices‡

- Oral Removable Palatal Space Occupying Device
  - Sensor Monitored Alimentary Restriction Therapy (SMART) Device
- Ingested, Transient, Space Occupying Device
  - Plenity

## TREATMENT (FDA Approved† / FDA Regulated‡)

### Short Term Medication†

- Appetite Suppressants
  - benzphetamine
  - diethylpropion
  - phendimetrazine
  - phentermine

### Long Term Medication†

- Oral
  - Xenical (orlistat)
  - Contrave (naltrexone-bupropion)
  - Qsymia (phentermine-topiramate)
- Injectable
  - Saxenda (liraglutide)
  - Wegovy (semaglutide)
- For rare genetic disorders:
  - IMCIVREE (setmelanotide)

### Weight Loss Devices‡

- Electrical Stimulation System
- Gastric Balloon System
  - ORBERA Intra-gastric Balloon System
  - Obalon Balloon System
  - TransPyloric Shuttle / Delivery Device
  - Spatz3 Adjustable Balloon System
- Gastric Emptying System
- Endoscopic Suturing Devices
  - Apollo Endoscopic Sleeve Gastroplasty and Revise Systems
- Adjustable Gastric Band
  - Lap-Band Adjustable Gastric Banding System

### Bariatric Surgery

- Adjustable Gastric Band
  - Lap-Band Adjustable Gastric Banding System
- Gastric Sleeve
  - Vertical sleeve gastrectomy
- Gastric Bypass
  - Roux-en-Y gastric bypass
- Biliopancreatic diversion with duodenal switch

### Additional Treatment Considerations:

Scientific & Evidenced based approaches  
Benefits / Plan Design  
ROI / VOI

- Criteria for medications
- Off-label prescribing
- Future strategies
- Clinical trials / studies

- Criteria for devices

- Criteria for surgery
- Pre surgery support
- Post surgery support

# OBESITY MANAGEMENT – cross-spectrum needs :

Benefits & Plan Design & ROI; Nutrition & Physical Activity Support; Specialists (face-to-face, individual, group); Online and/or Commercial programs; telemedicine; apps

## Prevention & Weight Management

### OBESITY TREATMENTS

#### Wt Mgmt Devices

- Oral Removable Palatal Space Occupying Device (SMART)
- Ingested, Transient, Space Occupying Device (Plenity)

#### Medications

##### Long Term (oral)

- Contrave
- Xenical
- Qsymia

##### Long Term (injectable)

- Saxenda
- Wegovy
- IMCIVREE

##### Short Term (oral)

- Appetite suppressants

#### Wt Loss Devices

- Electrical stimulation system
- Gastric balloon system
- Gastric emptying system
- Adjustable gastric band
- Endoscopic suturing devices

#### Bariatric Surgery

- Gastric sleeve
- Gastric bypass
- Adjustable gastric band
- Biliopancreatic diversion with duodenal switch

**Additional Treatment Considerations:** criteria; “off-label” prescriptions; future medication strategies; clinical trials/clinical studies; herbal medicine/dietary supplements; pre/post surgery support; special diets

**Additional Clinical Information:** definitions; BMI; comorbidities & related conditions; prevalence

Scientific / evidence based approach to obesity and weight loss; biomechanical processes