

OUTLINE

Current Non-Pharmacological Options

“Healthy” Diets

- Dash diet
- Mediterranean diet
- Paleo
- Atkins
- Keto
- Plant-based diet
- Commercially prepared meals
- Commercial weight loss plans

Activity

- Cardio/aerobic
- Resistance training/anaerobic
- Stretch/flexibility
- Precautions

Stress management

Sleep hygiene

Surgical options

Motivational techniques to maintain healthy habits and avoiding fads

Pharmacological Options for Weight Loss

Older Medications Taken Off the Market Due to Complications

- Sibutramine
- Fenfluramine/phentermine “fen-phen”
- Lorcaserin
- Limitations/bias of older recommendations

FDA Approved Medications for Weight Loss (Effectiveness, Dosage, Side Effects, Warnings, Cost)

- Orlistat
- Phentermine/topiramate
- Naltrexone/bupropion
- Liraglutide
- Semaglutide
- Setmelanotide (only approved for 3 rare genetic conditions)

OBJECTIVES

1. Apply the latest evidence to select current pharmacological options for weight loss in patients.
2. Analyze the benefit vs cost and risk of the various weight loss medication options available today.
3. Evaluate the effect on weight for medications intended to treat other ailments such as hypertension, diabetes, or depression.
4. Determine benefits of focusing on outcomes such as health/longevity, rather than weight.
5. Choose therapies that best meet individual needs and provide effective support.
6. Investigate how big business can influence standards/recommendations for healthcare providers regarding weight loss options.
7. Develop techniques for successful motivational interviewing.

Medications Approved for Short Term Use Only (12 weeks)

- Phentermine
- Benzphetamine
- Diethylpropion
- Phendimetrazine

Medications Used Off Label for Weight Loss

- A drug approved for treating a different medical problem
- Two or more drugs at the same time
- A drug for a longer time period than approved by the FDA

“Food Supplements” Not Under FDA Guidelines

Potential Mechanisms of Action for Future Medications

- Regulating several gut hormones at the same time
- Targeting specific genes that cause obesity
- Allowing people to lose body fat without losing muscle during weight loss
- Changing bacteria in the gut to control weight

Medications Used for Other Conditions that Affect Weight

- Diabetes medications
- Hypertension medications
- Psychiatric medications

Live Webinar Schedule
(Times listed in Pacific)

- 8:00 Program begins
- 11:50-1:00 Lunch Break
- 4:00 Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon). Actual lunch and break start times are at the discretion of the speaker. A more detailed schedule is available upon request.

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WEIGHT LOSS MEDICATIONS

Evaluate Evidence, Risk & Cost for Prescriptive Decisions

Featuring Weight Loss Expert:
Laurie Klipfel, RN, MSN, ANP-BC, CDCES, WCC



- Beating the body’s desire to conserve calories
- FDA approved medications for weight loss
- Medications for short term use only
- Off label medications for weight loss
- Potential mechanisms of action for future weight loss medications
- 6.0 pharmacology CE hours

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LIVE Interactive Webinar Thursday, November 10, 2022

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Live Interactive Webinar Thursday, November 10, 2022

BONUS! – Registration includes FREE on-demand access for 3 months.

Weight Loss Medications:

Evaluate Evidence, Risk & Cost for Prescriptive Decisions

You've seen it too....

With the goal of losing weight, patients will try endless efforts and gimmicks. As providers, we have explained the importance of maintaining a healthy weight and lifestyle. These **conversations can lead to frustrations**, for everyone involved.

Studies show a 5-7% weight loss with behavior changes (a mere 10-15 pounds for a 200-pound person). Often weight loss efforts lead to weight cycling, which carries documented health risks and often leads to higher than initial weights. In the past there have been a lot of assumptions about the cause of weight being more behavioral. **Newer evidence supports a more genetic, environmental, and biologic relationship with weight.**

However, many healthcare providers continue to recommend behavior changes for weight loss, despite **documented research showing not only poor success with those tactics but great harm** including weight stigma, decreased utilization or delay in medical care, repeated weight loss and regain/weight cycling, reduced self-esteem/motivation, eating disorders, stress, and depression. All of which have been shown to contribute negatively to overall health.

The seriousness of this situation has led both patients and providers to look at pharmacological interventions to manage weight. These options have significant cost and risk that need to be carefully considered against the potential benefits. You have an incredible opportunity to learn from Laurie Klipfel, RN, MSN, ANP-BC, CDCES, WCC, as she breaks down the very latest evidence supported weight loss medication options.

Imagine being able to **support the lasting weight loss outcomes you've been hoping patients would experience!** Sign up today!

Here's What Your Colleagues Are Saying About Laurie!



"The course was very thorough and contained a lot of very useful information. I especially enjoyed the case studies and applying treatment to "real" patients."

- Jeanne, Nurse Practitioner

"The presenter has a wealth of professional experience and is an excellent instructor!"

- Sharon, Dietitian

"This was so interesting and up to date. I learned a lot. Laurie was great!"

- Anne, Registered Nurse

"The presentation was very informative and has increased my confidence!"

- Mary, Nurse Practitioner

"Very knowledgeable and updated information all in one place which is hard to find."

- Katherine, Dietitian



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MEET YOUR SPEAKER

Laurie Klipfel, RN, MSN, ANP-BC, CDCES, WCC, has been a Certified Diabetes Care and Education Specialist for over 20 years managing both inpatient and outpatient care for patients with diabetes. She has managed several hospital ADA-recognized diabetes education programs, is a Board-Certified Adult Nurse Practitioner with a specialty in endocrinology and has a certification in wound care. Laurie has contributed to incredible healthy behavior changes and is eager to share her smart goal expertise with other healthcare professionals.

Laurie is a member of the American Association of Diabetes Care and Education Specialists, past president of her local chapter, and published author. Her practical patient experiences, supported by clinical evidence, provide the necessary blend of information to treat weight loss in patients today.

Speaker Disclosure:

Financial: Laurie Klipfel has an employment relationship with the VA-St. Louis. She receives a speaking honorarium and recording royalties from PESI, Inc. She has no relevant financial relationships with ineligible organizations.

Non-financial: Laurie Klipfel has no relevant non-financial relationships.

Target Audience:

Nurse Practitioners • Clinical Nurse Specialists • Nurses, Physician Assistants • Pharmacists
Dietitians • Certified Diabetes Care and Education Specialists

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For specific credit approvals, details, and planning committee disclosures, please see the "credit approvals and details" URL below. For speaker disclosures, please see speaker bios.

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\$219.99 tuition

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