

### Are there any side-effects?

Following a consultation and assessment of your suitability for treatment, medication may be prescribed. As with any new medication, you may experience some side effects, which is why the NMWLP is a medically supervised programme where you can be monitored throughout. The most common side effects are nausea, indigestion, constipation, or diarrhoea. However, these usually settle after a short period of time.

Our friendly support team are on hand to answer any questions you may have when embarking on the NMWLP. You should always bear in mind that by losing weight you are reducing the risk of developing chronic conditions such as heart disease, high blood pressure, type 2 diabetes and even cancer. Weight reduction will also relieve the symptoms of osteoarthritis and joint pain. Please also remember that successful weight loss will help you feel happier and healthier, with an improved sense of well-being and a new freedom for life.



### How can I join the NMWLP and start losing weight?

You must first complete an online medical assessment and undertake a medical consultation to ensure that we can discuss all the options available to help you lose weight safely and successfully, which may include the use of prescription medication. If your practitioner believes that you are suitable and it is safe for you to use NMW.

Simply call or email the clinic to make an appointment, or to discuss any further questions you may have about how the NMWLP can help you on your weight loss journey.



Sutha Aesthetics  
is a Certified Partner of  
The National Medical  
Weight Loss Programme

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The National Medical  
Weight Loss Programme



Helping you achieve  
your weight loss goals

### What is it?

The National Medical Weight Loss Programme (NMWLP) offers you medical support, advice, education and treatment options to help you on your weight loss journey, which is approved by nursing and therapy associations.

Designed as a medically supervised and holistic route to weight loss for those who are overweight (BMI 25 - 29.9) or obese (BMI over 30), we are able to provide a multi-disciplinary approach that will help you to become more fitting around what you eat, your relationship with food and exercise, the role of medicine you undertake, including providing help with joint problems which may be stopping you from exercising, nutritional supplementation and hormone therapies where required, as well the option to provide UK licensed and FDA approved medications to assist with weight loss, where suitable following a medical consultation.

Our fully qualified pharmacists help achieve weight loss, providing well known, safe and proven options, such as Orlistat (Xenical), Glimepiride (Glucophage), Metformin (Glucophage), Sibutramine (Meridia), Naltrexone (Reckton), and Lorcaserin (Belviq). The NMWLP can even prescribe these and we offer fast lead time GP and other practitioners who judge you are programme who are still struggling to achieve significant weight reduction and long term weight management.

### How does the NMWLP work?

The first step is a full medical consultation where we take weight measurements and discuss your overall health and well-being as well as your struggles with weight. This is a requirement in order to undertake the NMWLP and gives you and our practitioners an opportunity to fully explore the weight management options available to you, which may include the use of medication, alongside diet and exercise plans, for example.

Should you be suitable for the use of medication, this will involve a single and patient injection, which is self-administered each day or week (depending on your treatment chosen), using an auto-injector pen that is pre-filled with the medication.

Both the daily or weekly treatment options, mimic the action of the body's natural hormone GLP-1, which regulates appetite



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The National  
Medical Weight Loss  
Programme

will help you...

- \* Control your appetite
- \* Curb hunger
- \* Suppress cravings
- \* Reduce portion sizes
- \* Release stored fat
- \* Lose weight
- \* Develop positive habits

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and food intake. GLP-1 is released in the gut after eating, and makes you feel full before your appetite is reduced. It also delays the time it takes for the stomach to empty, helping you feeling full and satisfied for longer. This leads to lower calorie intake and subsequent weight loss. By reducing your appetite and following the NMWLP advice, it will help you move to the set and controlled diet of your choice, as recommended by our team, to help you reach where you weight loss goals.

### Who can have treatment?

The NMWLP offers a programme of therapy and treatment options for controlling and managing weight in those who are overweight or obese, which may include the prescription of medication to help reduce weight. It doesn't substitute having your consultation.

Medicines that are prescribed for weight loss must be used in conjunction with diet and exercise plans, are for adults aged between 18-75 who have a BMI of 25 or above, or a BMI of 27 when there are any other weight-related health issues present, such as high blood pressure, abnormal levels of fats (cholesterol) in the blood, or breathing problems during sleep (obstructive sleep apnoea).

If any of the following apply, you will not be suitable for the prescribed medication, but we may still be able to provide other therapy, nutritional and medically supervised treatment options for you:

- Allergy to any of the product components
- Pregnancy, trying to get pregnant or breast feeding
- History of family history of medullary thyroid cancer
- History of multiple endocrine neoplasia (syndrome type 2)
- Recent kidney disease
- Recent heart failure
- Recent inflammatory bowel disease
- Disease of the liver, pancreas or gallbladder
- Recent depression, schizophrenia or eating disorders
- Already taking insulin, other GLP-1's or DPP4 inhibitors