



# Treatment Options for Weight Management

For some people, healthy habits alone may not be enough to manage weight or lower health risks. In these cases, a health care professional may suggest additional options for support.

Losing weight to improve your health can take a team effort, including getting support with medication, nutrition, exercise and mental health.

## Team-Based Care for Weight and CKM Syndrome (Cardiovascular-Kidney-Metabolic)



**Weight management in CKM syndrome is often most effective when supported by a care team.**

CKM syndrome affects the heart, kidneys, and metabolic health (the way the body creates, stores and uses energy). This means more than one type of specialist may be involved.

**A team may include but is not limited to:**

- Primary care clinician
- Cardiologist (heart specialist)
- Nephrologist (kidney specialist)
- Endocrinologist (diabetes or hormone specialist)
- Registered dietitian (RD)
- Pharmacist
- Behavioral health specialist
- CKM coordinator
- Patient navigator/care coordinator
- Exercise specialist/physical therapist
- Diabetes care and education specialist (DCES)
- Community health worker
- Social Worker
- Obesity medicine specialist
- Registered Nurses (RN)

**Why team-based care matters:**

- Medications may be prescribed by different members of the care team.
- Nutrition guidance may be needed to match the body's specific needs.
- Blood pressure, blood glucose (sugar) and weight goals may need coordinated support.
- Emotional support can improve long-term success.

**Shared decision-making helps ensure:**

- Treatment plans match personal goals
- Risks and benefits are clearly understood
- Adjustments can be made if any health changes occur

**Regular communication between team members helps prevent gaps in care.**

## Healthy Habits: Life's Essential 8™

**Healthy habits are the foundation of weight management and overall health.** These habits support the heart, kidneys and metabolic health (the way the body creates, stores and uses energy) and remain important even when medication or surgery is part of care.

**Life's Essential 8 includes:**

- Eat better
- Be more active
- Get healthy sleep
- Manage weight
- Quit tobacco
- Manage blood sugar
- Manage blood pressure
- Control cholesterol

**These habits work together.** Progress in one area often supports progress in others and helps build long-term health.



## Medications



A health care professional may recommend medications to help with weight management.

**The choices depend on your health needs and goals.**

**Some medications:**

- Help people feel full longer
- Slow digestion
- Decrease hunger and cravings
- Help control blood sugar
- Limit how much fat the body absorbs

**Medications work best when combined with healthy eating, regular activity and follow-up care.**

## Surgery

**Surgery may be an option when other treatments have not worked or when weight is causing serious health problems.**

Individuals interested in bariatric surgery can talk to their primary care clinician or other health care professional to see if surgery is an option for them or request a referral to a bariatric surgeon, which is a specialist who focuses on treating obesity. Bariatric surgery can help lower your weight and improve your metabolic health



**Common types of surgery include procedures to:**

- Make the stomach smaller
- Change how food moves through the body
- Decrease how many calories are absorbed into the body

**Each type of surgery has benefits and risks.** A bariatric surgeon can help decide which option may be appropriate.

## Ongoing Support

**Regular follow-up care helps track progress and make changes when needed.**



**Support may include:**

- Medical visits to check weight and health measures
- Nutrition support for meals and portion sizes
- Activity guidance to support safe movement
- Emotional support through counseling or support groups
- Long-term checks of vitamins and minerals, especially after surgery



**Weight management serves as a building block of health through medical guidance and support. Healthy habits and ongoing care can drive meaningful progress.**

**Learn more at [heart.org/UnderstandingWeight](https://heart.org/UnderstandingWeight)**



Lilly is a Champion sponsor of the American Heart Association's Cardiovascular-Kidney-Metabolic Health Initiative.