

CONCEPT: WEIGHT-LOSS TREATMENTS

Weight-Loss Medications

◆ The _____ can both regulate and authorize prescription medications for weight loss.

Weight-Loss Medications		
Name of Medication	Function	Approval Date
1 Alli	▸ _____ ~25% absorption of fats by inhibiting lipase.	2007
2 Belviq	▸ Activates _____ receptors in the brain. ▸ Suppress appetite and gives the sensation of fullness.	2012
3 GLP-1 Drugs	▸ Class of drugs that mimick the GLP-1 hormone. ▸ _____ glucose regulation and appetite suppression. ▸ Ex: Wegovy, Mounjaro, Ozempic.	2021+

EXAMPLE

In 2009, Mark was approved for weight-loss medication because of his class II obesity. After 2 years and losing over 200 pounds, most of his health outcomes have improved immensely. Based on this information, which of the following statements would be true?

- a) He was most likely prescribed Alli to combat his obesity.
- b) He was most likely prescribed medication without a doctor's consent.
- c) His calculated BMI would be below 22 in 2009.
- d) He was most likely prescribed an SSRI (Selective Serotonin Reuptake Inhibitor) such as Prozac.

PRACTICE




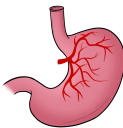
Which of the following statements would be false for a weight-loss-medication?

- a) Activates leptin in regulating energy levels and appetite suppression.
- b) Activates dopamine to control hunger and appetite.
- c) Activates serotonin receptors in regulating appetite.
- d) Maintains stable blood sugar levels.

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Weight-Loss Procedures

- ◆ A medical professional may suggest surgery for individuals with Class ____ obesity and weight-related disorders.
 - Weight loss can be rapid and ____ a person's [glucose], BP, sleep apnea, and some cancers.
 - Weight loss complications can include nutrient ____iciencies, blood clots, internal bleeding, pneumonia or death.

Weight-Loss Surgeries		
Name of Surgery	Procedure	Visualization
1 Sleeve Gastrectomy	▪ ____ of stomach removed and a remaining sleeve-sized portion connects to duodenum.	
2 Gastric Bypass	▪ Creates a __ ounce stomach pouch, connects it to the small intestine to bypass the duodenum.	
3 Gastric Banding (Lap Band Surgery)	▪ Places a band at the ____ part of the stomach to create a smaller pouch.	
4 Bariatric Arterial Embolization	▪ Insertion of a catheter through wrist or groin. ▪ Targets blood vessels to ____ ghrelin production.	

- ◆ **Note:** Unlike other procedures, liposuction is considered _____ surgery rather than weight-loss surgery.
 - Involves removal of fat cells typically from the abdomen to achieve a slimmer frame.

EXAMPLE

Ghrelin, the hunger hormone, is predominantly produced within your stomach. Which of the following weight-loss surgeries would be most effective in permanently lowering ghrelin levels?

- a) Liposuction b) Gastric Banding c) Sleeve Gastrectomy d) BAE

PRACTICE

Which of the following represents a benefit of weight-loss surgery?

- a) It eliminates central sleep apnea.
b) It causes an increase in colon cancer.
c) It causes the reversal of malnutrition.
d) It mitigates the effects of Type II Diabetes.