

Saxenda[®]
liraglutide (rys)

**SPEAKING UP ABOUT MY
WEIGHT CHANGED MY OUTLOOK.
AND MY WARDROBE.**

**SPEAK FREELY AND CELEBRATE
YOUR NEXT CHAPTER.**




novo nordisk[®]

Does your weight stop you doing things, like speaking up?

Talking to your doctor about your weight can be a difficult conversation to have, and **on average it takes 6 years for someone to speak to their doctor about their struggles with weight.**

The next step in your weight management journey begins with having the confidence to speak freely with your doctor about your weight.

Many different factors can affect your body weight, including:

GENETICS



ENVIRONMENT



HORMONES



These are often beyond your control but may still hold you back from seeking help. Despite your fears, your doctor is ready to have a conversation about managing your weight goals.

Why is losing weight and keeping it off difficult?

Weight loss is about much more than eating less, moving more and having willpower. When you lose weight, it causes changes in the levels of hormones that affect your appetite. This can cause your body to work against you, making you feel hungrier and increasing your desire to eat as it tries to gain back the weight you have lost.

Find your voice at saxenda.co.nz

**SPEAKING UP
IMPROVED
MY ATTITUDE.
MY DANCE MOVES,
NOT SO MUCH.**



What is Saxenda® and how does it work?

Saxenda® is a prescription medicine that works like a naturally occurring hormone released in your body after eating.



Saxenda®, like the natural hormone, helps to control your appetite, making you **feel fuller and less hungry.**

The result? You eat less, which in most cases can lead to weight loss with continued treatment on Saxenda®.

How can Saxenda® help you lose weight and keep it off?

Think of Saxenda® as a two-stage weight management journey:

STAGE 1

LOSING WEIGHT

Weight loss of about 5-10% of your starting body weight can be achieved with Saxenda® when used in conjunction with a reduced calorie diet and increased physical exercise.

STAGE 2

KEEPING IT OFF

Continued treatment with Saxenda® can then help to maintain your new lower body weight.*

*56-week clinical study of 3,731 patients without diabetes and a BMI ≥ 30 , or ≥ 27 with ≥ 1 comorbidity, and 3-year study of 2,254 patients with pre-diabetes and a BMI ≥ 30 , or ≥ 27 with ≥ 1 comorbidity.



Find your voice at saxenda.co.nz and talk to your doctor today.



Did you know?

Weight loss of 5% or more can improve your:

- Overall health.
- Risk of weight-related complications, e.g. type 2 diabetes.
- Risk factors for heart disease.

Take your first step towards speaking freely and getting the support you need

Before speaking with your doctor, and to help get the conversation started, you may find it helpful to think about your weight habits, such as:



What **motivates me** to lose weight?



What **support** and **setbacks** have I encountered in the past?



You can find more tips and support to help get you started at saxenda.co.nz

Saxenda® is a prescription medicine that is unfunded - a prescription charge and doctor's fees will apply.

Saxenda® is used for weight loss, in addition to diet and exercise, in adults with a BMI ≥ 30 (obese) or ≥ 27 to < 30 (overweight) and weight related health problems. Individual results may vary. Only continue using Saxenda® if you have lost $\geq 5\%$ of your initial body weight after 12 weeks on the 3.0 mg/day dose. Consult your doctor before you continue. Saxenda® has risks and benefits. Ask your doctor if Saxenda® is right for you. Use strictly as directed. If you experience side effects, see your doctor, pharmacist or healthcare professional. Very common side effects include nausea, vomiting, diarrhoea, constipation, headache. Please refer to the Saxenda® Consumer Medicine Information available at www.medsafe.govt.nz, in your Saxenda® pack or access this online at www.novonordisk.co.nz/content/dam/nncorp/nz/en/pdfs/leaflets/Saxendacmi.pdf before taking your medication.

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