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# NUTRITIONAL CONSIDERATIONS FOR PEOPLE ON ANTI-OBESITY MEDICATIONS (AOMs): WHERE ARE WE?

Don't underestimate the dietitian's role!



Dietitian



Patient



Clinician

Clinicians and dietitians need to work with patients to optimize nutritional quality

- Nutritional assessment
- Assess nutrient deficiency risk factors
- Evaluate nutrient intake
- Nutrition focused history and physical assessment with body composition
- Check labs for deficiencies



Nutritional guidelines for obesity or bariatric surgery may be useful for medical management of patients on AOMs<sup>1-3</sup>

- Advise on recommended intakes
- Fluid
- Protein
- Dietary fiber
- Energy

What do I tell my patients?



My appetite is back, is that a good thing?

That's a good thing



Remember to drink plenty of fluids



You may find your food preferences change – don't worry



Don't demonize foods

Dr Fitch's 5Ps for successful nutritional management

Planned Regular portions

Pause Avoid eating at night

Plant and protein

Pillow Get plenty of sleep

Power Strength training

Prioritize protein, minimize processed foods

Supplement with vitamins and micronutrients

Meal replacements can be helpful

WATCH THE

COMPLETE LECTURE



1. Almandoz JP, Wadden TA, Tewksbury C, Apovian CM, Fitch A, Ard JD, Li Z, Richards J, Butsch WS, Jouravskaya I, Vanderman KS, Neff LM. Nutritional considerations with antiobesity medications. Obesity (Silver Spring). 2024 Sep;32(9):1613-1631.

2. Mechanick JI, Apovian C, Brethauer S, et al. Clinical practice guidelines for the perioperative nutrition, metabolic, and nonsurgical support of patients undergoing bariatric procedures - 2019 update: cosponsored by American Association of Clinical Endocrinologists/American College of Endocrinology, the Obesity Society, American Society for Metabolic & Bariatric Surgery, Obesity Medicine Association, and American Society of Anesthesiologists - executive summary. Endocr Pract. 2019 Dec;25(12):1346-1359.

3. Almandoz JP, Wadden TA, Tewksbury C, Apovian CM, Fitch A, Ard JD, Li Z, Richards J, Butsch WS, Jouravskaya I, Vanderman KS, Neff LM. Nutritional considerations with antiobesity medications. Obesity (Silver Spring). 2024 Sep;32(9):1613-1631.