

Why is weight loss so hard to maintain?



For people living with obesity, it is important to remember that it is:^{1,5}

- Influenced by many complex factors that are often out of their control
- Not simply the result of lack of will power
- Very easy to get caught in a cycle of weight loss and weight regain.

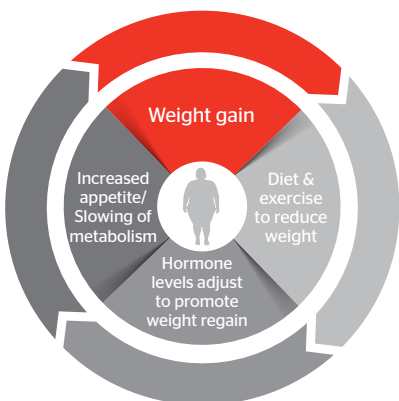
How is weight regulated?

Body weight and fat levels are regulated by a complex signalling system that controls our appetite and metabolism. This system keeps our body weight and fat at a steady level - what's called our 'metabolic set point'. Changes in our environment, stress, inadequate sleep or diet can cause this system to adjust to a higher set point, so our bodies store fat and we gain weight to maintain this higher set point.^{3,4,6,7}

What causes weight cycling?

Diet, exercise, and medication can all lead to weight loss, but for some patients, particularly among those with severe obesity, this weight loss may not always be maintained in the long term.^{3,5,7-9}

For some people, when they try to lose weight through diet and exercise, their bodies respond by triggering signals (hormones) that increase appetite (hunger), decrease feelings of fullness, and slow down metabolism. It's like their body is fighting weight loss to maintain its higher metabolic set point.^{1,7,11}



Three simple steps to start your successful weight loss journey

Congratulations on taking the first step on your weight loss journey - getting the facts. You may be overwhelmed by all the information available, but speaking with your doctor is a great place to start. Here are three more things you can do to get started:



1. Create a plan

A good plan allows you to map out where you want to be and what steps you need to take to get there.



2. Set a goal

Setting a goal that is achievable will mean you are setting yourself up for success.



3. Take action

Making one change at a time and sustaining these positive changes over time will help to reduce your exposure to the problems commonly associated with obesity.

Weight loss achieved with different treatment options in controlled clinical studies



*Weight loss achieved in 1 year as a percentage of overall body weight reported in controlled clinical studies.^{4,7,12-14} Individual circumstances and personal experiences may differ. Please speak with your doctor about the most appropriate treatment options for you.

When medication, diet, exercise, and other lifestyle interventions aren't effective enough on their own, you may wish to consult your healthcare provider to discuss weight loss surgery.⁷

Important Safety Information. Since 2012, the Bariatric Surgery Registry has collected safety data from almost 90,000 people who have undergone bariatric (weight loss) surgery in Australia and New Zealand. In 2018-2019, the incidence of adverse events requiring unplanned return to surgery, intensive care unit admission, or hospital readmission in the first 90 days after primary (first-time) bariatric surgery was 2.1%. This indicates that around 1 in 50 people who undergo bariatric surgery will experience a complication such as leaking or narrowing (stricture) of the surgical connection, dehydration or electrolyte imbalance, abdominal pain, bleeding, or vomiting.¹⁵

Bariatric surgery is generally recommended for people with morbid obesity (BMI ≥ 40 kg/m²) or severe obesity (BMI ≥ 35 kg/m²) with ≥ 1 obesity-related conditions, but may be considered for those with a BMI 30-35 kg/m² who have poorly controlled type 2 diabetes.^{16,17} It may not be suitable for individuals with certain digestive tract conditions. You should consult your physicians to determine your need for a healthy energy controlled diet and physical activity, and whether bariatric surgery is appropriate for you.¹⁶ There are risks with any surgery, such as adverse reactions to medications, problems with anaesthesia, problems breathing, bleeding, blood clots, accidental injury to nearby organs and blood vessels, even death. Your weight, age, and medical history will determine your specific risks.¹⁸ Bariatric surgery has its own risks, including failure to lose weight, nutritional or vitamin deficiencies, and weight regain.¹⁹

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To be completed in discussion with your healthcare team.

Surgeon details

Name:

Email:

Telephone:

Practice address:

General practitioner (GP) details

Name:

Email:

Telephone:

Practice address: