

Medical Slimming

Obesity is considered a complex and chronic disease associated with a multitude of complications and life-threatening conditions.

About

The laws of thermodynamics require that overall energy balance be constantly maintained in living organisms during periods of stable weight. Weight gain results from an imbalance between energy intake and expenditure.

Obesity is not just a cosmetic problem. It is considered a complex and chronic disease associated with a multitude of complications and life-threatening conditions such as diabetes, high blood pressure, heart disease, respiratory problems, sleep apnoea, etc.

Overweight and obesity are increasing. The percentage of adults who are obese has roughly doubled since the mid-1980's.

About 46% of men in England and 32% of women are overweight (a body mass index of 25-30 kg/m²), and an additional 17% of men and 21% of women are obese (a body mass index of more than 30 kg/m²).

The cost of obesity to the NHS, currently estimated to be £4.2 billion, is predicted to double by 2050.

Indications

Is medical slimming right for you?

- People with a Body Mass Index (BMI) greater than 30kg/m² can receive medical treatment. Drug treatment of obesity should form part of a wider assessment of lifestyle and risk factors for cardiovascular disease.
- Drug therapy can also be prescribed in people with a BMI greater than 28kg/m² who have complications arising from obesity (e.g. obstructive apnoea, type II diabetes, osteoarthritis). These patients have most to gain from weight reduction and represent a priority group.
- Drug treatments can increase the amount of weight lost through diet and exercise programmes.
- Any drugs used in the treatment of obesity should be prescribed by a fully qualified doctor who should comply with the NICE guidance on the prevention, identification, assessment and management of overweight and obese patients.

All consultations for medical slimming take place at the London Slimming and Cosmetic Centre which is registered with the Care Quality Commission (CQC) to ensure that patients' health comes first.

At the London Slimming and Cosmetic Centre our experienced medical team will fully discuss all treatment options including useful tips and advice on diet and lifestyle modification in order to help you achieve and sustain your target weight.

London Slimming and Cosmetic Centre has a large experience in weight management and medical slimming extending beyond thirty years.

Before prescribing any anti-obesity drug we always take into account the person's needs, preferences, social circumstances, degree of obesity, other health problems, physical fitness, and any previous or concurrent anti-obesity OTC and prescribed medication.

After a thorough medical assessment our fully qualified doctors will tell you whether you would be a good candidate for an anti-obesity medication as an adjunct to diet, exercise and lifestyle changes.

Treatment Explained

The medications we use at our clinic can be categorised according to their action as:

- **Anti-obesity drugs acting on the gastrointestinal tract**
- **Medication suppressing the appetite**

Please note that anti-obesity medication may have side effects and can only be prescribed by a fully qualified doctor with experience in managing obese and overweight people.

Finally depending on your lifestyle and diet we may need to recommend food supplements such as **INNO-CAPS Reducer** by **INNOSEARCH**.

The **INNO-CAPS** by **INNOSEARCH** are food supplements which act at a nutritional level and

can compliment aesthetic surgical and non-surgical treatments as they intervene in aging process and absorption of fat.

- **INNO-CAPS Reducer** – food supplement based on *Phosphatidilcholine* and *L-Carnitine* which play an important role in fat transfer and metabolism.
- **INNO-CAPS Anti-aging** – food supplement based on unsaturated omega-3 and -6 fatty acids. Essential fatty acids can reduce inflammation and may help lower the risk of chronic diseases such as heart disease, cancer, poor circulation, arthritis, dry skin and premature aging. Omega-3 fatty acids are highly concentrated in the brain and appear to be important for cognitive (brain memory and performance) and behavioural function.

Food supplements must not be used to replace a healthy and balanced diet.

All consultations take place at the London Slimming and Cosmetic Centre which is a full member of the Obesity Management Association.

For more information on anti-obesity medication read **Dr Sotirios Foutsizoglou's** relevant article "Overview of Obesity Management" (pdf) which was published in the *Body Language* journal in 2010.