

Obesity Treatment Options

HEALTHY EATING &
PHYSICAL ACTIVITY¹

BEHAVIOURAL
THERAPY

MEDICATIONS

SURGERY

Healthy eating and physical activity are important for everyone's health. Treatment for obesity may include behavioural therapy, medications, and/or bariatric surgery.¹

BEHAVIOURAL THERAPY²

Here are some ways that can help in changing our behaviour:



FIGURE OUT WHAT IS YOUR "WHY"

What is "worth it" to you can be a guiding compass.

Here's an example: "I want to be working in the direction where my weight doesn't prevent me from playing with my grandkids."



LEARN MORE ABOUT YOUR DAILY HABITS

Finding the times of the day when you are more likely to eat or drink extra calories or crave food is a great place to get started. Write down these patterns, including the "where" and "what you were doing."



SETBACKS ARE PART OF THE JOURNEY

Setbacks will happen; what determines our success is how we learn from them and move forward. Weight is regulated by our genetics, brain, biology, and environment. Try to focus on **why** you are on this journey.

MEDICATIONS³

Living with obesity can be challenging at times. You are not solely responsible for your weight loss journey. In reality, like other medical conditions, people may require medications.

There are several medication options available in Canada that can help support your obesity management journey. Talk to your physician for more information.



SURGERY⁴

If bariatric surgery is an option for you, your healthcare provider will send you to a bariatric centre where you will get the proper support before, during and after your surgery.

Effective treatments are available –
talk to your healthcare provider
about what's right for you.



References: 1. Wharton S, Law DW, Vallis M, *et al.* Obesity in adults: a clinical practice guideline. *CMAJ*. 2020;192:E875-91. 2. Vallis TM, Macklin D, Russell-Mayhew S. Canadian Adult Obesity Clinical Practice Guidelines: Effective Psychological and Behavioural Interventions in Obesity Management. Available from: <https://obesitycanada.ca/guidelines/behavioural>. Accessed May 27, 2022. 3. Pedersen SD, Manjoo P, Wharton S. Canadian Adult Obesity Clinical Practice Guidelines: Pharmacotherapy in Obesity Management. Available from: <https://obesitycanada.ca/guidelines/pharmacotherapy>. Accessed August 5, 2022. 4. Glazer S, Biertho L. Canadian Adult Obesity Clinical Practice Guidelines: Bariatric Surgery: Selection & Pre-Operative Workup. Available from: <https://obesitycanada.ca/guidelines/preop>. Accessed May 27, 2022.



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