

Take your first step towards finding your voice and change

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?

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

Saxenda® is indicated as an adjunct to a reduced-calorie diet and increased physical activity for weight management in adult patients with an initial Body Mass Index of ≥ 30 kg/m² (obese) or ≥ 27 kg/m² to < 30 kg/m² (overweight) in the presence of at least one weight related comorbidity, such as dysglycaemia (pre-diabetes and type 2 diabetes mellitus), hypertension, dyslipidaemia or obstructive sleep apnoea. Saxenda® contains liraglutide (rys) 6 mg/mL. 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.

References: **1.** Caterson ID, et al. *Diabetes Obes Metab.* 2019; 21(8): 1914-1924. **2.** Body Size and Health. Health Navigator. Available at <https://www.healthnavigator.org.nz/health-a-z/o/obesity/>. Last accessed July 15, 2022. **3.** Lean MEJ & Malkova D. *Int J Obes.* 2016; 40: 622-632. **4.** Sumithran P, et al. *N Engl J Med.* 2011; 365(17): 1597-1604. **5.** Suzuki K, Jayasena CN, Bloom SR. *Exp Diabetes Res.* 2012; 2012: 824303. **6.** Rosenbaum M, Leibel RL. *Int J Obes (Lond).* 2010; 34(Suppl 1): S47-S55. **7.** Saxenda® New Zealand Consumer Medicine Information. **8.** Saxenda® New Zealand Data Sheet. **9.** Secher A, et al. *J Clin Invest.* 2014; 124(10): 4473-4488. **10.** Knowler WC, et al. *N Engl J Med.* 2002; 346(6): 393-403. **11.** Garvey WT, et al. *Endocr Pract.* 2016; 22(Suppl 3): 1-203. **12.** Fujioka K, et al. *Obesity (Silver Spring).* 2016; 24(11): 2278-2288. **13.** Pi-Sunyer X, et al. *N Engl J Med.* 2015; 373(1): 11-22, and supplementary appendix. **14.** le Roux CW, et al. *Lancet.* 2017; 389: 1399-1409 and supplementary appendix.

Novo Nordisk Pharmaceuticals Ltd., G.S.T. 53 960 898.
PO Box 51268 Pakuranga, Auckland, New Zealand.
NovoCare. Customer Care Center (NZ) 0800 733 737
www.novonordisk.co.nz. ®Registered trademark of
Novo Nordisk A/S 708117. NZ22SX00019.
TAPS BG2479. NN11142. Prepared: September 2022.



IT'S THE
FEAR OF
SPEAKING
UP
THAT
HOLDS ME
BACK.

**SPEAK UP ABOUT YOUR
WEIGHT, FIND CHANGE.**



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

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 up and talk to your doctor.

Many different factors can affect your body weight, including:

GENETICS



ENVIRONMENT



HORMONES



These are often beyond your control but may still make you feel reluctant to seek 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 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 more hungry and increasing your desire to eat as it tries to gain back the weight you have lost.



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 when continuing treatment with 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 and risk of weight-related complications such as type 2 diabetes and risk factors for heart disease.

Find your voice at **saxenda.co.nz**

Saxenda®
liraglutide (lys)