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## 12-Week Weight Loss Medication Support Group

### Transformation Weight Control

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#### Ready For a Unique Experience?

*We performed an extensive search and did not locate even one weight loss medication support group as comprehensive, supportive, and successful, as ours, anywhere in the country.*

#### From The Comfort of Any Device, Including Your Phone, From Anywhere You Want

All of our services are on Zoom, so tune in on any device, including your phone, from anywhere. Honest to goodness, some people tune in while in bed!!!

#### The Beginning of Our Weight Loss Medication Support Group

Over two years ago, Rich Weil, M.Ed., CDE, TWC's founder and director with 44 years in the field, noticed that people who were taking the new weight loss medications were asking him questions that sounded just like the questions from people who had weight loss surgery. But they did not have surgery, they were taking a weight loss medication! Rich noticed that they were bewildered and unnerved by all the changes, including restoration of normal appetite regulation to the way it's supposed to work, perhaps for the first time in their lives:

- Feeling full
- No hunger
- No food cravings
- No obsessing about food
- No food noise (a new term coined since the popular use of these new medications)
- Leaving food on your plate
- Concerned you aren't eating enough
- Don't know what to do if you don't have food to calm you (emotional eating)
- Body image changes
- Complements on a new appearance
- New clothing and where to shop
- Practical issue such as acquiring and paying for the meds, and navigating insurance
- And so much more...

So, this prompted Rich to think that these folks needed a support group, so he launched it. It's been running for 16 months with great success. It is run in 12-week sessions. New people join, many renew to continue with another 12-week session, and people who are considering taking a weight loss medication enroll to learn as much as they can about taking a weight loss medication to make an informed decision.

#### YOUR PHYSICIAN vs OUR SUPPORT GROUP

##### First and Foremost

In our weight loss medication support group, we **DO NOT** treat your medical conditions. If you are ill, we don't examine you, we don't refer you to specialists, we don't recommend treatment. Instead, we send you right back to the doctor who referred you, and if your doctor would like, we will send them a monthly report as to your progress. All we want to do is support your efforts and educate you while taking a weight loss medication. Your primary doctor does everything else. That is our policy and always has been.

### **Lots To Know**

Doctors have a lot to know! The World Health Organization lists over 17,000 distinct diseases documented in humans, and 24 core specialty doctors with over 120 subspecialties. A 2014 study in American Family Physician estimated that primary care physicians (PCPs) alone encounter about 400–500 common diagnoses regularly, and must also be familiar enough with other diseases (potentially thousands) to know who to refer you to or at least start initial treatment. It's the same or similar for endocrinologists, another type of doctor with a specialty who might prescribe a weight loss medication.

### **Prescription Medications in the United States**

There are over 20,00 different prescription medications in the United States, and that doesn't include all the over-the-counter remedies! A 2020 study published in The Journal of Family Practice reported that PCPs typically prescribe about 200–300 unique medications. That's a lot to remember!

### **Lots of Time Pressure**

And then you have to remember that physicians are under enormous time pressure; they have a waiting room filled with sick patients all the time. It's not the right time to speak with a patient about their weight or their weight loss medication when they are sick with strep throat, a cough, a belly ache, or any of a hundred different illnesses.

### **The Dilemma for Physicians and Patients**

1. Medical schools don't teach nutrition as part of the regular curriculum. A 2010 study published in the journal *Academic Medicine* showed that some medical students received a total of only 19 hours of nutrition education, all of it in the first two of four years of medical school, and none during clinical rotations during or after medical school.
2. Medical schools don't teach future doctors about weight management.
3. Many physicians, through no fault of their own, not only don't have the weight management education and experience to comprehensively and effectively counsel patients about losing weight and keep it off, but how can they possibly accumulate the knowledge and experience to properly and effectively help people lose weight, keep it off, and take a weight loss medication, when they have so many sick patients to take care of with different diseases who require so many different types of treatment? A 2021 article published in *Obesity Reviews* reported that more than 80% of physicians feel underprepared to counsel patients on obesity due to limited training.

### **Transformation Weight Control Weight Loss Medication Support Group**

At TWC, weight loss and preventing regain is ALL WE DO. All of our staff have graduate degrees in their area of expertise, and have a wealth of experience and knowledge about losing weight, keeping it off, and now have become intimately familiar with all the elements related to the new weight loss medications.

### **WE ARE UNIQUELY QUALIFIED TO HELP YOU**

When you show up for 75 minutes every week joining 15 to 18 of your peers also taking a weight loss medication, sharing experiences, supporting and backing each other up, creating a like-minded community of people just like you who “get it”, and you have two expert health-care professionals running the group with knowledge, experience, and training in losing weight, keeping it off, and weight loss medications, you are provided with the highest standard of care possible that you will find anywhere. We are 110% committed to your success.

