

Considerations BEFORE starting GLP-1 based therapies for weight loss



1. Provide a non-judgmental, stigma-free environment for the patient.



2. Prepare the patient for an individualized approach to the treatment course based on values, preferences, goals and responses and an evolving food experience.



3. Identify and address modifiable underlying factors (i.e. mental health, medications, hormonal abnormalities) that may contribute to weight gain or hinder weight loss.



4. In patients at high risk of sarcopenia, muscle strength should be evaluated using functional tests.



5. If available, refer to a specialized center for body composition assessment.



6. Discuss treatment goals throughout the therapy journey. Beyond the first month, continue monitoring the weight trajectory to identify excessive weight loss.



7. A very low-calorie diet (<840 kcal/day) may be prescribed to induce weight loss before initiating a GBT. A step-down approach starting with 1000–1200 kcal/day is commonly advocated.

GBT= GLP-1 based therapies

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