

# TRANSFORM'S MEDICAL WEIGHT LOSS PROGRAMME

**TRANSFORM**  
HOSPITAL GROUP

## TIME TO FOCUS ON YOU

**If you've been hitting the gym and eating healthily for a while but you're still not losing weight, our self-administered weight loss products could be the right treatment for you.**

This is an FDA-approved product that, when used in conjunction with a low-calorie diet and increased exercise, may help you lose excess weight and keep it off. It suppresses your appetite and helps you to feel fuller more quickly.

Suitable for both men and women, a self-administered weight loss product can assist in combatting weight-related illnesses such as high blood pressure, high cholesterol, pre-diabetes and type 2 diabetes. Please note, we are unable to offer this treatment to anyone who is currently taking medication for type 2 diabetes.

## SHAPING YOUR FUTURE

Our self-administered weight loss products help reduce body weight when other methods of diet and exercise alone are proving unsuccessful. Weight loss results should be visible within 2 weeks and should continue for 9-12 months.

The product works by acting on receptors in the brain that control your appetite, causing you to feel fuller more quickly and less hungry overall. This should help you consume less food and drop excess weight.

The treatment is non-invasive and you'll just feel a slight sharpness when the product is administered. You can carry on with your daily activities whilst on the course of treatment.

## BEHIND THE SCENES CARE TO HELP YOU TAKE CENTRE STAGE

The initial step is meeting your specialist dietician or clinic nurse, who can talk to you in detail about the treatment, what the risks are, the likely costs involved, and the benefits. We'll establish whether you're suitable for the treatment by taking details of your full medical history.

If you're suitable for the treatment, we'll book a date for you to receive the first month's supply of products. We'll also give you full guidance on how to administer them and manage any side effects.

Our Transform team is here to support you, so we'll keep in regular contact with you throughout the course of treatment to see how you're getting on, and guide you through the increases in dosage.

We'll also book you in for another session with our specialist dietician or clinic nurse to check your progress and provide you with your next month's supply.



# LET'S DELVE INTO THE DETAIL

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## **ARE SELF-ADMINISTERED WEIGHT LOSS PRODUCTS SAFE?**

As with all weight loss and wellbeing treatments, it's important to weigh up the risks involved against the benefits that treatment can bring. Your specialist dietician or clinic nurse will talk you through any risks and possible complications of your treatment. Being FDA-approved, these products have been proved to be safe, but side effects sometimes include nausea and constipation whilst taking them.

## **HOW DOES THE SELF-ADMINISTERED WEIGHT LOSS PRODUCTS WORK?**

It works by mimicking an intestinal hormone that tells your brain that the stomach is full. This leads to eating less, a decreased appetite and weight loss.

## **WHO IS SUITABLE FOR SELF-ADMINISTERED WEIGHT LOSS PRODUCTS?**

The treatment is suitable for most men and women between the age of 18-75 who have exhausted all options of diet and exercise, but still have a BMI over 30 or a BMI over 27 with weight related health conditions such as diabetes. Your specialist dietician or clinic nurse will take details of your medical history to determine if the treatment is right for you.

## **HOW MANY TREATMENTS WILL I NEED?**

The duration of the course of treatment will vary depending on how much weight you'd like to lose, your BMI and if you're experiencing any side effects.

## **WHAT IS THE RECOVERY TIME?**

There is no recovery time required and you'll be safe to continue with your day to day activities throughout the duration of the course of treatment.

