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SUPPORT FOR POSITIVE OUTCOMES WITH OBESITY MEDICATIONS

Obesity is a chronic disease and requires long term health management

We need to support the patient long term
It's not just about caloric restriction

Remember there are two counselling priorities

Patients need support to achieve positive outcomes



Adherence to medication



Lifestyle management^{3,4}

Drug administration³



Teach, assess and evaluate the patient's administration technique

Monitor side effects^{1,2}



Constipation, nausea, vomiting, diarrhea

Side effects are often transient



Eat smaller portions



Eat regularly and slowly



Eat plenty of fiber



Keep hydrated



Limit hot spicy foods

Nutritional intake



Nutrient dense foods



Minimize loss of lean body mass



Plan for meals and snacks



Stop eating at signs of fullness

Mental health



Good sleep



Encourage patients to talk



Monitor for eating disorders

Physical activity



Move more
Strength training

WATCH THE



COMPLETE LECTURE

1. Wharton S, Davies M, Dicker D, Lingvay I, Mosenzon O, Rubino DM, Pedersen SD. Managing the gastrointestinal side effects of GLP-1 receptor agonists in obesity: recommendations for clinical practice. *Postgrad Med.* 2022 Jan;134(1):14-19.

2. Academy of Nutrition and Dietetics. Nutrition Care Manual. <https://www.nutritioncaremanual.org/> 2024, in press. [Citation details to be confirmed]

3. Warshaw H. The new weight management meds. *Today's Dietitian.* 2023 November/December.

4. Gigliotti L, Warshaw H, Evert A, Dawkins C, Schwartz J, Susie C, Kushner R, Subramanian S, Handu D, Rozga M. Incretin-based therapies and lifestyle interventions: the evolving role of registered dietitian nutritionists in obesity care. *J Acad Nutr Diet* 2024 Nov 7; S2212-2672(24)00925-0. doi: 10.1016/j.jand.2024.10.023. Online ahead of print.