



**INFORMATION FOR PATIENTS**

# Sustaining weight loss can be hard<sup>1-3</sup>

## Here's why

Losing weight isn't just a matter of willpower. When you lose weight, your body tries to gain it back by making you feel hungrier and less full. These feelings are driven by hormones and directly influence your eating habits and metabolism.

## Factors that can affect your weight

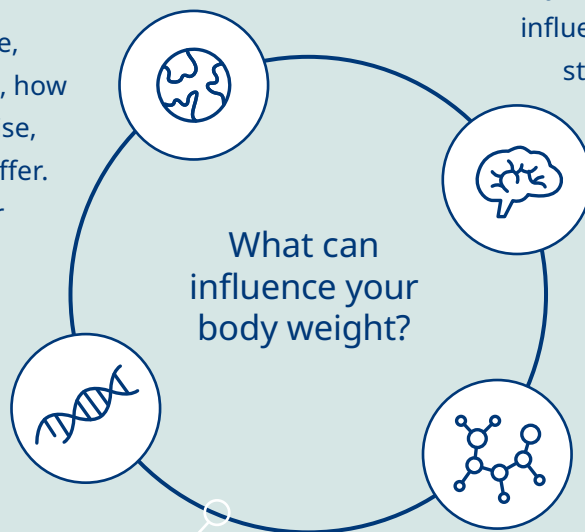
### Your environment<sup>2</sup>

Where you live, your income, your access to healthy food, how easily you are able to exercise, the large serving sizes on offer. These can all influence your body weight.

### Your genetics<sup>5</sup>

Your genes can affect how easily you gain or lose weight.

*You don't have control over all of these factors*



### Your brain<sup>2-4</sup>

It's your brain that tells you when you're hungry and influences how you respond to stress, emotional problems and mental health.

### Your hormones<sup>2-4</sup>

All through the day and night, many of your organs and body tissues send regular signals to your brain that affect whether or not you feel hungry, and how much energy you are using.



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# You don't have to do it alone

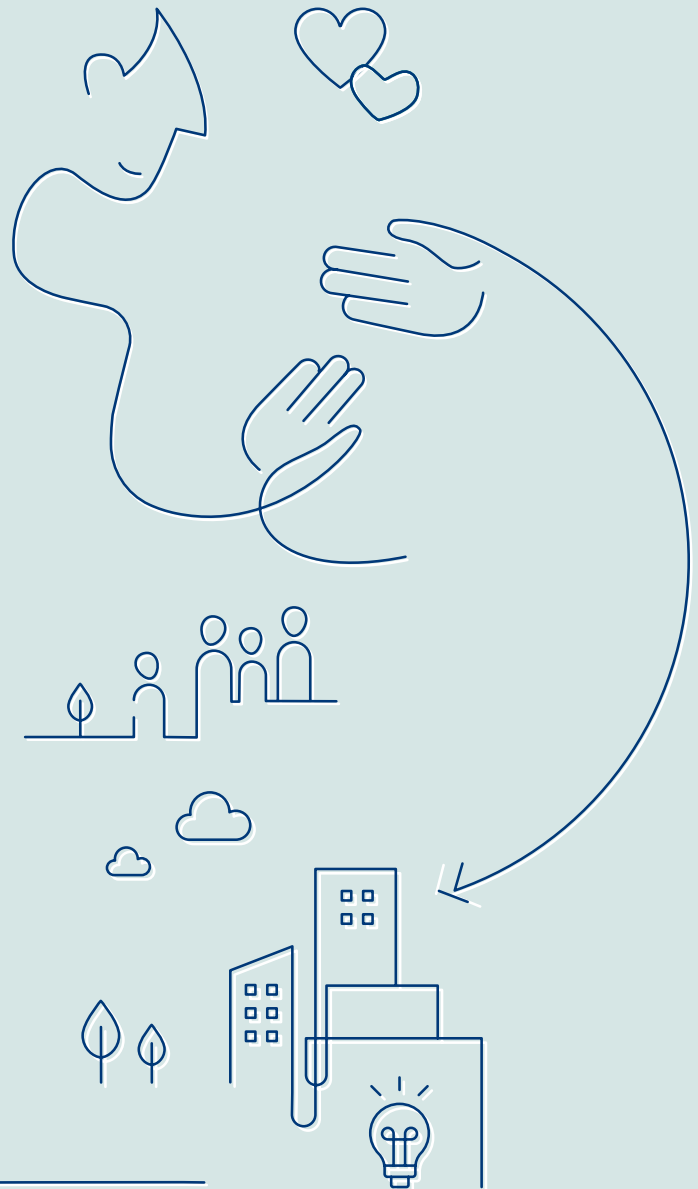
You may think you need to work on your weight by yourself. That may leave you feeling like you are to blame if it doesn't go well. Obesity is a chronic medical condition, and you don't have to figure it all out alone.

Your GP understands that weight can be managed like any other chronic medical condition.

You can partner with your GP and together you can work out a weight-management plan that suits your needs. There's no one-size-fits-all solution. Your GP will consider your lifestyle, your likes and dislikes, other health conditions. They can call on a wide range of other health professionals, including Māori health providers, to help ensure you receive relevant support and advice.<sup>5</sup>

Your GP can also help you identify positive social support networks such as whānau and friends, walking groups, and weight-reduction support groups.<sup>6</sup>

**If you haven't already, discuss your weight management with your GP.**



**References:** 1. Sumithran P, et al. *N Eng J Med.* 2011;365:1597–1604. 2. Hall K, Kahan S. *Med Clin North Am.* 2018;102:183–197. 3. Sumithran P, Proietto J. *Clin Sci.* 2013;124:231–241. 4. Farr O, et al. *Metabolism.* 2016;65:699–713. 5. Gadde KM, et al. *J Am Coll Cardiol.* 2018;7:69–84. 6. New Zealand Ministry of Health. Clinical Guidelines for Weight Management in New Zealand Adults. 2017. Available at: <https://www.health.govt.nz/system/files/documents/publications/clinical-guidelines-for-weight-management-in-new-zealand-adultsv2.pdf>. (Accessed July 2024).

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