

MEDICAL OBESITY MANAGEMENT IN CANADA

 Evidence-Based Treatment Options

Obesity is a chronic disease that requires long-term management. According to Obesity Canada guidelines, effective treatment combines lifestyle interventions, medications, and/or surgery tailored to each individual. Even 5-10% weight loss provides significant health benefits.

1. UNDERSTANDING OBESITY

WHO SHOULD SEEK TREATMENT?

- BMI ≥ 30 kg/m² (obesity)
- BMI ≥ 27 kg/m² with health conditions
- Obesity-related diseases present

COMMON RELATED CONDITIONS

- Type 2 diabetes
- High blood pressure
- High cholesterol
- Sleep apnea
- Sleep apnea
- Joint pain
- Fatty liver disease

2. TREATMENT OPTION 1: LIFESTYLE INTERVENTIONS



HEALTHY EATING

- Structured dietary plan
- Whole foods focus
- Reduced processed foods
- Sustainable patterns
- Caloric deficit for weight loss
- Mediterranean or Portfolio diet



REGULAR MOVEMENT

- 150-300 min/week moderate activity
- Resistance training 2-3x/week
- Reduce sitting time
- Any movement helps
- Find activities you enjoy



MENTAL HEALTH

- Cognitive behavioral therapy
- Goal setting & tracking
- Stress management
- 7-9 hours sleep
- Address emotional eating
- Support groups

3. TREATMENT OPTION 2: MEDICATIONS

APPROVED WEIGHT LOSS MEDICATIONS IN CANADA (2025)

	Type	Weight Loss	Notes
WEGOVY® (Semaglutide)	Weekly injection	15-17%	Most studied, improves heart health
ZEPBOUND® (Tirzepatide)	Weekly injection	15-22%	Highest efficacy, newly approved 2025
SAXENDA® (Liraglutide)	Daily injection	5-8%	Well-established option
CONTRACE® (Naltrexone/Bupropion)	Oral (twice daily)	5-9%	More affordable, no injection
XENICAL® (Orlistat)	Oral (with meals)	3-5%	Blocks fat absorption, OTC available

Eligibility: BMI ≥ 30 or BMI ≥ 27 with health conditions
Cost: \$200-400/month for injections, varies by insurance