



# OBESITY AND WEIGHT MANAGEMENT

## PRINCIPLES OF OBESITY MANAGEMENT

Effective obesity management starts with the recognition that most obese patients have already experienced multiple psycho-social traumas related to their weight.

Global management includes active screening and management of obesity related risk factors and co-morbidities

In considering treatment strategies, assess individual root causes and tailor strategies to remove road blocks

Achievement and maintenance of a 5 to 10% weight loss improves risk factors and co-morbidities.

Collaborate with patients in setting realistic individual goals and outcome targets

Caution: Ideal body weight or BMI tables are not suitable tools for determining weight loss targets in obese patients. *These tables are based on average body composition and are only applicable to individuals who have healthy body weights or up to 10% excess weight.*

Obesity is a chronic disease and requires long term intervention, monitoring and follow up.

## GOALS OF OBESITY MANAGEMENT

- Active patient screening and counselling at all appropriate clinic visits
- Inclusion of regular follow up clinic visits that focus only on weight management
- Management of associated risk factors and co-morbidities

## OBESITY MANAGEMENT STRATEGIES *(Adapted with permission from the Edmonton Obesity Staging System)*

Stage	Management	Specific strategies
<b>Stage 0:</b> No apparent obesity-related risk factors (↑ Blood pressure, ↑ Serum lipids ↑ Fasting glucose), no physical symptoms, no psycho-pathology, no functional limitations and/ or impairment of well being.	Identify factors contributing to increased body weight.  Counsel to prevent further weight gain through lifestyle measures including healthy eating and increased physical activity,	Engage patients in conversations about weight.  Collaborate with patients in setting goals.  Assess current medication regime for effect on weight.
<b>Stage 1:</b> Presence of obesity-related sub-clinical risk factors, mild physical symptoms (dyspnea on moderate exertion, occasional aches and pains, fatigue), mild psychopathology, mild functional limitations and/or mild impairment of well being.	Investigation for other (non-weight related) contributors to risk factors. More intense lifestyle interventions, including diet and exercise to prevent further weight gain, Monitoring of risk factors and health status.	Encourage self-monitoring using appropriate tools <i>(see criteria for evaluating online tools/ smart phone apps)</i> .  Track treatment and outcome measures.  Include community resources and programs <i>(see list of community programs/ resources)</i> .
<b>Stage 2:</b> Presence of established obesity-related chronic disease (hypertension, type II diabetes, sleep apnea, osteoarthritis, reflux disease, polycystic ovary syndrome), Anxiety disorder, moderate limitations in activities of daily living and/or well being.	Initiation of obesity treatments including consideration of all behavioural, pharmacological and surgical treatment options,  Close monitoring and management of co-morbidities as indicated.	Initiate specific, tailored counseling intervention.  Obesity Management Programs <i>(See appendix)</i>  Pharmacological Interventions <i>(See appendix for indications)</i>  Referral for bariatric surgical intervention
<b>Stage 3:</b> Established end-organ damage (myocardial infarction, heart failure, diabetic complications, incapacitating osteoarthritis), significant psychopathology, significant functional limitations and/or impairment of well being.	More intensive obesity treatment including consideration of all behavioural, pharmacological and surgical treatment options. Aggressive management of co-morbidities as indicated.	Refer as indicated for specialist management of co-morbidities.
<b>Stage 4:</b> Severe (potentially end-stage) disabilities from obesity-related chronic diseases, severe disabling psychopathology, severe functional limitations and/or severe impairment of well being.	Aggressive, feasible obesity management. Palliative measures including pain management, occupational therapy and psychosocial support.	Maintain a supportive and positive regard throughout each patient interaction.



**BARRIERS TO EFFECTIVE WEIGHT MANAGEMENT**

- Some medications; especially some psychotropic medications
- Sleep apnea
- Depression, ADHD
- GERD
- Inadequate pain management
- Setting unrealistic weight loss goals

**MEDICATIONS AND OBESITY**

Medication for Weight Loss  
Orlistat

Psychotropic medications that cause weight gain:

- |               |                  |                 |              |                 |
|---------------|------------------|-----------------|--------------|-----------------|
| • Clozapine   | • Lithium        | • Amitriptyline | • Paroxetine | • Olanzapine    |
| • Valproate   | • Chlomipramine  | • Quetiapine    | • Gabapentin | • Nortriptyline |
| • Risperidone | • Chlorpromazine |                 |              |                 |

Type II Diabetes Pharmacotherapies that may facilitate weight loss or that are weight neutral

- |               |             |             |               |               |
|---------------|-------------|-------------|---------------|---------------|
| • Liraglutide | • Exenatide | • Metformin | • Sitagliptin | • Saxagliptin |
|---------------|-------------|-------------|---------------|---------------|

**SAMPLE SCRIPT FOR A BRIEF OFFICE VISIT**

**Talking to patients about their weight:**

*Do you view your weight as a problem? Does weight concern you?  
Are you interested in changing?  
Are you ready to change now?*

**Talking to patients about weight-associated health issues:**

*Can we take a minute to discuss your health and weight?  
1. Your BMI weight is \_\_\_\_\_.  
2. People with BMI weight in this range are at risk for heart disease and diabetes...  
3. What do you think of this information?  
4. What are your ideas on how you might make some healthy changes?  
5. How ready are you to take the next step? (Scale. 0— 10)*

**READINESS SCALE: 0 - 10**

<p><b>0 – 3: Not ready</b> “What might make you more ready?”</p> <ul style="list-style-type: none"> <li>• Acknowledge patient’s decision</li> <li>• Address co-morbidities</li> <li>• Repeat with each visit at physician discretion</li> </ul>	<p><b>4 – 6: Getting ready</b> “What might your next steps be?”</p> <ul style="list-style-type: none"> <li>• Advise 5 – 10% weight loss has significant benefits</li> <li>• Discuss treatment options</li> <li>• Discuss treatment priorities</li> </ul>	<p><b>7 – 10: Ready</b> “What is your plan?”</p> <ul style="list-style-type: none"> <li>• Collaborate on treatment strategy and goals</li> <li>• Assess gaps in knowledge, barriers to meeting goals</li> <li>• Discuss strategies to increase physical activity</li> <li>• Discuss follow-up plan</li> </ul>
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### HOW AND WHEN TO REFER FOR SURGERY:

Indications for surgical referral:

- BMI  $\geq$  40
- BMI 35-39 with obesity related co-morbidities

To refer for surgical assessment: [www.Bariatricregistry.ca](http://www.Bariatricregistry.ca)

### PHONE APPS AND WEB SITES

#### Criteria for evaluating weight loss web sites or smart phone apps:

- Should not cost money
- Should be user friendly
- Do not push products
- Should display calories and nutrients to help build calorie awareness and
- focus on nutrient density
- Should allow patient to customize profile to suit specific goals
- Should include privacy settings/ allow patient to review terms and conditions of use.
- Patient should feel comfortable working with the tool

#### Some Examples:

- Lose It
- Fat Secret
- My Fitness Pal
- My Net Diary
- ProEattracker
- Dietitian's of Canada
- [www.eattracker.ca](http://www.eattracker.ca)



## COMMUNITY RESOURCES – OBESITY & WEIGHT MANAGEMENT

### SPECIALTY PROGRAMS:

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**Clinic/Program:** **Ottawa Hospital Weight Management Clinic**

Civic Campus, The Ottawa Hospital, 1053 Carling Ave.,  
3rd Floor Maurice Grimes Lodge, Ottawa, ON K1Y 4E9  
Tel: 613-761-5101 Fax: 613-761-5343  
Website: <http://www.weightclinic.ca>  
Director: Dr. Robert Dent

**Description:** The Ottawa Hospital's weight management program is the area's only weight management program run by medical professionals in a hospital setting. It is designated as the region's only Bariatric Centre of Excellence and Regional Assessment and Treatment Centre by the Ontario Bariatric Registry ([www.bariatricregistry.ca](http://www.bariatricregistry.ca))

Participants meet for private and group sessions with the professionals on the team. The one-year Core Program is suitable for those with a BMI greater than 30. This program addresses all aspects of weight management, from diet and exercise to behaviour modification, in both group and individual sessions.

**Appropriate for:** Individuals with a BMI >30

**Hours:** Mon to Thurs: 8:00 a.m. - 4:00 p.m.

**Language:** English

**Cost:** Depends on program

**Referral:** Physician referral required

To refer: Download referral form: [www.weightclinic.ca/referral](http://www.weightclinic.ca/referral); complete form and include blood test results (Total cholesterol, HDL, LDL, TG, TSH, Blood Glucose); fax form to clinic; and inform patient that clinic will contact them directly.

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**Clinic/Program:** **EMERALD Clinic – Ottawa Cardiovascular Centre**

1355 Bank St., Suite 502, Ottawa, ON K1H 8K7  
Tel: 613-738-1584 Fax: 613-738-9097  
E-mail: [admin@ottawacvcentre.com](mailto:admin@ottawacvcentre.com)  
Website: [www.ottawacvcentre.com/occ\\_emerald.html](http://www.ottawacvcentre.com/occ_emerald.html)  
Contact: May St-Pierre  
Internist: Dr. Judy Shiau  
Registered Dietitian: Danielle Aldous

**Description:** A safe and medically supervised weight loss program. The EMERALD Team will help your patients lose weight and keep it off successfully and safely. Specialization in helping patients with metabolic syndrome. Diagnostic criteria for metabolic syndrome (>3 parameters):

- Abdominal obesity (waist circumference: male >102 cm (40") / female >88 cm (35"))
- TG  $\geq$  1.7 mmol/L
- HDL <1 mmol/L (male)/ <1.3 mmol/L (female)
- BP  $\geq$  130/85
- FBG  $\geq$  5.6 mmol/L

**Appropriate for:** Individuals with BMI >27 with CV risk factors

**Hours:** By appointment

**Language:** English, French

**Cost:** \$400.00 (Pharmacotherapy is not included in the cost)

**Referral:** Physician referral required.

To refer: Download referral form: [www.ottawacvcentre.com/OCC\\_Requisition\\_Form.pdf](http://www.ottawacvcentre.com/OCC_Requisition_Form.pdf); complete form and fax to clinic; include recent lab/ blood reports; inform patient that clinic will contact them directly.

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**Clinic/Program:** **Weight Watchers**

Locations: Ottawa and surrounding areas (visit the website or contact Weight Watchers for locations).

Tel: 1-800-267-9939

Website: [www.slengora.ca](http://www.slengora.ca)

**Description:** Weight Watchers® has taught millions of members how to lose weight. The Weight Watchers program is designed to promote a healthy rate of weight loss, up to two pounds a week after the first three weeks or up to 1% of body weight per week after the second week.

**Appropriate for:** Anyone who wants to lose weight assisted by a program

**Hours:** Vary by location

**Language:** English, French

**Cost:** \$31 joining fee and \$17 weekly fee (varies with payment plan)

**Referral:** Self-referral

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**Clinic/Program:** **TOPS Club Inc.**

Locations (Local Chapters): Ottawa, Nepean, Gloucester, Kanata, Orleans, Richmond, Stittsville, Kenmore, Metcalfe, Osgoode, Kemptville, Winchester, Carleton Place, Arnprior, Chesterville, Casselman, Smiths Falls, Plantagenet, Newington, Morrisburg, Perth, Renfrew

Tel: 414-482-4620 (TOPS Headquarters). For local chapters, check local telephone directory.

Website: [www.tops.org](http://www.tops.org)

**Description:** TOPS® (Take Off Pounds Sensibly) is the oldest international, non-profit, non-commercial weight loss support group. TOPS' mission is to support members as they take and keep off pounds sensibly. Weekly meetings include private weigh-ins and a program that provides members with positive reinforcement and motivation to adhere to food and exercise plans.

**Appropriate for:** Anyone who wants to lose weight assisted by a program

**Hours:** Vary by location

**Language:** English, French

**Cost:** \$30/ year + nominal chapter fees

**Referral:** Self-referral

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**Clinic/Program:** **Overeaters Anonymous**

Locations: Ottawa and surrounding areas (visit the website or contact Overeaters Anonymous for locations).

Tel: 613-820-5669 (main office)

E-mail: [oaottawa@hotmail.com](mailto:oaottawa@hotmail.com)

Website: [www.OA-Ottawa.ca](http://www.OA-Ottawa.ca)

**Description:** Overeaters Anonymous (OA) is a fellowship of individuals who, through shared experience, strength and hope, are recovering from compulsive overeating. OA welcomes everyone who wants to stop eating compulsively. The primary purpose is to abstain from compulsive overeating and to carry the message of recovery to those who still suffer.

**Appropriate for:** Anyone who suffers from an eating disorder (overeating, anorexia, bulimia)

**Hours:** Vary

**Language:** English, French

**Cost:** N/A

**Referral:** Self-referral

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**Clinic/Program: Minçavi**

Locations: Ottawa and surrounding area (visit the website or contact Minçavi for locations).

Tel: 1-800-567-2761 Fax: 1-819-839-1091

Website: [www.mincavi.com](http://www.mincavi.com)

**Description:** Minçavi is a nutritional program (not a diet) based on Canada's Food Guide. Founded in 1984, Minçavi offers 200 meetings in over 160 towns in Quebec and Ontario where members are weighed-in, hear a motivational talk, receive information on healthy eating, and sample Minçavi recipes.

**Appropriate for:** Anyone who wants to lose weight assisted by a program

**Hours:** Mon to Fri: 8:00 a.m. - 5:00 p.m.

**Language:** English, French

**Cost:** \$35 registration fee and \$9 weekly or \$16 bi-weekly fee

**Referral:** Self-referral

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**Clinic/Program: Dr. Douglas Bishop Weight Management**

1335 Carling Ave., Suite 102, Ottawa, ON K1Z 8N8

Tel: 613-761-8015 Fax: 613-761-9585

E-mail: [drbishop@bellnet.ca](mailto:drbishop@bellnet.ca)

**Description:** An Ottawa-based clinic specializing in the integration of proper nutrition, fitness and motivation in order to help you pursue a healthy lifestyle. Dr. Bishop is devoted to eliminating his patients' weight concerns in order to enhance their emotional and physical well-being.

**Hours:** Mon & Wed: 8:00 a.m. - 5:00 p.m.

Tues: 8:00 a.m. - 6:30 p.m.

Thurs: 8:30 a.m. - 6:30 p.m.

Fri: 7:30 a.m. - 1:00 p.m.

**Language:** English

**Cost:** Call to inquire

**Referral:** *Physician referral:* Include medical history, recent lab work, and reason for referral; fax or email to clinic; and inform patient that clinic will contact them directly.

*Self-referral:* Call office or complete online appointment request

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**Clinic/Program: Bariatric Medical Institute**

575 West Hunt Club, Ottawa, ON

Tel: 613-730-0264

Web: [www.bmimedical.ca](http://www.bmimedical.ca)

Medical Director: Dr. Yoni Freedhoff

**Description:** Bariatric medicine is the medically-supervised treatment of obesity and its associated conditions. Bariatric medicine advocates a comprehensive, multi-faceted approach to the treatment of obesity, including medical assessment and monitoring, behavioural and dietary counselling, and exercise. Bariatric medicine aims not only for healthy weight loss but a lifetime of weight management.

**Appropriate for:** Anyone who feels they have a problem with their weight

**Hours:** Mon and Wed: 8:00 a.m. - 7:00 p.m., Tues, Thurs and Fri: 8:00 a.m. - 4:00 p.m.

**Language:** English

**Cost:** Exact cost \$1,575 + HST regardless of amount of weight to be lost. No hidden fees or required product purchases.

**Referral:** Physician Referral no: 613-738-0088

Referral needs to include recent bloodwork-glucose, TSH and lipids.

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**Clinic/Program:** **Heart Delicious Nutrition Workshops**

Prevention and Wellness Centre (PWC)  
University of Ottawa Heart Institute  
40 Ruskin Street, Ottawa, ON, K1Y 4W7  
Tel: 613-761-4753 or 1-866-399-4432  
Website: [http://www.ottawaheart.ca/content\\_documents/2011\\_-\\_Jul-Aug\\_ENG.pdf](http://www.ottawaheart.ca/content_documents/2011_-_Jul-Aug_ENG.pdf)

**Description:** **ABCs to Heart Healthy Eating:** Develop the skills for heart healthy eating to reduce or control your blood cholesterol. Learn how to read food labels and get the facts on fat, cholesterol, fiber and salt.

**Heart Healthy Eating with Diabetes:** Get the lowdown on meal planning, managing your diabetes and heart healthy eating. For people wishing to control or prevent diabetes.

**French Workshop – Healthy Eating from A to Z:** Offered only in French. Learn how to read food labels and get the facts on fat, cholesterol, fiber and salt.

**Nutrition Tips for Weight Management:** Learn to set realistic goals for healthy weight management. Acquire the skills to develop balanced meals, portion sizes and techniques for weight loss and maintenance

**Appropriate for:** Patients and members of the public who are interested in learning about heart healthy eating

**Hours:** Refer to schedule online or contact PWC for details.

**Language:** English, French

**Cost:** N/A

**Referral:** Registration required by telephone

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**Clinic/Program:** **EatRight Ontario**

Tel: 1-877-510-5102  
[www.eatrightontario.ca](http://www.eatrightontario.ca)

**Description:** EatRight Ontario allows you to ask nutrition-related questions and receive feedback by phone or email from a Registered Dietitian. Nutrition tools and links offer many additional resources to support you in developing healthy eating habits for you and your family.

**Appropriate for:** Anyone with a nutrition related question

**Hours:** Mon, Wed & Fri: 9:00 a.m. - 5:00 p.m. Tues & Thurs: 9:00 a.m. - 9:00 p.m.

**Language:** English, French

**Cost:** N/A

**Referral:** N/A

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