

# Rethink Obesity<sup>®</sup>

## BENEFITS OF OBESITY MANAGEMENT



## Weight loss can require a team approach<sup>1</sup>

As with any chronic illness, managing patients with obesity involves balancing an interplay of factors that are likely to change over time. At different times, your patients may benefit from interactions with other healthcare professionals offering specialised services.

Be sure to discuss how you think a referral could help support your patient's weight loss efforts, and together agree on how you should proceed.

### A variety of medical professionals can be of assistance in the management of patients with obesity<sup>1</sup>

#### Specialist medical resource

#### What do they offer?



#### Endocrinologist

When your patient has a clinical endocrine disorder that may be affecting weight loss efforts



#### Bariatric physician

When your patient is not making progress despite continued management and medication



#### Bariatric surgical team

When your patient has:

- BMI >40 kg/m<sup>2</sup> or
- >35 kg/m<sup>2</sup> and an obesity-related health condition, e.g. hypertension



#### Psychiatrist

Your patient has a recognised mental health condition that affects weight or weight loss efforts

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Allied health professionals can be called on as needed to help manage specific issues or devise specific programs<sup>1</sup>



### Specialist medical resource

#### When to consider

#### What do they offer?



#### Dietitian<sup>†</sup>

*When your patient has a poor understanding of healthy eating options*

- Comprehensive assessment of dietary intake
- Suggested dietary changes and substitutes
- Nutritionally-balanced, tailored eating plans



#### Exercise physiologist

*When your patient has comorbidities that could be exacerbated by physical activity*

- Comprehensive assessment of fitness levels
- Physical activity programs tailored to weight, age, body type, fitness, lifestyle and goals



#### Physiotherapist

*When your patient has injuries or conditions that make physical activity difficult*

- Treatment/rehabilitation of specific musculoskeletal injuries or limitations



#### Psychologist

*When your patient has difficulty recognising or reacting appropriately to triggers or specific behaviours*

- Behaviour change strategies that help address self-sabotage
- Identification of triggers that impact eating and/or activity levels
- Stress management

*Encourage your patients to involve supportive family and friends in their weight-management program*

<sup>†</sup>A dietitian has specific qualifications and expertise in nutrition for medical conditions and must undertake regular training to maintain accreditation. Dietitians must be Accredited Practising Dietitians (APDs) who are accredited by the Dietitian Association of Australia.

**Reference: 1.** Forgoine N, et al. *Adv Ther* 2018;35:191–8.

Novo Nordisk Pharmaceuticals Pty Ltd. Level 10, 118 Mount Street, North Sydney NSW 2060. ABN 40 002 879 996.  
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