

Title: Use of sibutramine (Meridia) in obese patients with Type 2 diabetes is associated with statistically significant weight loss and a decreased hemoglobin A1c

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Abstract: In a meta-analysis of 8 randomized controlled trials including obese patients with Type 2 diabetes, the addition of sibutramine to standard diabetes therapy resulted in a significant decrease in body weight and hemoglobin A1c.

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Did you know?

Overweight people are much more likely to develop...

- diabetes
- high blood pressure
- heart attack or stroke
- arthritis
- sleep apnea

Did you know that you can add years to your life by learning how to manage your weight?

Read on!

Please ask your doctor before starting a vigorous exercise program.

**Take charge
of your
health!**

**A guide to weight
management**

For more information on healthy eating, visit:

- ❖ eatright.org (The American Dietetic Association)
- ❖ www.mypyramid.gov (US Dept of Agriculture)

Benefits of achieving a healthy weight

- improve your quality of life
- live longer
- feel more energized
- enjoy challenging physical activities

And what's more....

If you are a patient with diabetes, high blood pressure, or high cholesterol, you may even lower your need for medications by losing weight!

How can I lose weight?

The best way to lose weight is to eat a healthy diet and to get at least 30 minutes of physical activity daily. Healthy diets include plenty of fruits and vegetables, with moderate amounts of whole grains, lean meats, and low-fat dairy products. Cut out sodas, juices, and foods with excess salt and high saturated fat. Physical activity can be anything that gets your heart going, like taking a brisk walk. A safe rate of weight loss is 1 pound per week, which amounts to a deficit of 500 calories per day.

Special tools

- ✚ local fitness clubs
- ✚ Weight Watchers or other support groups
- ✚ online food diaries
- ✚ online discussion forums

Are there any medications to help me lose weight?

The FDA has approved 4 medications for weight loss in overweight patients with at least two of the following medical conditions: diabetes, heart disease, high cholesterol, high blood pressure, or sleep apnea. Medication is only effective if combined with diet and exercise. These medications are **sibutramine, orlistat, phentermine, and diethylpropion**. However, their success varies and each medication has side effects that can be unpleasant and even dangerous. They are also expensive and may not be covered by your insurance. For example, sibutramine may cost \$105-135 per month.

Remember, the best way to lose weight and maintain it is to eat right and exercise!