

NUTRITION SNACKS: MEDICATIONS FOR WEIGHT LOSS

There are a number of medications approved for use in Australia and New Zealand that may help people lose weight. Below is a summary of these medications, how they work and how they can be used along with the Jenny Craig program.

WHAT MEDICATIONS ARE AVAILABLE TO HELP WEIGHT LOSS?

The TGA or Therapeutic Goods Administration has approved three different weight loss medications in Australia. In New Zealand only two of these medications have been approved by the NZ Medicines and Medical Devices Safety Authority. These are:

- Phentermine (Duromine®) – AUST/NZ
- Orlistat (Xenical®) – AUST/NZ
- Liraglutide (Saxenda®) – AUST

Phentermine and liraglutide both work by helping to control the appetite, meaning people who use it may not feel as hungry. And orlistat works by blocking some fat absorption from high fat foods.

While medications for weight loss sound promising, they only work when used with an energy reduced diet and exercise. They can't be used in the long term and they each come with some unpleasant side effects including a high cost.

NATURAL THERAPIES FOR WEIGHT LOSS

There are also natural therapies that claim help them with weight loss. There are many different products with new products regularly appearing for sale. It is beyond the scope of this Nutrition Snack to go over the evidence of each of these products.

If members want to know more information about these options, it is best for them to ensure they get expert advice from their health care professional before using any new product as they can interfere with medications and have unwanted side effects.

WEIGHT LOSS MEDICATIONS & JENNY CRAIG

The Jenny Craig program includes a reduced energy meal plan and incorporates physical activity and so it is safe and suitable to use in conjunction with weight loss medications. While these medications are safe to be taken while on the Jenny Craig program, if there are concerns about medications a member should discuss this with their GP.

The same theory applies for any natural remedies and it is best members speak to their health care professional about any concerns.

Any member queries about these medications should be referred to a GP. However, what may be helpful for members is to know that the medications available are not standalone treatments and need to be supported by a healthy energy reduced meal plan and physical activity for them to work effectively.

Also, it's important to remember that the Jenny Craig program has been proven to be effective at helping people lose weight without the use of these medications.

KEY MESSAGES

- 1 Medications for weight loss need to be used while following a reduced energy diet and regular exercise.
- 2 The Jenny Craig program can be used to support people using these medications.
- 3 If a member has any concerns or questions about these medications, natural or prescribed, they should speak to their GP or health care professional.