

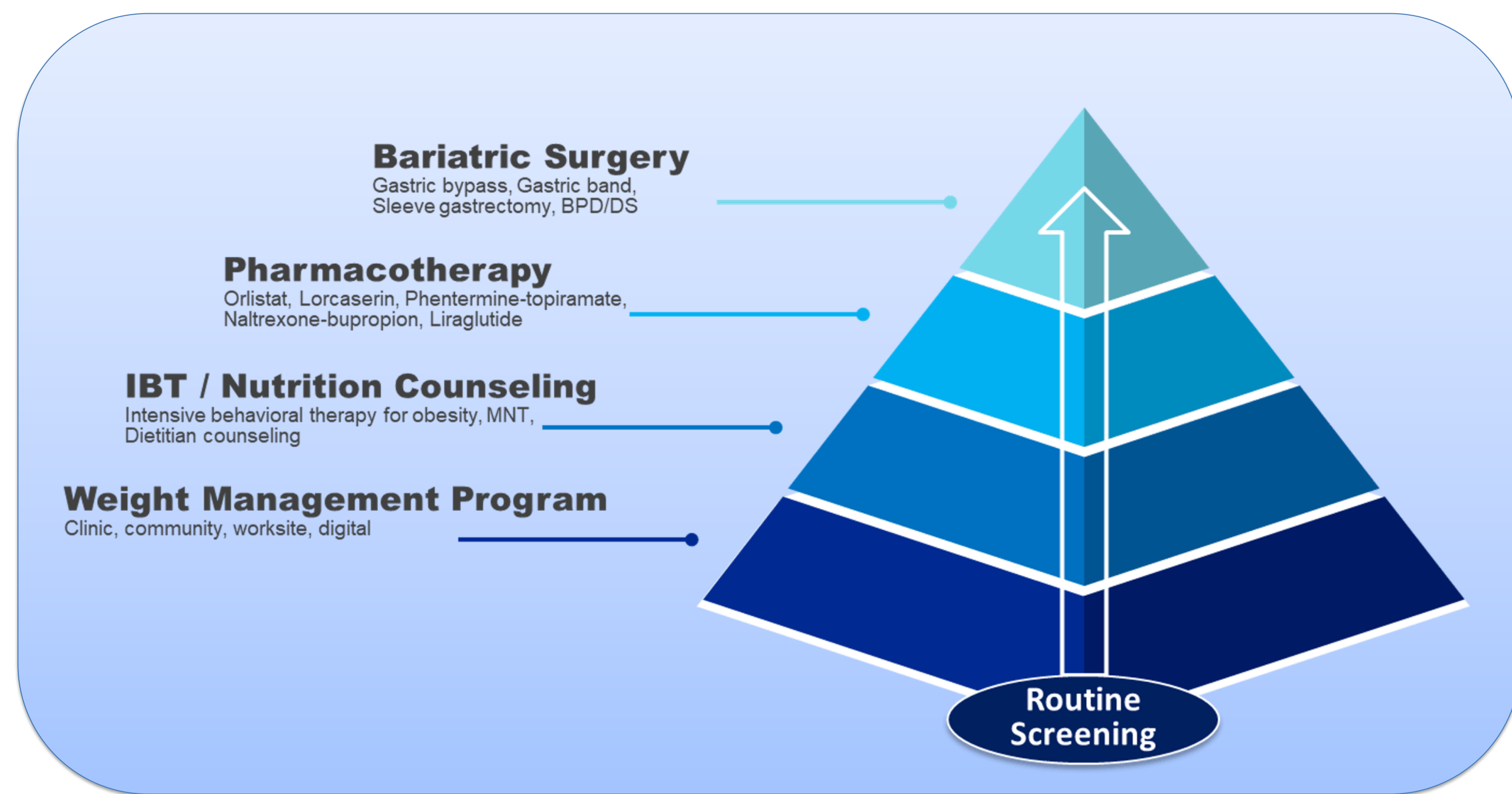
The Role of PCPs in Maintaining Weight Loss by Preventing Behavioral Relapse



Continuing Medical Education Poster Hayden Blanchard

Weight Loss Methods

- **Flexibility: Reduction in Energy Intake**
 - Weight loss guidelines are not prescriptive about specific diet
 - Diet and movement to produce overall energy deficit that is behaviorally sustainable for patient
- Intensive behavioral management programs include weekly follow up and support with dietary and activity focused behavior change for up to 6 months
- Pharmacotherapy: avoiding obesogenic drugs when possible and considering various drug classes to aide in weight loss



Prevention Strategies

Refer

- Targeted referrals to qualified nutritionists or psychotherapists may be recommended for patients who consistently struggle to maintain weight loss

Educate

- Discuss common factors of successful weight loss maintenance: monitoring eating and activity, regular physical activity, flexibility, planning and others

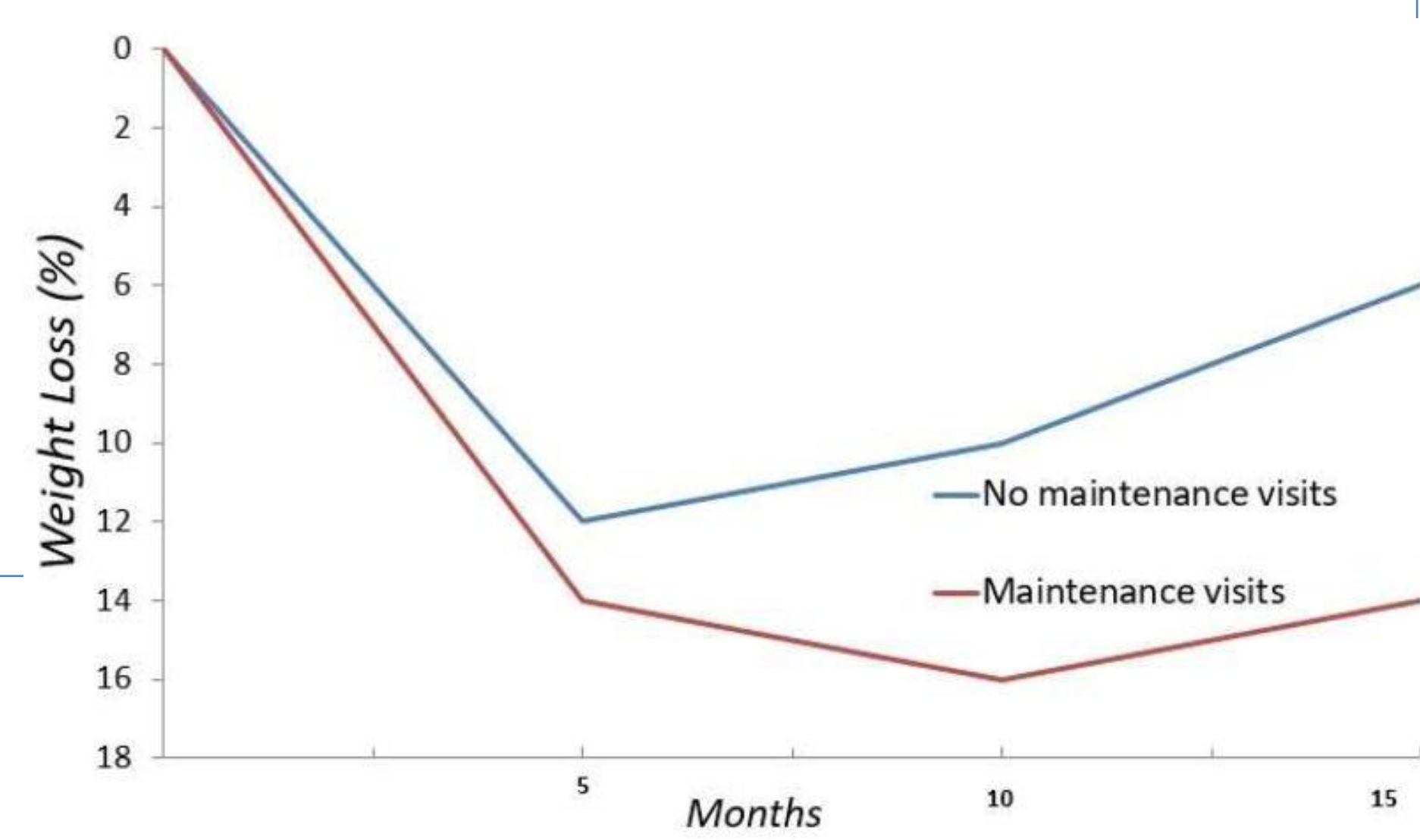
Medical Management

Consider pharmacotherapy or bariatric surgery

- Within personal scope and experience, consider adding pharmacotherapy to support maintenance phase

Follow up Consistently

- Regular follow up during maintenance phase supports success with long term weight loss
- Obesity is a typically a chronic condition requiring long term follow up and management

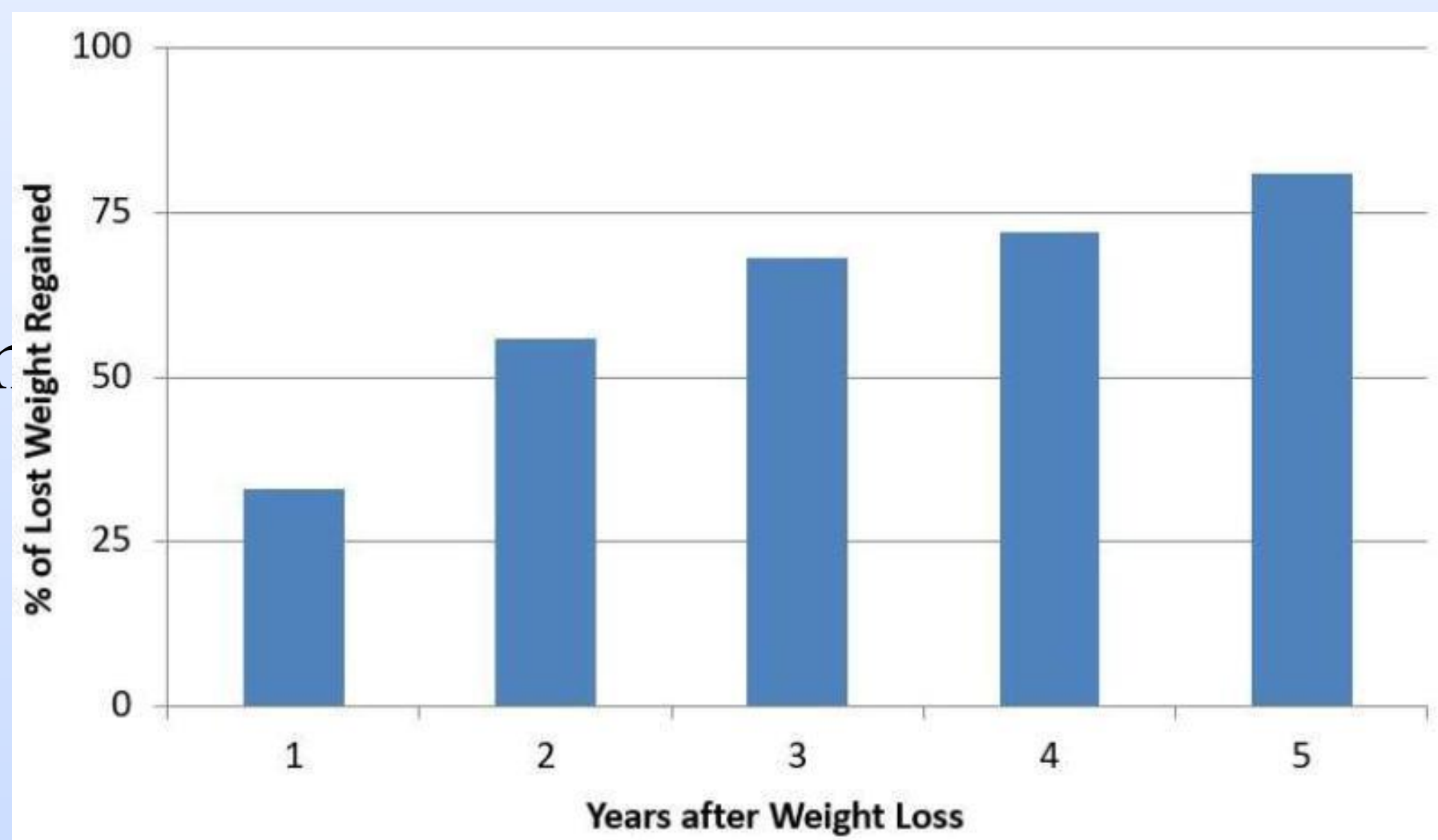


Weight Regain is Common

A review of weight loss studies showed about **80% of weight lost regained over the first 5 years** from initial loss.

- Obesogenic Environment

- Hyperpalatable foods
- Sedentary environment
- Difficulty in maintaining behavior change



Behavioral Relapse

- **Relapse - a longer, more serious lapse “in diet, more than a day, in exercise more than a week”**
- Often triggered by negative emotional states
- Behavioral relapse is a significant contributor to weight regain
- Setbacks, such as relapse, are inevitable.
- Emphasize the importance of supportive, non-shaming interactions with struggling patients. Motivational interviewing.

1.How can patients maintain fat free mass while losing weight? (Choose all that are correct)

- Increase protein intake, aiming for 1.2 g/kg of body weight or more.
- Practice intermittent fasting with an 8-hour eating window and 16-hour fast.
- Incorporate resistance training into their chosen physical activity regimen.
- Include pharmacotherapy, such as Semaglutide 7mg, to assist weight loss.
- All of the above

2.Define relapse in the context of behavioral weight loss.

- Any failure to adhere to behaviors that helped the patient to achieve weight loss.
- A longer, more serious lapse in diet, more than one day or in exercise more than 1 week.
- A deviation from a patient’s weight loss plan for which they should immediately consult their medical provider.
- Failure to follow personalized, medically recommended dietary and exercise guidelines for more than 2 weeks.

3.Which medication received FDA approval for the treatment of chronic overweight and obesity on November 8, 2023?

- Phentermine/Topiramate
- Semaglutide
- Retatrutide
- Bupropion
- Tirzepatide

4. List some factors that have proven important in long-term weight management.

- Dietary Monitoring
- Increased physical activity
- Reminders that relapse could lead to regain of 80% or more of weight lost
- Self-efficacy in diet and weight management
- Demographic differences

5. How frequent of follow up does this CME paper recommend during the weight maintenance phase?

- Every week
- Every 2 weeks
- Every Month
- Every 1-3 months
- Yearly

Answer key: 1. A,C. 2. B 3. C. 4. A,B,D 5. D

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