WEBVTT

NOTE duration:"00:56:01"

NOTE recognizability:0.829

NOTE language:en-us

NOTE Confidence: 0.17619523

00:00:11.480 --> 00:00:13.457 OK, so I think we could get started.

NOTE Confidence: 0.857916827333333

00:00:13.460 --> 00:00:14.543 Good afternoon everyone.

NOTE Confidence: 0.857916827333333

00:00:14.543 --> 00:00:17.070 I will start with the usual announcements

NOTE Confidence: 0.857916827333333

00:00:17.131 --> 00:00:18.826 before I introduce our speaker.

NOTE Confidence: 0.857916827333333

00:00:18.830 --> 00:00:20.575 First sleep seminar lectures are

NOTE Confidence: 0.857916827333333

00:00:20.575 --> 00:00:22.670 available for CME credit as long

NOTE Confidence: 0.857916827333333

00:00:22.670 --> 00:00:24.665 as they're viewed in real time and

NOTE Confidence: 0.857916827333333

00:00:24.665 --> 00:00:26.639 just text the ID for the lecture,

NOTE Confidence: 0.857916827333333

00:00:26.640 --> 00:00:27.756 which is going to show up

NOTE Confidence: 0.857916827333333

00:00:27.756 --> 00:00:29.070 in the chat to Yale Cloud.

NOTE Confidence: 0.857916827333333

00:00:29.070 --> 00:00:30.594 See me by 3:15.

NOTE Confidence: 0.857916827333333

00:00:30.594 --> 00:00:32.499 Recordings of the lecture are

NOTE Confidence: 0.857916827333333

00:00:32.499 --> 00:00:34.311 available in approximately 2 weeks

NOTE Confidence: 0.857916827333333

1

00:00:34.311 --> 00:00:36.770 at the site noted in the chat.

NOTE Confidence: 0.857916827333333

00:00:36.770 --> 00:00:37.835 CME credit is only available

NOTE Confidence: 0.857916827333333

00:00:37.835 --> 00:00:39.170 if you view in real time,

NOTE Confidence: 0.857916827333333

00:00:39.170 --> 00:00:40.890 not later and then finally.

NOTE Confidence: 0.857916827333333

00:00:40.890 --> 00:00:42.507 If you have questions during the talk,

NOTE Confidence: 0.857916827333333

00:00:42.510 --> 00:00:44.592 please just raise your hand and

NOTE Confidence: 0.857916827333333

00:00:44.592 --> 00:00:46.722 I can unmute you or otherwise

NOTE Confidence: 0.857916827333333

00:00:46.722 --> 00:00:48.726 use the chat and I will.

NOTE Confidence: 0.857916827333333

00:00:48.730 --> 00:00:51.327 I will moderate this session so now

NOTE Confidence: 0.857916827333333

00:00:51.327 --> 00:00:53.873 it's my pleasure to introduce today's

NOTE Confidence: 0.857916827333333

00:00:53.873 --> 00:00:56.143 speaker Doctor Boo Boo Benedi.

NOTE Confidence: 0.857916827333333

00:00:56.150 --> 00:00:58.034 Dr Bonini is an assistant professor

NOTE Confidence: 0.857916827333333

00:00:58.034 --> 00:01:00.035 of medicine at the section of

NOTE Confidence: 0.857916827333333

00:01:00.035 --> 00:01:01.740 jesters diseases here at Yale.

NOTE Confidence: 0.857916827333333

00:01:01.740 --> 00:01:03.480 And she's also the translational

NOTE Confidence: 0.857916827333333

00:01:03.480 --> 00:01:05.220 research director of the metabolic

NOTE Confidence: 0.857916827333333

00:01:05.276 --> 00:01:07.196 health and Weight Management program.

NOTE Confidence: 0.857916827333333

00:01:07.200 --> 00:01:09.312 She received her MD and pH D from

NOTE Confidence: 0.857916827333333

00:01:09.312 --> 00:01:11.181 Sidney Kimmel Medical College at the

NOTE Confidence: 0.857916827333333

00:01:11.181 --> 00:01:13.101 and College of Graduate Studies at

NOTE Confidence: 0.857916827333333

00:01:13.164 --> 00:01:15.639 Thomas Jefferson University in Philadelphia,

NOTE Confidence: 0.857916827333333

00:01:15.640 --> 00:01:17.512 and she then moved to New York for

NOTE Confidence: 0.857916827333333

00:01:17.512 --> 00:01:19.029 her internal medicine internship.

NOTE Confidence: 0.857916827333333

00:01:19.030 --> 00:01:19.716 Her residency,

NOTE Confidence: 0.857916827333333

00:01:19.716 --> 00:01:21.774 and she also served as chief

NOTE Confidence: 0.857916827333333

00:01:21.774 --> 00:01:23.200 residency at Montefiore.

NOTE Confidence: 0.857916827333333

00:01:23.200 --> 00:01:24.972 She subsequently completed a

NOTE Confidence: 0.857916827333333

00:01:24.972 --> 00:01:26.301 postdoctoral research fellowship

NOTE Confidence: 0.857916827333333

00:01:26.301 --> 00:01:28.023 in gastroenterology and Hepatology

NOTE Confidence: 0.857916827333333

00:01:28.023 --> 00:01:29.040 at Mayo Clinic,

NOTE Confidence: 0.857916827333333

00:01:29.040 --> 00:01:30.881 and this was followed by both a

NOTE Confidence: 0.857916827333333

3

00:01:30.881 --> 00:01:32.249 research fellowship and a clinical.

NOTE Confidence: 0.857916827333333

00:01:32.250 --> 00:01:33.996 Fellowship in gastroenterology,

NOTE Confidence: 0.857916827333333

00:01:33.996 --> 00:01:36.324 hepatology and nutrition at

NOTE Confidence: 0.857916827333333

00:01:36.324 --> 00:01:38.070 Virginia Commonwealth University.

NOTE Confidence: 0.857916827333333

00:01:38.070 --> 00:01:38.421 Finally,

NOTE Confidence: 0.857916827333333

00:01:38.421 --> 00:01:40.176 she did a fellowship in

NOTE Confidence: 0.857916827333333

00:01:40.176 --> 00:01:41.580 transplant hepatology at Virginia

NOTE Confidence: 0.857916827333333

00:01:41.634 --> 00:01:42.910 Commonwealth University,

NOTE Confidence: 0.857916827333333

00:01:42.910 --> 00:01:45.450 so she came to Yale in 2020 a year ago,

NOTE Confidence: 0.857916827333333

00:01:45.450 --> 00:01:47.160 and she is now assistant Professor

NOTE Confidence: 0.857916827333333

00:01:47.160 --> 00:01:48.767 of Medicine and the Translational

NOTE Confidence: 0.857916827333333

00:01:48.767 --> 00:01:50.802 Research director of the Metabolic

NOTE Confidence: 0.857916827333333

00:01:50.802 --> 00:01:52.910 Health and Weight Management Program.

NOTE Confidence: 0.857916827333333

00:01:52.910 --> 00:01:54.655 She is currently a principal

NOTE Confidence: 0.857916827333333

00:01:54.655 --> 00:01:56.856 investigator of a clinical trial to

NOTE Confidence: 0.857916827333333

00:01:56.856 --> 00:01:58.806 assess the feasibility of conducting

NOTE Confidence: 0.857916827333333

00:01:58.806 --> 00:02:00.791 future large clinical trials of

NOTE Confidence: 0.857916827333333

00:02:00.791 --> 00:02:02.259 digoxin and alcohol mediated.

NOTE Confidence: 0.857916827333333

00:02:02.260 --> 00:02:04.160 Immune inflammation of the liver.

NOTE Confidence: 0.857916827333333

00:02:04.160 --> 00:02:05.780 She's received multiple honors and

NOTE Confidence: 0.857916827333333

00:02:05.780 --> 00:02:07.761 awards for her scientific work and

NOTE Confidence: 0.857916827333333

00:02:07.761 --> 00:02:09.296 has been published in Hepatology,

NOTE Confidence: 0.857916827333333

00:02:09.300 --> 00:02:11.620 American Journal of Physiology Metabolism,

NOTE Confidence: 0.857916827333333

00:02:11.620 --> 00:02:13.284 Journal of Clinical gastroenterology,

NOTE Confidence: 0.857916827333333

00:02:13.284 --> 00:02:14.764 Cancer Research, and others.

NOTE Confidence: 0.857916827333333

00:02:14.764 --> 00:02:15.086 Additionally,

NOTE Confidence: 0.857916827333333

00:02:15.086 --> 00:02:17.340 she has served as a career mentor

NOTE Confidence: 0.857916827333333

00:02:17.402 --> 00:02:18.770 for numerous high school,

NOTE Confidence: 0.857916827333333

00:02:18.770 --> 00:02:20.506 undergraduate and graduate students

NOTE Confidence: 0.857916827333333

00:02:20.506 --> 00:02:22.676 in pursuing careers in medicine

NOTE Confidence: 0.857916827333333

00:02:22.676 --> 00:02:24.400 and Biological Sciences,

NOTE Confidence: 0.857916827333333

00:02:24.400 --> 00:02:26.241 so we're very pleased to have Doctor

NOTE Confidence: 0.857916827333333

00:02:26.241 --> 00:02:27.944 Bernini join us today to discuss

NOTE Confidence: 0.857916827333333

00:02:27.944 --> 00:02:29.672 an overview of the Yale Metabolic

NOTE Confidence: 0.857916827333333

00:02:29.672 --> 00:02:31.529 Health and Weight Management program.

NOTE Confidence: 0.857916827333333

00:02:31.530 --> 00:02:32.250 So welcome.

NOTE Confidence: 0.925272207777778

00:02:32.770 --> 00:02:34.138 Thank you, thank you so much

NOTE Confidence: 0.925272207777778

00:02:34.138 --> 00:02:35.273 for that introduction. Dr.

NOTE Confidence: 0.925272207777778

00:02:35.273 --> 00:02:37.488 Hilbert and thank you for

NOTE Confidence: 0.925272207777778

00:02:37.488 --> 00:02:39.848 the honor of addressing you

NOTE Confidence: 0.925272207777778

00:02:39.848 --> 00:02:42.418 guys at the seminar today.

NOTE Confidence: 0.925272207777778

00:02:42.420 --> 00:02:45.288 So this this is my disclosure.

NOTE Confidence: 0.925272207777778

00:02:45.290 --> 00:02:48.446 I served on the Advisory Board

NOTE Confidence: 0.925272207777778

00:02:48.446 --> 00:02:51.066 for Boehringer Elgen Ham in

NOTE Confidence: 0.925272207777778

00:02:51.066 --> 00:02:53.380 regards to the Nash trials.

NOTE Confidence: 0.903206582692308

00:02:56.550 --> 00:02:59.254 So I'm going to give you a little

NOTE Confidence: 0.903206582692308

00:02:59.254 --> 00:03:01.446 overview of obesity and then tell

NOTE Confidence: 0.903206582692308

00:03:01.446 --> 00:03:04.276 you a little bit about our metabolic

NOTE Confidence: 0.903206582692308

00:03:04.276 --> 00:03:07.216 health and weight management program.

NOTE Confidence: 0.903206582692308

00:03:07.220 --> 00:03:10.496 And feel free to put questions in

NOTE Confidence: 0.903206582692308

00:03:10.496 --> 00:03:12.775 the chart as we go along and I will

NOTE Confidence: 0.903206582692308

00:03:12.775 --> 00:03:14.903 leave some time at the end to answer

NOTE Confidence: 0.903206582692308

00:03:14.903 --> 00:03:16.649 any questions that you may have.

NOTE Confidence: 0.826901716666667

00:03:19.670 --> 00:03:25.280 So obesity as a chronic relaxing

NOTE Confidence: 0.826901716666667

00:03:25.280 --> 00:03:28.085 multifactorial neurobehavioural disease.

NOTE Confidence: 0.826901716666667

00:03:28.090 --> 00:03:30.706 That sort of starts with increase

NOTE Confidence: 0.826901716666667

00:03:30.706 --> 00:03:35.148 in body fat, which leads to adipose

NOTE Confidence: 0.826901716666667

00:03:35.148 --> 00:03:38.276 tissue deposition and dysfunction

NOTE Confidence: 0.826901716666667

00:03:38.280 --> 00:03:42.410 resulting in physical forces that

NOTE Confidence: 0.826901716666667

00:03:42.410 --> 00:03:45.714 cause adverse metabolic biochemical

NOTE Confidence: 0.826901716666667

00:03:45.720 --> 00:03:48.999 psychosocial health consequences.

NOTE Confidence: 0.826901716666667

00:03:49.000 --> 00:03:51.688 So I think the bottom line is,

NOTE Confidence: 0.826901716666667

00:03:51.690 --> 00:03:54.252 everything that sort of interconnects and

NOTE Confidence: 0.826901716666667

00:03:54.252 --> 00:03:57.229 goes into this chronic medical condition.

NOTE Confidence: 0.817104396

00:04:02.110 --> 00:04:06.046 So we use BMI body mass

NOTE Confidence: 0.817104396

00:04:06.046 --> 00:04:08.670 index for defining obesity.

NOTE Confidence: 0.817104396

00:04:08.670 --> 00:04:11.169 It is by no means a perfect

NOTE Confidence: 0.817104396

00:04:11.169 --> 00:04:13.990 measure as it doesn't take into

NOTE Confidence: 0.817104396

00:04:13.990 --> 00:04:15.466 account several characteristics,

NOTE Confidence: 0.817104396

00:04:15.470 --> 00:04:16.691 including muscle bones,

NOTE Confidence: 0.817104396

00:04:16.691 --> 00:04:20.541 but this is a good place to start to get

NOTE Confidence: 0.817104396

00:04:20.541 --> 00:04:23.560 a sense of how heavy an individual is.

NOTE Confidence: 0.817104396

00:04:23.560 --> 00:04:24.356 So essentially,

NOTE Confidence: 0.817104396

00:04:24.356 --> 00:04:27.142 BMI is weight in kilograms divided by

NOTE Confidence: 0.817104396

00:04:27.142 --> 00:04:29.539 square root of the height in meters.

NOTE Confidence: 0.817104396

00:04:29.540 --> 00:04:31.000 So based on this BMI,

NOTE Confidence: 0.817104396

00:04:31.000 --> 00:04:34.565 we can classify patients into

NOTE Confidence: 0.817104396

00:04:34.565 --> 00:04:37.417 different categories with underweight.

NOTE Confidence: 0.817104396

00:04:37.420 --> 00:04:40.480 Presenting a BMI less than 18.5.

NOTE Confidence: 0.817104396

00:04:40.480 --> 00:04:45.772 Normal BMI is between 18.5 and 24.9.

NOTE Confidence: 0.817104396

00:04:45.772 --> 00:04:49.392 Overweight I those with a

NOTE Confidence: 0.817104396

00:04:49.392 --> 00:04:52.430 BMI between 25 and 29.9.

NOTE Confidence: 0.817104396

00:04:52.430 --> 00:04:57.920 And by definition, obesity is a BMI over 30.

NOTE Confidence: 0.817104396

00:04:57.920 --> 00:05:00.235 And within the class agree

NOTE Confidence: 0.817104396

00:05:00.235 --> 00:05:02.087 of patients with obesity,

NOTE Confidence: 0.817104396

00:05:02.090 --> 00:05:04.695 we can further sub classify

NOTE Confidence: 0.817104396

00:05:04.695 --> 00:05:08.040 them based on severity of their

NOTE Confidence: 0.817104396

00:05:08.040 --> 00:05:10.066 obesity with class one,

NOTE Confidence: 0.817104396

00:05:10.066 --> 00:05:13.300 which is mild obesity being a BMI

NOTE Confidence: 0.817104396

00:05:13.399 --> 00:05:17.268 between 30 and 34.9 Class 2 moderate

NOTE Confidence: 0.817104396

00:05:17.268 --> 00:05:20.834 obesity BMI between 35 to 39.9

NOTE Confidence: 0.817104396

00:05:20.834 --> 00:05:23.876 and plus three or severe obesity,

NOTE Confidence: 0.817104396

00:05:23.880 --> 00:05:28.480 essentially being a BMI of 40 and over.

NOTE Confidence: 0.817104396

9

00:05:28.480 --> 00:05:30.862 So it is important to recognize

NOTE Confidence: 0.817104396

00:05:30.862 --> 00:05:33.286 these BMI categories as well as

NOTE Confidence: 0.817104396

00:05:33.286 --> 00:05:35.578 the overweight range as it impacts

NOTE Confidence: 0.817104396

00:05:35.578 --> 00:05:37.665 our choice of treatment that

NOTE Confidence: 0.817104396

00:05:37.665 --> 00:05:39.740 we discuss with the patient.

NOTE Confidence: 0.887327901578947

00:05:42.490 --> 00:05:45.064 So it is of no news to you that

NOTE Confidence: 0.887327901578947

00:05:45.064 --> 00:05:47.696 the prevalence of both overweight

NOTE Confidence: 0.887327901578947

00:05:47.696 --> 00:05:50.516 and obesity has been increasing.

NOTE Confidence: 0.887327901578947

00:05:50.520 --> 00:05:54.321 This graphs from a recent systematic review

NOTE Confidence: 0.887327901578947

00:05:54.321 --> 00:05:58.219 that looked over 70 looked at over 1700

NOTE Confidence: 0.887327901578947

00:05:58.219 --> 00:06:01.993 studies overtime which allowed for the

NOTE Confidence: 0.887327901578947

00:06:01.993 --> 00:06:05.196 assessment of prevalence of overweight

NOTE Confidence: 0.887327901578947

00:06:05.196 --> 00:06:08.239 and obesity between 1980 and 2012.

NOTE Confidence: 0.887327901578947

00:06:08.239 --> 00:06:11.060 So the chart on the left shows

NOTE Confidence: 0.887327901578947

00:06:11.152 --> 00:06:13.837 that between this time period,

NOTE Confidence: 0.887327901578947

00:06:13.840 --> 00:06:17.144 the prevalence of both overweight and obesity

00:06:17.144 --> 00:06:20.920 has been increasing with the blue lines,

00:06:20.920 --> 00:06:23.280 the blue dotted lines

00:06:23.280 --> 00:06:24.872 standing for male patients.

00:06:24.872 --> 00:06:27.824 So the lower one is in developing

00:06:27.824 --> 00:06:30.734 countries and the higher blue line

00:06:30.734 --> 00:06:33.898 is in developed countries and the

00:06:33.898 --> 00:06:36.168 red dotted line representing females

00:06:36.168 --> 00:06:39.310 again with the the lower one showing.

00:06:39.310 --> 00:06:41.340 The the prevalence and developing

00:06:41.340 --> 00:06:43.826 countries and the higher dotted red

00:06:43.826 --> 00:06:45.761 lines showing the prevalence in

00:06:45.761 --> 00:06:48.129 developed countries and as you can see,

00:06:48.130 --> 00:06:50.800 all those are trending up.

00:06:50.800 --> 00:06:53.690 Overtime. So on the right,

00:06:53.690 --> 00:06:57.070 the chart shows the prevalence

00:06:57.070 --> 00:06:59.429 of obesity overtime only.

NOTE Confidence: 0.887327901578947

00:06:59.429 --> 00:07:00.087 Obviously again,

NOTE Confidence: 0.887327901578947

00:07:00.087 --> 00:07:02.390 the one that left is both obesity

NOTE Confidence: 0.887327901578947

00:07:02.449 --> 00:07:03.329 and overweight,

NOTE Confidence: 0.887327901578947

00:07:03.330 --> 00:07:08.080 and the one on the right is just obesity.

NOTE Confidence: 0.887327901578947

00:07:08.080 --> 00:07:11.032 So looking a little more locally

NOTE Confidence: 0.887327901578947

00:07:11.032 --> 00:07:12.820 at the different states,

NOTE Confidence: 0.887327901578947

00:07:12.820 --> 00:07:14.970 essentially all the different states

NOTE Confidence: 0.887327901578947

00:07:14.970 --> 00:07:17.822 have been showing at trend in the

NOTE Confidence: 0.887327901578947

00:07:17.822 --> 00:07:21.014 prevalence of obesity between 1990 and 2018,

NOTE Confidence: 0.887327901578947

00:07:21.020 --> 00:07:24.557 and you see the solid black line which is

NOTE Confidence: 0.887327901578947

00:07:24.557 --> 00:07:27.313 sorry which is representing Connecticut.

NOTE Confidence: 0.887327901578947

00:07:27.313 --> 00:07:30.802 So even locally we have, you know,

NOTE Confidence: 0.887327901578947

00:07:30.802 --> 00:07:32.646 uptrend in this condition.

NOTE Confidence: 0.894355861538462

00:07:34.800 --> 00:07:37.800 So this is especially worrisome because

NOTE Confidence: 0.894355861538462

00:07:37.800 --> 00:07:40.888 we know that obesity is associated

12

NOTE Confidence: 0.894355861538462

00:07:40.888 --> 00:07:45.770 with disease and several other organs.

NOTE Confidence: 0.894355861538462

00:07:45.770 --> 00:07:47.855 Looking more specifically at potential

NOTE Confidence: 0.894355861538462

00:07:47.855 --> 00:07:49.940 diseases in the different organs,

NOTE Confidence: 0.894355861538462

00:07:49.940 --> 00:07:52.220 this is by no means a comprehensive list,

NOTE Confidence: 0.894355861538462

00:07:52.220 --> 00:07:54.896 but you can appreciate all the

NOTE Confidence: 0.894355861538462

00:07:54.896 --> 00:07:56.680 various health conditions that

NOTE Confidence: 0.894355861538462

00:07:56.754 --> 00:07:59.239 have been associated with obesity.

NOTE Confidence: 0.825810221

00:08:03.610 --> 00:08:05.602 So although BMI is not a

NOTE Confidence: 0.825810221

00:08:05.602 --> 00:08:06.930 perfect measure of health,

NOTE Confidence: 0.825810221

00:08:06.930 --> 00:08:09.352 there is very strong evidence that a

NOTE Confidence: 0.825810221

00:08:09.352 --> 00:08:11.789 higher BMI is associated with higher

NOTE Confidence: 0.825810221

00:08:11.789 --> 00:08:14.890 mortality as shown in this meta analysis,

NOTE Confidence: 0.825810221

00:08:14.890 --> 00:08:18.888 the lifespan of patients with BMI between

NOTE Confidence: 0.825810221

00:08:18.888 --> 00:08:24.030 40 and 45 is decreased by over 6 1/2

NOTE Confidence: 0.825810221

00:08:24.030 --> 00:08:27.355 years compared to those with normal BMI.

NOTE Confidence: 0.825810221

00:08:27.360 --> 00:08:31.653 And the decrease or the the the the the

NOTE Confidence: 0.825810221

00:08:31.653 --> 00:08:36.040 life loss goes off progressively as you.

NOTE Confidence: 0.825810221

00:08:36.040 --> 00:08:40.555 The BMI increases such that by the

NOTE Confidence: 0.825810221

00:08:40.555 --> 00:08:44.570 time patients between BMI of 55 and 60.

NOTE Confidence: 0.825810221

00:08:44.570 --> 00:08:47.160 Their average life years lost

NOTE Confidence: 0.825810221

00:08:47.160 --> 00:08:50.252 is almost 14 years compared to

NOTE Confidence: 0.825810221

00:08:50.252 --> 00:08:53.268 someone who has a normal BMI.

NOTE Confidence: 0.825810221

00:08:53.268 --> 00:08:56.844 So it's very important that patients

NOTE Confidence: 0.825810221

00:08:56.844 --> 00:08:59.625 appreciate this impact on their life span

NOTE Confidence: 0.825810221

00:08:59.625 --> 00:09:02.656 because it's not so much the doctor hopping

NOTE Confidence: 0.825810221

00:09:02.656 --> 00:09:05.188 on getting healthy and losing weight,

NOTE Confidence: 0.825810221

00:09:05.190 --> 00:09:07.146 but it actually has relevance in

NOTE Confidence: 0.825810221

00:09:07.146 --> 00:09:09.440 terms of how long they may live,

NOTE Confidence: 0.825810221

00:09:09.440 --> 00:09:10.890 how much time they spend

NOTE Confidence: 0.825810221

00:09:10.890 --> 00:09:12.050 with family and friends.

NOTE Confidence: 0.825810221

00:09:12.050 --> 00:09:13.675 So that is something to

NOTE Confidence: 0.825810221

00:09:13.675 --> 00:09:14.975 emphasize to the patients.

NOTE Confidence: 0.894983838333333

00:09:19.310 --> 00:09:21.918 So one thing we can do as physicians

NOTE Confidence: 0.894983838333333

00:09:21.918 --> 00:09:24.080 is to review our patients

NOTE Confidence: 0.894983838333333

00:09:24.080 --> 00:09:26.460 medication from time to time.

NOTE Confidence: 0.894983838333333

00:09:26.460 --> 00:09:28.760 Certainly there are things that

NOTE Confidence: 0.894983838333333

00:09:28.760 --> 00:09:31.208 we can address which you know,

NOTE Confidence: 0.894983838333333

00:09:31.208 --> 00:09:33.032 sort of the patient has to

NOTE Confidence: 0.894983838333333

00:09:33.032 --> 00:09:34.179 take ownership of that,

NOTE Confidence: 0.894983838333333

00:09:34.180 --> 00:09:36.371 but then there are other things that

NOTE Confidence: 0.894983838333333

00:09:36.371 --> 00:09:39.138 we can take ownership of as physicians.

NOTE Confidence: 0.894983838333333

00:09:39.140 --> 00:09:41.744 For instance, we know that there

NOTE Confidence: 0.894983838333333

00:09:41.744 --> 00:09:44.934 are a number of medications that

NOTE Confidence: 0.894983838333333

00:09:44.934 --> 00:09:47.650 are associated with obesity.

NOTE Confidence: 0.894983838333333

00:09:47.650 --> 00:09:50.115 Data collected between 2013 and

NOTE Confidence: 0.894983838333333

00:09:50.115 --> 00:09:53.427 2016 showed that almost a quarter of

NOTE Confidence: 0.894983838333333

00:09:53.427 --> 00:09:56.467 US adults were all on one or more

00:09:56.559 --> 00:09:59.499 weight gain producing medications.

00:09:59.500 --> 00:10:02.170 The most common category are

00:10:02.170 --> 00:10:03.238 psychotropic medications.

00:10:03.240 --> 00:10:04.182 In some cases,

00:10:04.182 --> 00:10:06.380 that is the best medication for the

00:10:06.447 --> 00:10:08.895 patient and we are unable to change it.

00:10:08.900 --> 00:10:12.746 However, in certain cases, for instance.

00:10:12.750 --> 00:10:16.304 And in patients on blood pressure

00:10:16.304 --> 00:10:16.596 medications,

00:10:16.596 --> 00:10:18.950 it is well known that some of them,

00:10:18.950 --> 00:10:20.294 like the bitter blockers,

00:10:20.294 --> 00:10:22.310 are associated with more weight gain.

00:10:22.310 --> 00:10:25.607 For instance, compared to the the carbs.

00:10:25.610 --> 00:10:29.201 So those are things that we can do and

00:10:29.201 --> 00:10:32.846 are within our our power to do such things.

NOTE Confidence: 0.85638285

00:10:36.360 --> 00:10:43.728 So. We know that in patients with obesity,

NOTE Confidence: 0.85638285

00:10:43.730 --> 00:10:45.395 utilization of pharmacotherapy

NOTE Confidence: 0.85638285

00:10:45.395 --> 00:10:48.725 is very low in these patients.

NOTE Confidence: 0.85638285

00:10:48.730 --> 00:10:52.429 So the study you show that that is shown

NOTE Confidence: 0.85638285

00:10:52.429 --> 00:10:55.790 here shows patients with obesity on

NOTE Confidence: 0.85638285

00:10:55.790 --> 00:10:58.884 the left side compared to those with

NOTE Confidence: 0.85638285

00:10:58.884 --> 00:11:01.270 type 2 diabetes on the right side.

NOTE Confidence: 0.85638285

00:11:01.270 --> 00:11:04.259 So over 90% of patients who have

NOTE Confidence: 0.85638285

00:11:04.259 --> 00:11:07.350 a diagnosis of type 2 diabetes

NOTE Confidence: 0.85638285

00:11:07.350 --> 00:11:10.082 are treated with medications as

NOTE Confidence: 0.85638285

00:11:10.082 --> 00:11:12.734 opposed to the case with obesity,

NOTE Confidence: 0.85638285

00:11:12.740 --> 00:11:15.659 where less than 5% of these patients

NOTE Confidence: 0.85638285

00:11:15.659 --> 00:11:17.725 who actually have treatment

NOTE Confidence: 0.85638285

00:11:17.725 --> 00:11:19.068 indicated on medication.

NOTE Confidence: 0.85638285

00:11:19.068 --> 00:11:21.500 So there's a lot of room to go.

NOTE Confidence: 0.85638285

00:11:21.500 --> 00:11:23.165 There's a lot of improvement

NOTE Confidence: 0.85638285

00:11:23.165 --> 00:11:25.250 that can go in this area.

NOTE Confidence: 0.872193442631579

00:11:29.230 --> 00:11:31.852 So further looking at prescription of

NOTE Confidence: 0.872193442631579

00:11:31.852 --> 00:11:33.997 medications for patients with obesity

NOTE Confidence: 0.872193442631579

00:11:33.997 --> 00:11:36.605 on the left side with the bar graphs,

NOTE Confidence: 0.872193442631579

00:11:36.610 --> 00:11:39.025 you get a sense of which patients

NOTE Confidence: 0.872193442631579

00:11:39.025 --> 00:11:41.019 are being prescribed with last

NOTE Confidence: 0.872193442631579

00:11:41.019 --> 00:11:42.807 medications by their physicians.

NOTE Confidence: 0.872193442631579

00:11:42.810 --> 00:11:45.146 So as you go progressively up and wait,

NOTE Confidence: 0.872193442631579

00:11:45.150 --> 00:11:46.460 which is not a surprise,

NOTE Confidence: 0.872193442631579

00:11:46.460 --> 00:11:49.788 there is slightly increased.

NOTE Confidence: 0.872193442631579

00:11:49.790 --> 00:11:51.542 Prescription of medications,

NOTE Confidence: 0.872193442631579

00:11:51.542 --> 00:11:55.630 but still even in patients who have

NOTE Confidence: 0.872193442631579

00:11:55.721 --> 00:11:59.178 a BMI over 40 only about 3 1/2% on

NOTE Confidence: 0.872193442631579

00:11:59.178 --> 00:12:01.690 appropriate anti obesity medications.

NOTE Confidence: 0.872193442631579

00:12:01.690 --> 00:12:04.846 Actually on anti obesity medications period.

18

NOTE Confidence: 0.872193442631579

00:12:04.850 --> 00:12:06.986 So again there's a lot of room to

NOTE Confidence: 0.872193442631579

00:12:06.986 --> 00:12:09.202 improve in this area and looking

NOTE Confidence: 0.872193442631579

00:12:09.202 --> 00:12:11.882 at the medications that are

NOTE Confidence: 0.872193442631579

00:12:11.882 --> 00:12:13.490 actually being prescribed.

NOTE Confidence: 0.872193442631579

00:12:13.490 --> 00:12:14.870 On the right side, the blue,

NOTE Confidence: 0.872193442631579

00:12:14.870 --> 00:12:17.606 the solid blue line shows Phantom

NOTE Confidence: 0.872193442631579

00:12:17.606 --> 00:12:20.630 and so overall over 75% of

NOTE Confidence: 0.872193442631579

00:12:20.630 --> 00:12:23.030 medications that were prescribed

NOTE Confidence: 0.872193442631579

00:12:23.030 --> 00:12:26.649 in in this study up to 2015,

NOTE Confidence: 0.872193442631579

00:12:26.650 --> 00:12:29.608 where for fentiman.

NOTE Confidence: 0.872193442631579

00:12:29.610 --> 00:12:31.722 So again a lot of education is needed

NOTE Confidence: 0.872193442631579

00:12:31.722 --> 00:12:34.075 is a lot of room to improve here.

NOTE Confidence: 0.835985920333333

00:12:38.860 --> 00:12:41.436 So the mission of the Yale Metabolic

NOTE Confidence: 0.835985920333333

00:12:41.436 --> 00:12:43.497 Health and Weight Management program

NOTE Confidence: 0.835985920333333

00:12:43.497 --> 00:12:46.155 is to provide all weight management

NOTE Confidence: 0.835985920333333

00:12:46.155 --> 00:12:49.129 options in one place utilizing a

NOTE Confidence: 0.835985920333333

00:12:49.129 --> 00:12:50.641 comprehensive and multidisciplinary

NOTE Confidence: 0.835985920333333

00:12:50.641 --> 00:12:54.026 approach for all patients who are

NOTE Confidence: 0.835985920333333

00:12:54.026 --> 00:12:58.170 above a healthy weight. Sorry.

NOTE Confidence: 0.835985920333333

00:12:58.170 --> 00:13:02.587 So here you see the list of

NOTE Confidence: 0.835985920333333

00:13:02.590 --> 00:13:05.376 providers that we have in the group.

NOTE Confidence: 0.835985920333333

00:13:05.380 --> 00:13:08.052 We have medical providers.

NOTE Confidence: 0.835985920333333

00:13:08.052 --> 00:13:11.212 Currently there are three MD's

NOTE Confidence: 0.835985920333333

00:13:11.212 --> 00:13:13.140 and a nurse practitioner,

NOTE Confidence: 0.835985920333333

00:13:13.140 --> 00:13:16.782 and we advise patients and guide

NOTE Confidence: 0.835985920333333

00:13:16.782 --> 00:13:19.210 them through lifestyle changes.

NOTE Confidence: 0.835985920333333

00:13:19.210 --> 00:13:21.640 We offer a meal replacement program

NOTE Confidence: 0.835985920333333

00:13:21.640 --> 00:13:25.034 which our dietitian is in charge of and

NOTE Confidence: 0.835985920333333

00:13:25.034 --> 00:13:27.164 we prescribe anti obesity medications.

NOTE Confidence: 0.835985920333333

00:13:27.170 --> 00:13:28.298 We also recently hired.

NOTE Confidence: 0.835985920333333

00:13:28.298 --> 00:13:30.384 A psychologist who is in the process

NOTE Confidence: 0.835985920333333

00:13:30.384 --> 00:13:32.424 of being credentialed at this point,

NOTE Confidence: 0.835985920333333

00:13:32.430 --> 00:13:34.971 so that will be that's a great

NOTE Confidence: 0.835985920333333

00:13:34.971 --> 00:13:36.620 addition to the group.

NOTE Confidence: 0.835985920333333

00:13:36.620 --> 00:13:39.734 We have an endoscopist who offers

NOTE Confidence: 0.835985920333333

00:13:39.734 --> 00:13:42.335 endoscopic weight loss methods and

NOTE Confidence: 0.835985920333333

00:13:42.335 --> 00:13:44.963 we work very closely with bariatric

NOTE Confidence: 0.835985920333333

00:13:44.963 --> 00:13:47.337 surgery and we refer patients

NOTE Confidence: 0.835985920333333

00:13:47.337 --> 00:13:50.259 back and forth between our teams.

NOTE Confidence: 0.760440986666667

00:13:53.710 --> 00:13:55.040 So just quickly getting a

NOTE Confidence: 0.760440986666667

00:13:55.040 --> 00:13:56.104 sense of higher numbers.

NOTE Confidence: 0.760440986666667

00:13:56.110 --> 00:13:58.182 I would say that this program has

NOTE Confidence: 0.760440986666667

00:13:58.182 --> 00:14:00.526 been in place for about 6 years now,

NOTE Confidence: 0.760440986666667

00:14:00.530 --> 00:14:01.930 and as you can see,

NOTE Confidence: 0.760440986666667

00:14:01.930 --> 00:14:04.714 there's a steady increase in the

NOTE Confidence: 0.760440986666667

00:14:04.714 --> 00:14:07.403 number of encounters such that in

NOTE Confidence: 0.760440986666667

00:14:07.403 --> 00:14:10.289 the last fiscal year 2021 we have,

NOTE Confidence: 0.760440986666667

00:14:10.289 --> 00:14:12.604 we had over 8000 encounters

NOTE Confidence: 0.760440986666667

00:14:12.604 --> 00:14:14.540 among the providers.

NOTE Confidence: 0.864778952857143

00:14:19.510 --> 00:14:22.170 So when we see patients in clinic,

NOTE Confidence: 0.864778952857143

00:14:22.170 --> 00:14:24.705 we screen for other for

NOTE Confidence: 0.864778952857143

00:14:24.705 --> 00:14:26.226 weight related complications.

NOTE Confidence: 0.864778952857143

00:14:26.230 --> 00:14:29.149 As I mentioned in my earlier slide,

NOTE Confidence: 0.864778952857143

00:14:29.150 --> 00:14:32.190 obesity is a multifactorial disease

NOTE Confidence: 0.864778952857143

00:14:32.190 --> 00:14:34.324 and increases their risk of

NOTE Confidence: 0.864778952857143

00:14:34.324 --> 00:14:36.229 disease and several other organs,

NOTE Confidence: 0.864778952857143

00:14:36.230 --> 00:14:38.729 and the hope is that we will

NOTE Confidence: 0.864778952857143

00:14:38.730 --> 00:14:41.226 catch other comorbidities and

NOTE Confidence: 0.864778952857143

00:14:41.226 --> 00:14:43.722 other complications of obesity

NOTE Confidence: 0.864778952857143

00:14:43.722 --> 00:14:47.239 in these patients and refer them

NOTE Confidence: 0.864778952857143

00:14:47.239 --> 00:14:49.370 to the appropriate provider.

NOTE Confidence: 0.864778952857143

00:14:49.370 --> 00:14:51.870 Such that those diseases can

NOTE Confidence: 0.864778952857143

00:14:51.870 --> 00:14:53.870 also be attended to.

NOTE Confidence: 0.625044166333333

00:14:58.220 --> 00:15:01.160 So our treatment at the metabolic

NOTE Confidence: 0.625044166333333

00:15:01.160 --> 00:15:04.196 health and weight Management Center is

NOTE Confidence: 0.625044166333333

00:15:04.196 --> 00:15:06.980 a stepwise and combinatorial approach,

NOTE Confidence: 0.625044166333333

00:15:06.980 --> 00:15:09.830 so we typically start with self

NOTE Confidence: 0.625044166333333

00:15:09.830 --> 00:15:11.335 directed lifestyle changes.

NOTE Confidence: 0.625044166333333

00:15:11.335 --> 00:15:14.665 Educating the patient on the impact

NOTE Confidence: 0.625044166333333

00:15:14.665 --> 00:15:18.401 of their disease and how they can

NOTE Confidence: 0.625044166333333

00:15:18.401 --> 00:15:21.321 modify their lifestyle such that the

NOTE Confidence: 0.625044166333333

00:15:21.321 --> 00:15:23.967 the risk of disease progression is

NOTE Confidence: 0.625044166333333

00:15:23.967 --> 00:15:26.340 mitigated and things are reversed.

NOTE Confidence: 0.841685028947368

00:15:28.720 --> 00:15:31.474 And we also offer professional guided

NOTE Confidence: 0.841685028947368

00:15:31.474 --> 00:15:35.360 lifestyle change in terms of referring to the

NOTE Confidence: 0.841685028947368

00:15:35.360 --> 00:15:37.830 dietitian and referrals to psychologists.

NOTE Confidence: 0.841685028947368

00:15:37.830 --> 00:15:40.580 Patients are then offer pharmacotherapy

NOTE Confidence: 0.841685028947368

00:15:40.580 --> 00:15:43.610 so so one thing to say is that a lot of

NOTE Confidence: 0.841685028947368

00:15:43.687 --> 00:15:46.585 times by the time the patient has seen us,

NOTE Confidence: 0.841685028947368

00:15:46.590 --> 00:15:48.355 they've gone through several cycles

NOTE Confidence: 0.841685028947368

00:15:48.355 --> 00:15:50.626 and iterations of the self directed

NOTE Confidence: 0.841685028947368

00:15:50.626 --> 00:15:52.871 lifestyle change and the professional

NOTE Confidence: 0.841685028947368

00:15:52.871 --> 00:15:54.218 guided lifestyle change.

NOTE Confidence: 0.841685028947368

00:15:54.220 --> 00:15:56.495 So sometimes you just have to jump

NOTE Confidence: 0.841685028947368

00:15:56.495 --> 00:15:58.171 into the pharmacotherapy because by

NOTE Confidence: 0.841685028947368

00:15:58.171 --> 00:16:00.091 that time the patient is frustrated

NOTE Confidence: 0.841685028947368

00:16:00.091 --> 00:16:04.150 and nothing they've done has worked.

NOTE Confidence: 0.841685028947368

00:16:04.150 --> 00:16:06.551 So I mentioned earlier on to pay

NOTE Confidence: 0.841685028947368

00:16:06.551 --> 00:16:09.266 attention to the different BMI categories

NOTE Confidence: 0.841685028947368

00:16:09.266 --> 00:16:11.846 because that impacted the choices that

NOTE Confidence: 0.841685028947368

00:16:11.846 --> 00:16:13.778 may be available for the patient.

NOTE Confidence: 0.841685028947368

00:16:13.780 --> 00:16:16.066 Weight loss surgery is next on

NOTE Confidence: 0.841685028947368

00:16:16.066 --> 00:16:18.545 this permit and that is indicated

24

NOTE Confidence: 0.841685028947368

00:16:18.545 --> 00:16:21.179 for those who have severe obesity.

NOTE Confidence: 0.841685028947368

00:16:21.180 --> 00:16:24.348 So by definition BMI of 40 and over

NOTE Confidence: 0.841685028947368

00:16:24.348 --> 00:16:26.688 those patients will be candidates

NOTE Confidence: 0.841685028947368

00:16:26.688 --> 00:16:28.636 for weight loss surgery.

NOTE Confidence: 0.841685028947368

00:16:28.640 --> 00:16:30.848 You know whether insurance actually covers

NOTE Confidence: 0.841685028947368

00:16:30.848 --> 00:16:33.808 it or whether after they are very expensive.

NOTE Confidence: 0.841685028947368

00:16:33.810 --> 00:16:36.114 Evaluation they are found to be

NOTE Confidence: 0.841685028947368

00:16:36.114 --> 00:16:38.547 candidates is a different issue but

NOTE Confidence: 0.841685028947368

00:16:38.547 --> 00:16:40.207 but but just theoretically,

NOTE Confidence: 0.841685028947368

00:16:40.210 --> 00:16:42.410 those who are candidates for

NOTE Confidence: 0.841685028947368

00:16:42.410 --> 00:16:43.730 weight loss surgery.

NOTE Confidence: 0.841685028947368

00:16:43.730 --> 00:16:47.354 Those with a BMI of 40 and over.

NOTE Confidence: 0.841685028947368

00:16:47.360 --> 00:16:50.860 Or a BMI between 35 and 40,

NOTE Confidence: 0.841685028947368

00:16:50.860 --> 00:16:53.360 plus complications of being heavy.

NOTE Confidence: 0.841685028947368

00:16:53.360 --> 00:16:55.920 So diabetes, high blood pressure,

NOTE Confidence: 0.841685028947368

00:16:55.920 --> 00:16:57.016 high cholesterol, fatty liver.

NOTE Confidence: 0.841685028947368

00:16:57.016 --> 00:16:58.660 Those are some of the common

NOTE Confidence: 0.841685028947368

00:16:58.711 --> 00:17:00.059 complications of being heavy,

NOTE Confidence: 0.841685028947368

00:17:00.060 --> 00:17:02.580 so if a patient has a BMI between 35

NOTE Confidence: 0.841685028947368

00:17:02.580 --> 00:17:05.389 and 40 plus any of those complications,

NOTE Confidence: 0.841685028947368

00:17:05.390 --> 00:17:08.234 they also would be a candidate

NOTE Confidence: 0.841685028947368

00:17:08.234 --> 00:17:10.978 for weight loss surgery.

NOTE Confidence: 0.841685028947368

00:17:10.980 --> 00:17:12.304 By definition,

NOTE Confidence: 0.841685028947368

00:17:12.304 --> 00:17:14.290 candidates for obesity

NOTE Confidence: 0.841685028947368

00:17:14.290 --> 00:17:17.600 pharmacotherapy are those with BMI

NOTE Confidence: 0.841685028947368

00:17:17.600 --> 00:17:21.920 over 30 or BMI between 27 and 30,

NOTE Confidence: 0.841685028947368

00:17:21.920 --> 00:17:25.890 plus any of those weight

NOTE Confidence: 0.841685028947368

00:17:25.890 --> 00:17:27.478 related complications.

NOTE Confidence: 0.841685028947368

00:17:27.480 --> 00:17:30.688 So again, going back to this parameter again,

NOTE Confidence: 0.841685028947368

00:17:30.690 --> 00:17:31.482 sometimes.

NOTE Confidence: 0.841685028947368

00:17:31.482 --> 00:17:33.858 Unfortunately patients regain

NOTE Confidence: 0.841685028947368

00:17:33.858 --> 00:17:37.556 weight after surgery and so a lot

NOTE Confidence: 0.841685028947368

00:17:37.556 --> 00:17:39.986 of times we also see those patients

NOTE Confidence: 0.841685028947368

00:17:39.986 --> 00:17:42.890 to help guide us to what we can

NOTE Confidence: 0.841685028947368

00:17:42.890 --> 00:17:45.624 do to sort of lose weight after

NOTE Confidence: 0.841685028947368

00:17:45.624 --> 00:17:47.842 surgery and also manage any surgical

NOTE Confidence: 0.841685028947368

00:17:47.842 --> 00:17:49.447 complications that they may have.

NOTE Confidence: 0.89829194

00:17:54.930 --> 00:17:57.130 So we know that there are a host

NOTE Confidence: 0.89829194

00:17:57.130 --> 00:17:59.297 of diets and this slide actually

NOTE Confidence: 0.89829194

00:17:59.297 --> 00:18:01.232 doesn't mention all of them.

NOTE Confidence: 0.89829194

00:18:01.240 --> 00:18:03.545 Sometimes patients ask Doctor Vinny

NOTE Confidence: 0.89829194

00:18:03.545 --> 00:18:05.850 what diet would you recommend?

NOTE Confidence: 0.89829194

00:18:05.850 --> 00:18:07.327 What is the best diet for me?

NOTE Confidence: 0.89829194

00:18:07.330 --> 00:18:09.526 I think at the end of the day it

NOTE Confidence: 0.89829194

00:18:09.526 --> 00:18:11.136 depends on what other comorbidities

NOTE Confidence: 0.89829194

00:18:11.136 --> 00:18:13.791 they have and you can see on the

NOTE Confidence: 0.89829194

00:18:13.791 --> 00:18:15.406 right side the health effects,

NOTE Confidence: 0.89829194

00:18:15.410 --> 00:18:17.216 potential health effects

NOTE Confidence: 0.89829194

00:18:17.216 --> 00:18:19.624 of these different diets.

NOTE Confidence: 0.89829194

00:18:19.630 --> 00:18:20.334 For instance,

NOTE Confidence: 0.89829194

00:18:20.334 --> 00:18:22.446 the dash diet is good for

NOTE Confidence: 0.89829194

00:18:22.446 --> 00:18:23.780 decreasing blood pressure,

NOTE Confidence: 0.89829194

00:18:23.780 --> 00:18:25.264 so if this is something that the.

NOTE Confidence: 0.89829194

00:18:25.270 --> 00:18:27.190 Patient has had issues with that.

NOTE Confidence: 0.89829194

00:18:27.190 --> 00:18:29.134 Maybe a diet that they want to try.

NOTE Confidence: 0.963596451428572

00:18:31.260 --> 00:18:32.464 But at the end of the day,

NOTE Confidence: 0.963596451428572

00:18:32.470 --> 00:18:34.661 I tell the patient look the diet

NOTE Confidence: 0.963596451428572

00:18:34.661 --> 00:18:37.270 that is best for losing weight is 1.

NOTE Confidence: 0.963596451428572

00:18:37.270 --> 00:18:39.400 That is low calorie and you

NOTE Confidence: 0.963596451428572

00:18:39.400 --> 00:18:41.689 can sustain for a long time.

NOTE Confidence: 0.963596451428572

00:18:41.690 --> 00:18:42.970 That is, that is it.

NOTE Confidence: 0.963596451428572

00:18:42.970 --> 00:18:45.274 So any of these diet potentially

NOTE Confidence: 0.963596451428572

00:18:45.274 --> 00:18:48.575 is OK for you as long as it

NOTE Confidence: 0.963596451428572

00:18:48.575 --> 00:18:50.247 creates a calorie deficit.

NOTE Confidence: 0.963596451428572

00:18:50.250 --> 00:18:52.230 And it's not something that you

NOTE Confidence: 0.963596451428572

00:18:52.230 --> 00:18:55.310 get off off in a month or two,

NOTE Confidence: 0.963596451428572

00:18:55.310 --> 00:18:57.698 because this is going to be

NOTE Confidence: 0.963596451428572

00:18:57.698 --> 00:18:59.290 a lifestyle lifetime change.

NOTE Confidence: 0.963596451428572

00:18:59.290 --> 00:19:00.826 So you need to pick something

NOTE Confidence: 0.963596451428572

00:19:00.826 --> 00:19:02.385 that is reasonable and that you

NOTE Confidence: 0.963596451428572

00:19:02.385 --> 00:19:03.825 can sustain for the long term.

NOTE Confidence: 0.963596451428572

00:19:03.830 --> 00:19:05.755 Now it's different if you're

NOTE Confidence: 0.963596451428572

00:19:05.755 --> 00:19:07.832 doing a diet for a special diet

NOTE Confidence: 0.963596451428572

00:19:07.832 --> 00:19:09.510 for a couple of months,

NOTE Confidence: 0.963596451428572

00:19:09.510 --> 00:19:11.050 jumpstart your weight loss journey.

NOTE Confidence: 0.963596451428572

00:19:11.050 --> 00:19:12.145 That's a different.

NOTE Confidence: 0.963596451428572

00:19:12.145 --> 00:19:12.510 Issue,

NOTE Confidence: 0.963596451428572

00:19:12.510 --> 00:19:14.700 but if you're looking for something

NOTE Confidence: 0.963596451428572

00:19:14.763 --> 00:19:16.779 that you want to adopt for your

NOTE Confidence: 0.963596451428572

00:19:16.779 --> 00:19:18.240 lifestyle and for lifetime,

NOTE Confidence: 0.963596451428572

00:19:18.240 --> 00:19:20.256 potentially any of these may work,

NOTE Confidence: 0.963596451428572

00:19:20.260 --> 00:19:21.758 as long as it is low calorie

NOTE Confidence: 0.963596451428572

00:19:21.758 --> 00:19:23.209 and you can stick with it.

NOTE Confidence: 0.853560919285714

00:19:26.150 --> 00:19:28.887 So in terms of the knee replacement

NOTE Confidence: 0.853560919285714

00:19:28.887 --> 00:19:31.640 program that we offer through the

NOTE Confidence: 0.853560919285714

00:19:31.640 --> 00:19:34.012 program, it is called optifast.

NOTE Confidence: 0.853560919285714

00:19:34.012 --> 00:19:36.352 Optifast is a medically monitored.

NOTE Confidence: 0.833214193636364

00:19:38.470 --> 00:19:41.115 Supervised diet that occurs over

NOTE Confidence: 0.833214193636364

00:19:41.115 --> 00:19:44.730 the course of 18 weeks actually.

NOTE Confidence: 0.833214193636364

00:19:44.730 --> 00:19:45.560 So that is an error.

NOTE Confidence: 0.833214193636364

00:19:45.560 --> 00:19:48.827 It's it's a 18 week period of time with

NOTE Confidence: 0.833214193636364

00:19:48.827 --> 00:19:51.826 the 1st 12 weeks being the active or

NOTE Confidence: 0.833214193636364

00:19:51.826 --> 00:19:53.746 the intensive phase where everything

00:19:53.746 --> 00:19:55.873 that patients are eating is provided

00:19:55.873 --> 00:19:58.618 through up to fast so they have soups,

00:19:58.620 --> 00:20:00.882 shakes, and bars that patients order

00:20:00.882 --> 00:20:03.618 through up the fast and get delivered

00:20:03.618 --> 00:20:06.051 directly to their home and then the

00:20:06.051 --> 00:20:08.130 remaining six weeks of the 18 weeks.

00:20:08.130 --> 00:20:10.783 Is a hybrid phase where patients are

00:20:10.783 --> 00:20:13.669 starting to add in self prepared meals.

00:20:13.670 --> 00:20:15.998 Of course, with guidance for the program as

00:20:15.998 --> 00:20:18.526 to what it is that they should be eating.

00:20:18.530 --> 00:20:21.458 It's a low calorie program and the the

00:20:21.458 --> 00:20:24.475 the intent is to help patients jumpstart

00:20:24.475 --> 00:20:27.229 their weight loss program and also

00:20:27.229 --> 00:20:29.584 to get some comprehensive lifestyle

00:20:29.584 --> 00:20:32.200 education to help them be successful

00:20:32.200 --> 00:20:34.755 in keeping the weight off long term.

NOTE Confidence: 0.833214193636364

00:20:34.760 --> 00:20:36.900 So throughout the Optifast program,

NOTE Confidence: 0.833214193636364

00:20:36.900 --> 00:20:39.060 weekly classes are offered and now

NOTE Confidence: 0.833214193636364

00:20:39.060 --> 00:20:41.591 those are being held virtually and so

NOTE Confidence: 0.833214193636364

00:20:41.591 --> 00:20:44.405 patients have a chance to meet with a

NOTE Confidence: 0.833214193636364

00:20:44.405 --> 00:20:46.565 dietitian and also with other patients

NOTE Confidence: 0.833214193636364

00:20:46.565 --> 00:20:48.637 on optifast in the group setting.

NOTE Confidence: 0.833214193636364

00:20:48.637 --> 00:20:50.940 There are a number of handouts and

NOTE Confidence: 0.833214193636364

00:20:51.002 --> 00:20:53.047 a number of educational materials

NOTE Confidence: 0.833214193636364

00:20:53.050 --> 00:20:54.055 that they get,

NOTE Confidence: 0.833214193636364

00:20:54.055 --> 00:20:56.065 and some of these are shown

NOTE Confidence: 0.833214193636364

00:20:56.065 --> 00:20:57.479 here on this slide.

NOTE Confidence: 0.766500006666667

00:21:03.460 --> 00:21:05.890 So in terms of anti obesity

NOTE Confidence: 0.766500006666667

00:21:05.890 --> 00:21:07.540 medications I mentioned previously,

NOTE Confidence: 0.766500006666667

00:21:07.540 --> 00:21:10.980 the criteria which is a BMI over 27

NOTE Confidence: 0.766500006666667

00:21:10.980 --> 00:21:13.282 plus comorbidities that are associated

NOTE Confidence: 0.766500006666667

00:21:13.282 --> 00:21:16.722 with being heavy or in the absence

NOTE Confidence: 0.766500006666667

00:21:16.722 --> 00:21:19.482 of those comorbidities than anti

NOTE Confidence: 0.766500006666667

00:21:19.482 --> 00:21:21.770 obesity medications are indicated.

NOTE Confidence: 0.766500006666667

00:21:21.770 --> 00:21:24.507 For patients with a BMI over 3.

NOTE Confidence: 0.842998747058823

00:21:29.820 --> 00:21:33.201 So just going through some of these

NOTE Confidence: 0.842998747058823

00:21:33.201 --> 00:21:35.200 medications that are typically

NOTE Confidence: 0.842998747058823

00:21:35.200 --> 00:21:37.936 used fentiman is one of the

NOTE Confidence: 0.842998747058823

00:21:37.940 --> 00:21:41.090 oldest medications that has been

NOTE Confidence: 0.842998747058823

00:21:41.090 --> 00:21:43.127 around for weight management.

NOTE Confidence: 0.842998747058823

00:21:43.127 --> 00:21:45.472 It is involved in catecholamine

NOTE Confidence: 0.842998747058823

00:21:45.472 --> 00:21:47.680 release from the hypothalamus,

NOTE Confidence: 0.842998747058823

00:21:47.680 --> 00:21:49.192 and suppresses appetite.

NOTE Confidence: 0.842998747058823

00:21:49.192 --> 00:21:54.200 It was approved by the FDA in 1959.

NOTE Confidence: 0.842998747058823

00:21:54.200 --> 00:21:57.767 Definitely at that time the amount

NOTE Confidence: 0.842998747058823

00:21:57.767 --> 00:22:01.002 of data and knowledge available

NOTE Confidence: 0.842998747058823

33

00:22:01.002 --> 00:22:02.442 currently regarding obesity

NOTE Confidence: 0.842998747058823

00:22:02.442 --> 00:22:04.818 was not available at that time.

NOTE Confidence: 0.842998747058823

00:22:04.820 --> 00:22:07.226 So fentiman in 1959 was approved

NOTE Confidence: 0.842998747058823

00:22:07.226 --> 00:22:10.801 by the FDA to use for a maximum

NOTE Confidence: 0.842998747058823

00:22:10.801 --> 00:22:12.677 duration of three months,

NOTE Confidence: 0.842998747058823

00:22:12.680 --> 00:22:16.469 and we know that that is not enough time

NOTE Confidence: 0.842998747058823

00:22:16.469 --> 00:22:20.604 to get a handle on someone who is heavy,

NOTE Confidence: 0.842998747058823

00:22:20.610 --> 00:22:22.746 so we don't stick to the

NOTE Confidence: 0.842998747058823

00:22:22.746 --> 00:22:24.170 three month rule anymore.

NOTE Confidence: 0.842998747058823

00:22:24.170 --> 00:22:26.826 I still see some providers who do that,

NOTE Confidence: 0.842998747058823

00:22:26.830 --> 00:22:30.763 but in general practice that is not the case.

NOTE Confidence: 0.842998747058823

00:22:30.770 --> 00:22:32.814 We essentially use it for as long

NOTE Confidence: 0.842998747058823

00:22:32.814 --> 00:22:34.611 as the patient can tolerate as

NOTE Confidence: 0.842998747058823

00:22:34.611 --> 00:22:36.760 long as there are no side effects,

NOTE Confidence: 0.842998747058823

00:22:36.760 --> 00:22:39.040 the patient just stays on contentment

NOTE Confidence: 0.842998747058823

00:22:39.040 --> 00:22:40.615 because what happens when they

34

NOTE Confidence: 0.842998747058823

00:22:40.615 --> 00:22:42.190 stop fentiman is that they're

NOTE Confidence: 0.842998747058823

00:22:42.251 --> 00:22:43.829 going to gain the weight back.

NOTE Confidence: 0.842998747058823

00:22:43.830 --> 00:22:47.932 So the average weight loss for Phantom

NOTE Confidence: 0.842998747058823

00:22:47.932 --> 00:22:50.968 in over one year period is lost 6%.

NOTE Confidence: 0.842998747058823

00:22:50.970 --> 00:22:52.958 But again that is average and I've

NOTE Confidence: 0.842998747058823

00:22:52.958 --> 00:22:54.760 seen definitely seen patients as so

NOTE Confidence: 0.842998747058823

00:22:54.760 --> 00:22:56.960 patient recently who lost about 15% of

NOTE Confidence: 0.842998747058823

00:22:56.960 --> 00:22:59.090 her baseline weight on phentramin which

NOTE Confidence: 0.842998747058823

00:22:59.090 --> 00:23:01.928 she's been kicking for about six months now.

NOTE Confidence: 0.842998747058823

00:23:01.930 --> 00:23:04.845 We typically those between 8:00

NOTE Confidence: 0.842998747058823

00:23:04.845 --> 00:23:07.203 and 37.5 milligrams daily,

NOTE Confidence: 0.842998747058823

00:23:07.203 --> 00:23:11.340 and the common side effects are palpitations,

NOTE Confidence: 0.842998747058823

00:23:11.340 --> 00:23:12.546 increased blood pressure.

NOTE Confidence: 0.842998747058823

00:23:12.546 --> 00:23:14.556 Sometimes it interferes with their.

NOTE Confidence: 0.842998747058823

00:23:14.560 --> 00:23:17.980 Also, they may get constipated.

NOTE Confidence: 0.842998747058823

00:23:17.980 --> 00:23:20.998 A few patients complain of dizziness,

NOTE Confidence: 0.842998747058823

00:23:21.000 --> 00:23:23.220 dry mouth, insomnia,

NOTE Confidence: 0.842998747058823

00:23:23.220 --> 00:23:24.700 and irritability.

NOTE Confidence: 0.842998747058823

00:23:24.700 --> 00:23:27.804 So for something like the GI side effects,

NOTE Confidence: 0.842998747058823

00:23:27.810 --> 00:23:30.418 that can be very well addressed by putting

NOTE Confidence: 0.842998747058823

00:23:30.418 --> 00:23:32.490 the patient on something like miralax

NOTE Confidence: 0.842998747058823

00:23:32.490 --> 00:23:34.890 or stool softener to help with that.

NOTE Confidence: 0.842998747058823

00:23:34.890 --> 00:23:37.556 So sort of depends on what other side

NOTE Confidence: 0.842998747058823

00:23:37.556 --> 00:23:39.452 effects or complications you may be

NOTE Confidence: 0.842998747058823

00:23:39.452 --> 00:23:41.554 having in regards to whether to continue

NOTE Confidence: 0.842998747058823

00:23:41.554 --> 00:23:43.520 it or to look for something else.

NOTE Confidence: 0.921564577142857

00:23:46.700 --> 00:23:50.684 So in terms of contradictions and

NOTE Confidence: 0.921564577142857

00:23:50.684 --> 00:23:53.204 warnings here you see listed on the

NOTE Confidence: 0.921564577142857

00:23:53.204 --> 00:23:55.572 left side with patients who have

NOTE Confidence: 0.921564577142857

00:23:55.572 --> 00:23:57.168 underlying cardiovascular disease,

NOTE Confidence: 0.921564577142857

00:23:57.170 --> 00:23:59.874 you want to be a little more cautious

NOTE Confidence: 0.921564577142857

00:23:59.874 --> 00:24:02.689 in terms of putting them on fentiman.

NOTE Confidence: 0.921564577142857

00:24:02.690 --> 00:24:04.736 If their blood pressure is uncontrolled,

NOTE Confidence: 0.921564577142857

00:24:04.740 --> 00:24:06.244 you don't want to put them on huntemann,

NOTE Confidence: 0.921564577142857

00:24:06.250 --> 00:24:08.294 because like I said, one of the

NOTE Confidence: 0.921564577142857

00:24:08.294 --> 00:24:10.478 side effects is high blood pressure.

NOTE Confidence: 0.921564577142857

00:24:10.480 --> 00:24:12.730 If they already agitated and anxious,

NOTE Confidence: 0.921564577142857

00:24:12.730 --> 00:24:14.594 phantom is going to make them more jittery,

NOTE Confidence: 0.921564577142857

00:24:14.600 --> 00:24:17.218 so you don't want to do that.

NOTE Confidence: 0.921564577142857

00:24:17.220 --> 00:24:18.820 Possible history of drug use.

NOTE Confidence: 0.921564577142857

00:24:18.820 --> 00:24:20.350 I would say that it's a

NOTE Confidence: 0.921564577142857

00:24:20.350 --> 00:24:21.115 relative contract kacian.

NOTE Confidence: 0.921564577142857

00:24:21.120 --> 00:24:23.346 If the patient had drug use,

NOTE Confidence: 0.921564577142857

00:24:23.350 --> 00:24:25.390 you know long time ago and they've been

NOTE Confidence: 0.921564577142857

00:24:25.390 --> 00:24:27.585 off the drugs and they are doing well.

NOTE Confidence: 0.921564577142857

00:24:27.590 --> 00:24:30.621 Sentiment could still be used in that

NOTE Confidence: 0.921564577142857

00:24:30.621 --> 00:24:33.742 setting and then you see that the

NOTE Confidence: 0.921564577142857

00:24:33.742 --> 00:24:35.530 other contraindications listed here.

NOTE Confidence: 0.921564577142857

00:24:35.530 --> 00:24:38.393 And then on the right side some

NOTE Confidence: 0.921564577142857

00:24:38.393 --> 00:24:40.678 things for monitoring and and I

NOTE Confidence: 0.921564577142857

00:24:40.678 --> 00:24:44.780 pretty much mentioned those already.

NOTE Confidence: 0.921564577142857

00:24:44.780 --> 00:24:49.372 So Fentiman can also be combined with

NOTE Confidence: 0.921564577142857

00:24:49.372 --> 00:24:53.708 topiramate. I think I'm missing a slide.

NOTE Confidence: 0.921564577142857

00:24:53.710 --> 00:24:54.949 Sorry for answering,

NOTE Confidence: 0.921564577142857

00:24:54.949 --> 00:24:57.427 could be combined with so permit

NOTE Confidence: 0.921564577142857

00:24:57.427 --> 00:25:00.362 and that is sold as a QC Mia that

NOTE Confidence: 0.921564577142857

00:25:00.362 --> 00:25:03.590 was approved in 2012 so we talked

NOTE Confidence: 0.921564577142857

00:25:03.590 --> 00:25:05.390 about fentanyl progressively,

NOTE Confidence: 0.921564577142857

00:25:05.390 --> 00:25:08.450 which is, uh,

NOTE Confidence: 0.921564577142857

00:25:08.450 --> 00:25:11.280 not releasing agent and topiramate

NOTE Confidence: 0.921564577142857

00:25:11.280 --> 00:25:15.157 is a double receptor modulator so in

NOTE Confidence: 0.921564577142857

00:25:15.157 --> 00:25:18.031 combination with topiramate you can get

38

NOTE Confidence: 0.921564577142857

00:25:18.031 --> 00:25:21.687 away with using lower doses of fentanyl.

NOTE Confidence: 0.921564577142857

00:25:21.690 --> 00:25:22.936 So, uh,

NOTE Confidence: 0.921564577142857

00:25:22.936 --> 00:25:26.230 in the trials with fundamental permit

NOTE Confidence: 0.921564577142857

00:25:26.230 --> 00:25:28.630 combination and also in real life,

NOTE Confidence: 0.921564577142857

00:25:28.630 --> 00:25:30.652 the combination gives you a a

NOTE Confidence: 0.921564577142857

00:25:30.652 --> 00:25:33.019 bit more weight loss than if you

NOTE Confidence: 0.921564577142857

00:25:33.019 --> 00:25:34.909 were to use a huntemann alone.

NOTE Confidence: 0.921564577142857

00:25:34.910 --> 00:25:37.430 So you're going up from an average of

NOTE Confidence: 0.921564577142857

00:25:37.430 --> 00:25:40.900 about 6% weight loss to more in the

NOTE Confidence: 0.921564577142857

00:25:40.900 --> 00:25:44.870 order of eight to 10% weight loss.

NOTE Confidence: 0.921564577142857

00:25:44.870 --> 00:25:47.406 When we start to see Mia or the

NOTE Confidence: 0.921564577142857

00:25:47.406 --> 00:25:48.850 fundamental premier combination,

NOTE Confidence: 0.921564577142857

00:25:48.850 --> 00:25:51.490 we start at the lower dose and go

NOTE Confidence: 0.921564577142857

00:25:51.490 --> 00:25:54.400 up with time in order to minimize

NOTE Confidence: 0.921564577142857

00:25:54.400 --> 00:25:55.699 the side effects.

NOTE Confidence: 0.921564577142857

00:25:55.700 --> 00:25:58.070 So we typically start with the

NOTE Confidence: 0.921564577142857

00:25:58.070 --> 00:26:01.020 3.75 slash 23 milligrams daily

NOTE Confidence: 0.921564577142857

00:26:01.020 --> 00:26:03.970 for the first two weeks.

NOTE Confidence: 0.921564577142857

00:26:03.970 --> 00:26:07.222 If no adverse side effects, then you can.

NOTE Confidence: 0.921564577142857

00:26:07.222 --> 00:26:10.391 You can use a double of that dose

NOTE Confidence: 0.921564577142857

00:26:10.391 --> 00:26:13.166 again once a day if a patient

NOTE Confidence: 0.921564577142857

00:26:13.166 --> 00:26:14.814 is losing significant weight.

NOTE Confidence: 0.921564577142857

00:26:14.820 --> 00:26:17.742 Sorry with that that up titration

NOTE Confidence: 0.921564577142857

00:26:17.742 --> 00:26:21.317 to some .5 and 46 you can just

NOTE Confidence: 0.921564577142857

00:26:21.320 --> 00:26:23.936 have them continue on that dose.

NOTE Confidence: 0.921564577142857

00:26:23.940 --> 00:26:24.501 However,

NOTE Confidence: 0.921564577142857

00:26:24.501 --> 00:26:28.750 if the the weight loss is not as

NOTE Confidence: 0.921564577142857

00:26:28.750 --> 00:26:30.670 expected and I'll go through what

NOTE Confidence: 0.921564577142857

00:26:30.670 --> 00:26:33.137 we expect in the minute or if at

NOTE Confidence: 0.921564577142857

00:26:33.137 --> 00:26:35.170 some point they start to plateau,

NOTE Confidence: 0.921564577142857

00:26:35.170 --> 00:26:38.154 then you may want to go up to

NOTE Confidence: 0.921564577142857

00:26:38.154 --> 00:26:40.568 the next level of dosing.

NOTE Confidence: 0.921564577142857

00:26:40.570 --> 00:26:42.650 And then further up to the front doors,

NOTE Confidence: 0.921564577142857

00:26:42.650 --> 00:26:44.478 depending on whether more

NOTE Confidence: 0.921564577142857

00:26:44.478 --> 00:26:46.763 weight loss effect is needed.

NOTE Confidence: 0.921564577142857

00:26:46.770 --> 00:26:48.490 So typically when we start

NOTE Confidence: 0.921564577142857

00:26:48.490 --> 00:26:49.866 a weight loss medication,

NOTE Confidence: 0.921564577142857

00:26:49.870 --> 00:26:51.254 the UM,

NOTE Confidence: 0.921564577142857

00:26:51.254 --> 00:26:54.779 the goal is 5% or more.

NOTE Confidence: 0.825112398333333

00:26:56.790 --> 00:27:00.846 Body weight loss in three months.

NOTE Confidence: 0.825112398333333

00:27:00.850 --> 00:27:03.625 So you're starting a patient

NOTE Confidence: 0.825112398333333

00:27:03.625 --> 00:27:06.400 on QC Mia for instance,

NOTE Confidence: 0.825112398333333

00:27:06.400 --> 00:27:10.005 and they're weighing 200 pounds at baseline,

NOTE Confidence: 0.825112398333333

00:27:10.010 --> 00:27:12.647 so we want to see them in three months,

NOTE Confidence: 0.825112398333333

00:27:12.650 --> 00:27:13.850 and in those three months,

NOTE Confidence: 0.825112398333333

00:27:13.850 --> 00:27:15.854 the recommendation is that they would

NOTE Confidence: 0.825112398333333

00:27:15.854 --> 00:27:19.388 lose 1010 pounds of £200 at baseline.

NOTE Confidence: 0.825112398333333

00:27:19.390 --> 00:27:21.886 You want them to lose £10 or more

NOTE Confidence: 0.825112398333333

00:27:21.886 --> 00:27:23.868 within the next three months.

NOTE Confidence: 0.825112398333333

00:27:23.870 --> 00:27:26.446 Now if you see them in three months

NOTE Confidence: 0.825112398333333

00:27:26.446 --> 00:27:28.572 and they've lost, you know £8.00.

NOTE Confidence: 0.825112398333333

00:27:28.572 --> 00:27:29.988 You know 7-8 pounds,

NOTE Confidence: 0.825112398333333

00:27:29.990 --> 00:27:31.950 they're closer to 5%.

NOTE Confidence: 0.825112398333333

00:27:31.950 --> 00:27:33.976 Alright, let's continue the same and give

NOTE Confidence: 0.825112398333333

00:27:33.976 --> 00:27:36.178 us some more time and see how things go.

NOTE Confidence: 0.825112398333333

00:27:36.180 --> 00:27:38.040 But if they've only lost one

NOTE Confidence: 0.825112398333333

00:27:38.040 --> 00:27:39.732 or 2% in those three months,

NOTE Confidence: 0.825112398333333

00:27:39.732 --> 00:27:41.647 in the absence of anything else that

NOTE Confidence: 0.825112398333333

00:27:41.647 --> 00:27:43.390 they can still put their finger on,

NOTE Confidence: 0.825112398333333

00:27:43.390 --> 00:27:45.255 then maybe that medication is

NOTE Confidence: 0.825112398333333

00:27:45.255 --> 00:27:47.849 not working for them and you may

NOTE Confidence: 0.825112398333333

00:27:47.849 --> 00:27:49.817 want to look at other options.

NOTE Confidence: 0.825112398333333

00:27:49.820 --> 00:27:51.668 Come on side effects of the

NOTE Confidence: 0.825112398333333

00:27:51.668 --> 00:27:52.900 combination are listed here.

NOTE Confidence: 0.825112398333333

00:27:52.900 --> 00:27:54.704 As you can see,

NOTE Confidence: 0.825112398333333

00:27:54.704 --> 00:27:56.900 including headaches, paresthesias,

NOTE Confidence: 0.825112398333333

00:27:56.900 --> 00:28:00.770 dizziness and others.

NOTE Confidence: 0.825112398333333

00:28:00.770 --> 00:28:04.091 Now you want to make sure that the patient

NOTE Confidence: 0.825112398333333

00:28:04.091 --> 00:28:07.669 is not pregnant and is not breastfeeding.

NOTE Confidence: 0.825112398333333

00:28:07.670 --> 00:28:10.757 As you know to permit is actually

NOTE Confidence: 0.825112398333333

00:28:10.760 --> 00:28:13.568 something that is a is a threat to.

NOTE Confidence: 0.825112398333333

00:28:13.570 --> 00:28:14.641 It's a teratogen.

NOTE Confidence: 0.825112398333333

00:28:14.641 --> 00:28:17.140 So you want to make sure that

NOTE Confidence: 0.825112398333333

00:28:17.216 --> 00:28:19.586 the patient who's been put on

NOTE Confidence: 0.825112398333333

00:28:19.586 --> 00:28:21.850 topiramate is on birth control.

NOTE Confidence: 0.825112398333333

00:28:21.850 --> 00:28:23.358 So the guidelines recommend

NOTE Confidence: 0.825112398333333

00:28:23.358 --> 00:28:25.243 that you test for you.

NOTE Confidence: 0.825112398333333

43

00:28:25.250 --> 00:28:27.584 Do a pregnancy test before you

NOTE Confidence: 0.825112398333333

00:28:27.584 --> 00:28:29.140 prescribe topiramate and then

NOTE Confidence: 0.825112398333333

00:28:29.205 --> 00:28:31.017 the patient has to be doing.

NOTE Confidence: 0.825112398333333

00:28:31.020 --> 00:28:32.244 Home pregnancy test.

NOTE Confidence: 0.825112398333333

00:28:32.244 --> 00:28:34.692 Once a month for the duration

NOTE Confidence: 0.825112398333333

00:28:34.692 --> 00:28:37.260 of treatment with two pyramid.

NOTE Confidence: 0.825112398333333

00:28:37.260 --> 00:28:39.204 So that's something that you really

NOTE Confidence: 0.825112398333333

00:28:39.204 --> 00:28:40.999 wanted to emphasize for the patient

NOTE Confidence: 0.825112398333333

00:28:40.999 --> 00:28:42.637 and also actually in regards the

NOTE Confidence: 0.825112398333333

00:28:42.637 --> 00:28:44.577 other weight loss medications as well.

NOTE Confidence: 0.825112398333333

00:28:44.580 --> 00:28:45.680 You wanna tell them that.

NOTE Confidence: 0.825112398333333

00:28:45.680 --> 00:28:47.080 So so in general you just don't

NOTE Confidence: 0.825112398333333

00:28:47.080 --> 00:28:48.939 want to be getting pregnant on any

NOTE Confidence: 0.825112398333333

00:28:48.939 --> 00:28:50.449 of these weight loss medications,

NOTE Confidence: 0.825112398333333

00:28:50.450 --> 00:28:52.711 so only one that we use off

NOTE Confidence: 0.825112398333333

00:28:52.711 --> 00:28:54.120 label for weight loss.

NOTE Confidence: 0.825112398333333

00:28:54.120 --> 00:28:55.672 Metformin that one the

NOTE Confidence: 0.825112398333333

00:28:55.672 --> 00:28:57.612 patient can get pregnant on,

NOTE Confidence: 0.825112398333333

00:28:57.620 --> 00:28:59.573 but anything else you want to make

NOTE Confidence: 0.825112398333333

00:28:59.573 --> 00:29:01.668 sure that they are on birth control.

NOTE Confidence: 0.831997152

00:29:05.840 --> 00:29:08.552 So the other weight loss medication

NOTE Confidence: 0.831997152

00:29:08.552 --> 00:29:11.245 that's approved is Contrave, which is a

NOTE Confidence: 0.831997152

00:29:11.245 --> 00:29:13.310 combination of naltrexone and will pro P.

NOTE Confidence: 0.831997152

00:29:13.310 --> 00:29:17.362 And we know that we use bupropion for

NOTE Confidence: 0.831997152

00:29:17.362 --> 00:29:20.914 depression and also for smoking cessation,

NOTE Confidence: 0.831997152

00:29:20.920 --> 00:29:23.864 so this is actually a good choice for

NOTE Confidence: 0.831997152

00:29:23.864 --> 00:29:26.482 patients who may have those comorbidities

NOTE Confidence: 0.831997152

00:29:26.482 --> 00:29:29.394 in addition to being being heavy.

NOTE Confidence: 0.831997152

00:29:29.394 --> 00:29:33.020 So now Trackson is an opioid antagonist,

NOTE Confidence: 0.831997152

00:29:33.020 --> 00:29:34.721 so you don't want to put a

NOTE Confidence: 0.831997152

00:29:34.721 --> 00:29:36.170 patient who is on chronic.

NOTE Confidence: 0.831997152

00:29:36.170 --> 00:29:38.204 Opioids are now check some because

NOTE Confidence: 0.831997152

00:29:38.204 --> 00:29:40.629 they're going to go into withdrawal.

NOTE Confidence: 0.831997152

00:29:40.630 --> 00:29:44.358 And the Pro plan is a document and

NOTE Confidence: 0.831997152

00:29:44.360 --> 00:29:47.310 and no preference reuptake inhibitor.

NOTE Confidence: 0.831997152

00:29:47.310 --> 00:29:49.774 The average weight loss is about four

NOTE Confidence: 0.831997152

00:29:49.774 --> 00:29:53.286 to five or 6% on these patients,

NOTE Confidence: 0.831997152

00:29:53.290 --> 00:29:54.526 just like you.

NOTE Confidence: 0.831997152

00:29:54.526 --> 00:29:57.410 See me a you want to titrate,

NOTE Confidence: 0.831997152

00:29:57.410 --> 00:29:59.606 can't rave from the low start,

NOTE Confidence: 0.831997152

00:29:59.610 --> 00:30:01.542 start them on the lowest dose and

NOTE Confidence: 0.831997152

00:30:01.542 --> 00:30:03.838 titrate up if no adverse side effects.

NOTE Confidence: 0.831997152

00:30:03.840 --> 00:30:06.262 So typically 1 tablet daily in the

NOTE Confidence: 0.831997152

00:30:06.262 --> 00:30:08.974 morning for the first week and then one

NOTE Confidence: 0.831997152

00:30:08.974 --> 00:30:11.750 tablet twice a day for the second week.

NOTE Confidence: 0.831997152

00:30:11.750 --> 00:30:13.478 And then you keep going up

NOTE Confidence: 0.831997152

00:30:13.478 --> 00:30:15.050 until the maximum dose again.

NOTE Confidence: 0.831997152

00:30:15.050 --> 00:30:16.996 In the absence of any side effects,

NOTE Confidence: 0.831997152

00:30:17.000 --> 00:30:19.723 if they were to experience some side

NOTE Confidence: 0.831997152

00:30:19.723 --> 00:30:22.075 effects during this up titration depends

NOTE Confidence: 0.831997152

00:30:22.075 --> 00:30:24.000 on the severity of the side effect

NOTE Confidence: 0.831997152

00:30:24.000 --> 00:30:26.056 and what what the side effect it is,

NOTE Confidence: 0.831997152

00:30:26.060 --> 00:30:28.380 because you may either have to stop it,

NOTE Confidence: 0.831997152

00:30:28.380 --> 00:30:30.860 or you may have the patient go back

NOTE Confidence: 0.831997152

00:30:30.860 --> 00:30:33.252 down to those they were on which

NOTE Confidence: 0.831997152

00:30:33.252 --> 00:30:35.600 did not produce a side effects.

NOTE Confidence: 0.831997152

00:30:35.600 --> 00:30:38.462 So sort of individual individualized to

NOTE Confidence: 0.831997152

00:30:38.462 --> 00:30:40.830 the patient, and what else is going on,

NOTE Confidence: 0.831997152

00:30:40.830 --> 00:30:42.664 and you see the common side effects.

NOTE Confidence: 0.831997152

00:30:42.670 --> 00:30:44.782 One thing you would notice with most of

NOTE Confidence: 0.831997152

00:30:44.782 --> 00:30:46.461 these weight loss medications is that

NOTE Confidence: 0.831997152

00:30:46.461 --> 00:30:48.385 one one side effect that runs through

NOTE Confidence: 0.831997152

47

00:30:48.385 --> 00:30:50.751 pretty much all of them is a GI side effects,

NOTE Confidence: 0.831997152

00:30:50.751 --> 00:30:51.102 nausea,

NOTE Confidence: 0.831997152

00:30:51.102 --> 00:30:51.804 sometimes vomiting,

NOTE Confidence: 0.831997152

00:30:51.804 --> 00:30:54.518 and I tell the patient that this may

NOTE Confidence: 0.831997152

00:30:54.518 --> 00:30:56.436 not necessarily be a bad thing for

NOTE Confidence: 0.831997152

00:30:56.436 --> 00:30:58.846 weight loss because if you're taking the

NOTE Confidence: 0.831997152

00:30:58.846 --> 00:31:00.600 medication and you're feeling nauseous,

NOTE Confidence: 0.831997152

00:31:00.600 --> 00:31:03.190 it's going to dissuade you from eating.

NOTE Confidence: 0.831997152

00:31:03.190 --> 00:31:03.904 So again,

NOTE Confidence: 0.831997152

00:31:03.904 --> 00:31:06.403 it depends on how severe it is.

NOTE Confidence: 0.831997152

00:31:06.410 --> 00:31:07.710 'cause sometimes it's so severe

NOTE Confidence: 0.831997152

00:31:07.710 --> 00:31:08.750 that they can't continue,

NOTE Confidence: 0.831997152

00:31:08.750 --> 00:31:10.268 but if it's a mild nausha,

NOTE Confidence: 0.831997152

00:31:10.270 --> 00:31:11.999 maybe that's not necessarily a bad thing.

NOTE Confidence: 0.79343761625

00:31:14.740 --> 00:31:16.300 And again, contraindications

NOTE Confidence: 0.79343761625

00:31:16.300 --> 00:31:18.900 to the use of Contrave.

NOTE Confidence: 0.79343761625

00:31:18.900 --> 00:31:19.920 As you can see here,

NOTE Confidence: 0.79343761625

00:31:19.920 --> 00:31:22.264 listed pregnancy and breastfeeding

NOTE Confidence: 0.79343761625

00:31:22.264 --> 00:31:24.643 again listed uncontrolled high blood

NOTE Confidence: 0.79343761625

00:31:24.643 --> 00:31:26.247 pressure and other contraindications

NOTE Confidence: 0.79343761625

00:31:26.247 --> 00:31:29.000 you don't want to use them with the

NOTE Confidence: 0.79343761625

00:31:29.000 --> 00:31:30.495 last point in the contraindication.

NOTE Confidence: 0.79343761625

00:31:30.500 --> 00:31:33.076 You really don't want to put patient someone

NOTE Confidence: 0.79343761625

00:31:33.076 --> 00:31:35.927 who has seizures on this combination,

NOTE Confidence: 0.79343761625

00:31:35.927 --> 00:31:38.123 especially because we Propecia

NOTE Confidence: 0.79343761625

00:31:38.123 --> 00:31:40.640 lowest the seizure threshold.

NOTE Confidence: 0.79343761625

00:31:40.640 --> 00:31:42.224 So you want to be careful about that.

NOTE Confidence: 0.854708164814815

00:31:47.400 --> 00:31:49.284 So the next medication is always

NOTE Confidence: 0.854708164814815

00:31:49.284 --> 00:31:52.237 start and I'll say this is one of the

NOTE Confidence: 0.854708164814815

00:31:52.237 --> 00:31:53.867 least used weight loss medications

NOTE Confidence: 0.854708164814815

00:31:53.938 --> 00:31:56.220 Orlistat has been around for a while.

NOTE Confidence: 0.854708164814815

00:31:56.220 --> 00:31:59.748 It is a light peace inhibitor and it gives

NOTE Confidence: 0.854708164814815

00:31:59.748 --> 00:32:03.214 you an average weight loss of about 3%.

NOTE Confidence: 0.854708164814815

00:32:03.220 --> 00:32:06.132 So you know, I think the side

NOTE Confidence: 0.854708164814815

00:32:06.132 --> 00:32:08.082 effects is usually unbearable

NOTE Confidence: 0.854708164814815

00:32:08.082 --> 00:32:11.974 for most patients you know,

NOTE Confidence: 0.854708164814815

00:32:11.974 --> 00:32:15.364 have diarrhea and a lot of

NOTE Confidence: 0.854708164814815

00:32:15.364 --> 00:32:16.578 bloating and incontinence,

NOTE Confidence: 0.854708164814815

00:32:16.578 --> 00:32:18.912 so a lot of patients find

NOTE Confidence: 0.854708164814815

00:32:18.912 --> 00:32:21.170 that they cannot tolerate it.

NOTE Confidence: 0.854708164814815

00:32:21.170 --> 00:32:23.060 It's available over the counter

NOTE Confidence: 0.854708164814815

00:32:23.060 --> 00:32:26.019 in a lower dose of 60 milligram,

NOTE Confidence: 0.854708164814815

00:32:26.020 --> 00:32:27.616 three times a day,

NOTE Confidence: 0.854708164814815

00:32:27.616 --> 00:32:30.470 which the patient will take before meals

NOTE Confidence: 0.854708164814815

00:32:30.470 --> 00:32:33.398 in the prescription dose it's available.

NOTE Confidence: 0.854708164814815

00:32:33.400 --> 00:32:35.875 Is 120 milligrams three times

NOTE Confidence: 0.854708164814815

00:32:35.875 --> 00:32:38.350 a day again before meals?

NOTE Confidence: 0.832794535217391

00:32:41.890 --> 00:32:43.694 Pregnancy breastfeeding against the

NOTE Confidence: 0.832794535217391

00:32:43.694 --> 00:32:46.400 contradiction of safety concern you may

NOTE Confidence: 0.832794535217391

00:32:46.469 --> 00:32:49.069 not want to use this medication if the

NOTE Confidence: 0.832794535217391

00:32:49.069 --> 00:32:51.409 patient already has malabsorption syndrome,

NOTE Confidence: 0.832794535217391

00:32:51.410 --> 00:32:53.180 because all of that again,

NOTE Confidence: 0.832794535217391

00:32:53.180 --> 00:32:54.956 as I said, it's a life is inhibitor,

NOTE Confidence: 0.832794535217391

00:32:54.960 --> 00:32:58.050 and it will worsen their malabsorption.

NOTE Confidence: 0.832794535217391

00:32:58.050 --> 00:33:01.635 It is associated with calcium

NOTE Confidence: 0.832794535217391

00:33:01.635 --> 00:33:03.069 oxalate nephrolithiasis,

NOTE Confidence: 0.832794535217391

00:33:03.070 --> 00:33:06.566 so you want to avoid in patients who

NOTE Confidence: 0.832794535217391

00:33:06.566 --> 00:33:10.067 have had kidney stones in the past.

NOTE Confidence: 0.832794535217391

00:33:10.070 --> 00:33:12.100 Again, on the right side with the

NOTE Confidence: 0.832794535217391

00:33:12.100 --> 00:33:13.647 monitoring you want to monitor

NOTE Confidence: 0.832794535217391

00:33:13.647 --> 00:33:16.210 for kidney stones for gallstones.

NOTE Confidence: 0.643790436

00:33:21.470 --> 00:33:25.710 So GLP one agonist, liraglutide,

NOTE Confidence: 0.643790436

00:33:25.710 --> 00:33:27.694 is one of the newer kids on the

NOTE Confidence: 0.643790436

00:33:27.694 --> 00:33:29.949 block and actually even more new with

NOTE Confidence: 0.643790436

00:33:29.949 --> 00:33:32.190 some appetite which is going to be

NOTE Confidence: 0.643790436

00:33:32.190 --> 00:33:34.888 my next few slides so they travel.

NOTE Confidence: 0.643790436

00:33:34.888 --> 00:33:38.232 Tide is available for weight loss at

NOTE Confidence: 0.643790436

00:33:38.232 --> 00:33:41.127 Saxenda and it was approved in 2014.

NOTE Confidence: 0.643790436

00:33:41.127 --> 00:33:43.989 It gives an average weight loss

NOTE Confidence: 0.643790436

00:33:43.989 --> 00:33:46.674 of about 6% in these patients.

NOTE Confidence: 0.643790436

00:33:46.674 --> 00:33:49.440 Again, you want to titrate up from

NOTE Confidence: 0.643790436

00:33:49.440 --> 00:33:51.450 the lowest dose of zero point.

NOTE Confidence: 0.643790436

00:33:51.450 --> 00:33:54.486 Text, milligram subcutaneous once a day,

NOTE Confidence: 0.643790436

00:33:54.490 --> 00:33:57.386 so this is a once a day injection

NOTE Confidence: 0.643790436

00:33:57.390 --> 00:34:00.323 and after every week you can go

NOTE Confidence: 0.643790436

00:34:00.323 --> 00:34:04.306 up on the dose to a maximum dose

NOTE Confidence: 0.643790436

00:34:04.306 --> 00:34:06.351 of three milligram daily,

NOTE Confidence: 0.643790436

00:34:06.351 --> 00:34:08.706 again watching for any side

NOTE Confidence: 0.643790436

00:34:08.706 --> 00:34:11.573 effects or adverse events that may

NOTE Confidence: 0.643790436

00:34:11.573 --> 00:34:13.818 occur during this up titration.

NOTE Confidence: 0.643790436

00:34:13.820 --> 00:34:16.476 The most common side effect is known Shivam.

NOTE Confidence: 0.643790436

00:34:16.480 --> 00:34:18.615 Eating it can interfere with the bowel,

NOTE Confidence: 0.643790436

00:34:18.620 --> 00:34:20.520 so some patients get diarrhea

NOTE Confidence: 0.643790436

00:34:20.520 --> 00:34:22.040 and others get Constipation.

NOTE Confidence: 0.643790436

00:34:22.040 --> 00:34:23.839 I tell them when I'm prescribing it.

NOTE Confidence: 0.643790436

00:34:23.840 --> 00:34:25.100 I don't know what you're gonna get.

NOTE Confidence: 0.643790436

00:34:25.100 --> 00:34:26.710 I don't know whether you're gonna be

NOTE Confidence: 0.643790436

00:34:26.710 --> 00:34:28.030 constipated or you have diarrhea,

NOTE Confidence: 0.643790436

00:34:28.030 --> 00:34:30.340 so we will start it and see how things go.

NOTE Confidence: 0.643790436

00:34:30.340 --> 00:34:32.980 And depending on which side effect you get,

NOTE Confidence: 0.643790436

00:34:32.980 --> 00:34:33.970 we will deal with it.

NOTE Confidence: 0.749960794

00:34:35.980 --> 00:34:37.864 In very rare cases it can

NOTE Confidence: 0.749960794

00:34:37.864 --> 00:34:39.120 cause increased heart rate,

NOTE Confidence: 0.749960794

00:34:39.120 --> 00:34:42.056 but this is not very common at all,

NOTE Confidence: 0.749960794

00:34:42.060 --> 00:34:44.594 but this is good for the patient

NOTE Confidence: 0.749960794

00:34:44.594 --> 00:34:47.198 to know and and if they have it,

NOTE Confidence: 0.749960794

00:34:47.200 --> 00:34:48.856 typically it goes away

NOTE Confidence: 0.749960794

00:34:48.856 --> 00:34:50.926 after the first few doses.

NOTE Confidence: 0.876281554545455

00:34:54.000 --> 00:34:55.784 Again, contraindications pregnancy has

NOTE Confidence: 0.876281554545455

00:34:55.784 --> 00:34:58.900 always been there and it's still there.

NOTE Confidence: 0.876281554545455

00:34:58.900 --> 00:35:01.732 You don't want to use it in patients

NOTE Confidence: 0.876281554545455

00:35:01.732 --> 00:35:04.514 who have a personal or family

NOTE Confidence: 0.876281554545455

00:35:04.514 --> 00:35:07.004 history of medullary thyroid cancer.

NOTE Confidence: 0.876281554545455

00:35:07.010 --> 00:35:09.130 In the MEN 2 syndrome,

NOTE Confidence: 0.876281554545455

00:35:09.130 --> 00:35:11.496 so you specifically want to ask the

NOTE Confidence: 0.876281554545455

00:35:11.496 --> 00:35:13.822 patient if they have heard of this

NOTE Confidence: 0.876281554545455

00:35:13.822 --> 00:35:16.573 term or if they know anybody in their

NOTE Confidence: 0.876281554545455

00:35:16.573 --> 00:35:19.009 family that has Missouri thyroid cancer.

NOTE Confidence: 0.876281554545455

00:35:19.010 --> 00:35:22.306 You also want to avoid it in pancreatitis

NOTE Confidence: 0.876281554545455

00:35:22.310 --> 00:35:24.644 because it increases the risk of

NOTE Confidence: 0.876281554545455

00:35:24.644 --> 00:35:27.049 pancreatitis slightly so so weight loss,

NOTE Confidence: 0.876281554545455

00:35:27.050 --> 00:35:28.770 just weight loss by itself

NOTE Confidence: 0.876281554545455

00:35:28.770 --> 00:35:30.490 increases the risk of pancreatitis.

NOTE Confidence: 0.876281554545455

00:35:30.490 --> 00:35:32.490 And then when you add on a job you want,

NOTE Confidence: 0.876281554545455

00:35:32.490 --> 00:35:34.570 I'm gonna say the the the the risk

NOTE Confidence: 0.876281554545455

00:35:34.570 --> 00:35:37.077 goes up by about one or two percentage.

NOTE Confidence: 0.876281554545455

00:35:37.080 --> 00:35:38.355 Points, so that's something that

NOTE Confidence: 0.876281554545455

00:35:38.355 --> 00:35:39.800 the patient should be aware of.

NOTE Confidence: 0.876281554545455

00:35:39.800 --> 00:35:42.439 Now if they had hundred titles several

NOTE Confidence: 0.876281554545455

00:35:42.439 --> 00:35:44.520 decades ago, and they know the culprit,

NOTE Confidence: 0.876281554545455

00:35:44.520 --> 00:35:46.536 maybe they were drinking at that time,

NOTE Confidence: 0.876281554545455

00:35:46.540 --> 00:35:48.320 or they had a gallstone.

NOTE Confidence: 0.876281554545455

00:35:48.320 --> 00:35:50.540 And since then, they've stopped drinking,

NOTE Confidence: 0.876281554545455

00:35:50.540 --> 00:35:52.418 or they've had a closest ectomy,

NOTE Confidence: 0.876281554545455

00:35:52.420 --> 00:35:54.340 then you may want, you know,

NOTE Confidence: 0.876281554545455

00:35:54.340 --> 00:35:56.356 you might go ahead and and and

NOTE Confidence: 0.876281554545455

00:35:56.356 --> 00:35:58.120 put them on liraglutide.

NOTE Confidence: 0.876281554545455

00:35:58.120 --> 00:35:59.386 But if it's like a recurrence,

NOTE Confidence: 0.876281554545455

00:35:59.390 --> 00:36:01.260 bronchitis and it was recent,

NOTE Confidence: 0.876281554545455

00:36:01.260 --> 00:36:02.800 you really don't want to

NOTE Confidence: 0.876281554545455

00:36:02.800 --> 00:36:04.340 put the patient on GLP.

NOTE Confidence: 0.876281554545455

00:36:04.340 --> 00:36:06.800 One not going to.

NOTE Confidence: 0.876281554545455

00:36:06.800 --> 00:36:11.000 So gastroparesis is a I'd say,

NOTE Confidence: 0.876281554545455

00:36:11.000 --> 00:36:12.308 a relative contraindication.

NOTE Confidence: 0.876281554545455

00:36:12.308 --> 00:36:14.924 There's data out there that GLP

NOTE Confidence: 0.876281554545455

00:36:14.924 --> 00:36:16.821 one agonist worsen races just

NOTE Confidence: 0.876281554545455

00:36:16.821 --> 00:36:19.320 by nature of the way they work,

NOTE Confidence: 0.876281554545455

00:36:19.320 --> 00:36:21.984 and so I would say this is a relative

NOTE Confidence: 0.876281554545455

00:36:21.984 --> 00:36:22.981 contraindication if the patient

NOTE Confidence: 0.876281554545455

00:36:22.981 --> 00:36:25.039 had to be on it and they have a

NOTE Confidence: 0.876281554545455

00:36:25.039 --> 00:36:26.803 history of cash places you want to

NOTE Confidence: 0.876281554545455

00:36:26.803 --> 00:36:28.575 have them monitor for whether they

NOTE Confidence: 0.876281554545455

00:36:28.575 --> 00:36:30.090 have worsening of their symptoms

NOTE Confidence: 0.876281554545455

00:36:30.143 --> 00:36:31.658 when they start the medication,

NOTE Confidence: 0.876281554545455

00:36:31.660 --> 00:36:32.536 and if they do,

NOTE Confidence: 0.876281554545455

00:36:32.536 --> 00:36:34.709 then you may want to stop the medication.

NOTE Confidence: 0.75847626188

00:36:38.370 --> 00:36:40.738 So some angle tide is the newest kid

NOTE Confidence: 0.75847626188

00:36:40.738 --> 00:36:43.524 on the block and was approved as we go

NOTE Confidence: 0.75847626188

00:36:43.524 --> 00:36:46.090 V for weight loss in June this year.

NOTE Confidence: 0.75847626188

00:36:46.090 --> 00:36:48.323 So this is all very exciting before

NOTE Confidence: 0.75847626188

00:36:48.323 --> 00:36:49.992 the FDA approves the magnetite

NOTE Confidence: 0.75847626188

00:36:49.992 --> 00:36:51.924 as we go before weight loss,

NOTE Confidence: 0.75847626188

00:36:51.930 --> 00:36:54.186 we were using it as MPEG for weight

NOTE Confidence: 0.75847626188

00:36:54.186 --> 00:36:56.173 loss because it is the most effective

NOTE Confidence: 0.75847626188

00:36:56.173 --> 00:36:58.590 out of all the weight loss medications.

NOTE Confidence: 0.75847626188

00:36:58.590 --> 00:37:00.738 So it was really exciting when

NOTE Confidence: 0.75847626188

00:37:00.738 --> 00:37:02.843 they finally approved it as we

NOTE Confidence: 0.75847626188

00:37:02.843 --> 00:37:04.055 go before weight loss.

NOTE Confidence: 0.75847626188

00:37:04.060 --> 00:37:05.516 The difference between ozempic

NOTE Confidence: 0.75847626188

00:37:05.516 --> 00:37:08.799 and we go V is that you can go up.

NOTE Confidence: 0.75847626188

00:37:08.800 --> 00:37:13.130 Two dose of 2.4 milligram with whereas with

NOTE Confidence: 0.75847626188

00:37:13.130 --> 00:37:16.920 zampach you can only go up to 1 milligram.

NOTE Confidence: 0.75847626188

00:37:16.920 --> 00:37:18.336 So of course in the first

NOTE Confidence: 0.75847626188

00:37:18.336 --> 00:37:19.500 few months after we go,

NOTE Confidence: 0.75847626188

00:37:19.500 --> 00:37:20.682 we was approved,

NOTE Confidence: 0.75847626188

00:37:20.682 --> 00:37:23.046 there was a a countrywide shortage,

NOTE Confidence: 0.75847626188

00:37:23.050 --> 00:37:25.192 but I think things are improved now

NOTE Confidence: 0.75847626188

00:37:25.192 --> 00:37:28.329 and so we are able to get we go before

NOTE Confidence: 0.75847626188

00:37:28.329 --> 00:37:30.371 our patients and and even better

NOTE Confidence: 0.75847626188

00:37:30.371 --> 00:37:32.641 that the Yale Health plan covers.

NOTE Confidence: 0.75847626188

00:37:32.641 --> 00:37:36.288 We go and liraglutide which is which

58

NOTE Confidence: 0.75847626188

00:37:36.288 --> 00:37:39.154 is great because one limitation

NOTE Confidence: 0.75847626188

00:37:39.154 --> 00:37:42.374 to prescribing these weight loss

NOTE Confidence: 0.75847626188

00:37:42.374 --> 00:37:44.950 medications is insurance coverage.

NOTE Confidence: 0.75847626188

00:37:44.950 --> 00:37:48.952 So the weight loss percentage for

NOTE Confidence: 0.75847626188

00:37:48.952 --> 00:37:53.224 some appetite is about 15 percent 15%.

NOTE Confidence: 0.75847626188

00:37:53.224 --> 00:37:53.812 So again,

NOTE Confidence: 0.75847626188

00:37:53.812 --> 00:37:55.870 that is way higher than we've seen

NOTE Confidence: 0.75847626188

00:37:55.930 --> 00:37:58.324 with any of these other weight loss

NOTE Confidence: 0.75847626188

00:37:58.324 --> 00:38:00.550 medications that I've been talking about.

NOTE Confidence: 0.75847626188

00:38:00.550 --> 00:38:00.880 Again,

NOTE Confidence: 0.75847626188

00:38:00.880 --> 00:38:01.870 at the the,

NOTE Confidence: 0.75847626188

00:38:01.870 --> 00:38:03.850 just like other medications you want.

NOTE Confidence: 0.75847626188

00:38:03.850 --> 00:38:05.506 So if you've noticed a trend,

NOTE Confidence: 0.75847626188

00:38:05.510 --> 00:38:07.422 the trend is that you start slow and

NOTE Confidence: 0.75847626188

00:38:07.422 --> 00:38:09.559 you go up with time and the other

NOTE Confidence: 0.75847626188

00:38:09.559 --> 00:38:11.293 other thing that will stick out

NOTE Confidence: 0.75847626188

00:38:11.293 --> 00:38:13.123 from this talk is about pregnancy.

NOTE Confidence: 0.75847626188

00:38:13.130 --> 00:38:14.411 I think I think those two are

NOTE Confidence: 0.75847626188

00:38:14.411 --> 00:38:15.170 standing out so far.

NOTE Confidence: 0.75847626188

00:38:15.170 --> 00:38:19.330 So with Rigo V you start at 0.25 milligram.

NOTE Confidence: 0.75847626188

00:38:19.330 --> 00:38:21.180 This is a weekly dose.

NOTE Confidence: 0.75847626188

00:38:21.180 --> 00:38:24.281 It's not a daily the the liraglutide

NOTE Confidence: 0.75847626188

00:38:24.281 --> 00:38:28.046 which is also a GLP one agonist was

NOTE Confidence: 0.75847626188

00:38:28.046 --> 00:38:31.640 daily but semaglutide is weekly so you start.

NOTE Confidence: 0.75847626188

00:38:31.640 --> 00:38:32.891 0.25 subq weekly.

NOTE Confidence: 0.75847626188

00:38:32.891 --> 00:38:35.393 And actually after every four weeks,

NOTE Confidence: 0.75847626188

00:38:35.400 --> 00:38:37.440 then you go up to the next dose

NOTE Confidence: 0.75847626188

00:38:37.440 --> 00:38:39.426 and you can go up to a maximum

NOTE Confidence: 0.75847626188

00:38:39.426 --> 00:38:42.249 of 2.4 milligram weekly.

NOTE Confidence: 0.75847626188

00:38:42.250 --> 00:38:42.512 Yeah,

NOTE Confidence: 0.75847626188

00:38:42.512 --> 00:38:43.036 side effects.

NOTE Confidence: 0.75847626188

00:38:43.036 --> 00:38:44.870 Like I mentioned you want to watch

NOTE Confidence: 0.75847626188

00:38:44.924 --> 00:38:46.788 out for them and treat them if it

NOTE Confidence: 0.75847626188

00:38:46.788 --> 00:38:48.230 happened again the risk will high.

NOTE Confidence: 0.75847626188

00:38:48.230 --> 00:38:49.658 These are all very similar between

NOTE Confidence: 0.75847626188

00:38:49.658 --> 00:38:50.990 Samagra tide and the regulated

NOTE Confidence: 0.75847626188

00:38:50.990 --> 00:38:52.306 because they're essentially the

NOTE Confidence: 0.75847626188

00:38:52.306 --> 00:38:53.951 same medication the same category.

NOTE Confidence: 0.673386305833333

00:38:56.330 --> 00:38:57.396 Contraindications, pregnancy,

NOTE Confidence: 0.673386305833333

00:38:57.396 --> 00:38:59.528 breastfeeding that should process

NOTE Confidence: 0.673386305833333

00:38:59.528 --> 00:39:02.559 against same as the regular type.

NOTE Confidence: 0.667401706666667

00:39:06.950 --> 00:39:10.286 So Planetis was recently recently approved.

NOTE Confidence: 0.667401706666667

00:39:10.290 --> 00:39:13.420 It is a superabsorbent hydrogel

NOTE Confidence: 0.667401706666667

00:39:13.420 --> 00:39:16.550 which was developed for treatment

NOTE Confidence: 0.667401706666667

00:39:16.647 --> 00:39:18.301 of overweight and obesity,

NOTE Confidence: 0.667401706666667

00:39:18.301 --> 00:39:20.736 so it's indicated for patients

NOTE Confidence: 0.667401706666667

00:39:20.736 --> 00:39:22.880 who have a BMI over 25.

00:39:22.880 --> 00:39:25.735 It's actually made from some

00:39:25.735 --> 00:39:30.309 naturally derived building cellulose.

00:39:30.310 --> 00:39:32.262 Blocks which crosslink with

00:39:32.262 --> 00:39:34.702 citric acid and what happens,

00:39:34.710 --> 00:39:36.810 is that the patient drinks.

00:39:36.810 --> 00:39:39.596 It is a capsule that the patient

00:39:39.596 --> 00:39:41.990 drinks with water before a meal,

00:39:41.990 --> 00:39:44.405 and once the patient starts eating and

00:39:44.405 --> 00:39:47.048 with that water that they drink with it,

00:39:47.050 --> 00:39:51.418 the gels rapidly absorb water and swell.

00:39:51.420 --> 00:39:53.478 So the swelling in the stomach and

00:39:53.478 --> 00:39:55.898 they swell in this one test in and

00:39:55.898 --> 00:39:57.839 they create that feeling of fullness

00:39:57.839 --> 00:40:00.257 such that the patient feels situated.

00:40:00.260 --> 00:40:01.568 Early and then reduces

00:40:01.568 --> 00:40:02.876 how much they're eating,

00:40:02.880 --> 00:40:05.184 so that is essentially the main

00:40:05.184 --> 00:40:07.320 method through which this works,

00:40:07.320 --> 00:40:10.006 so that is an option as well,

00:40:10.006 --> 00:40:12.873 and it has been shown to have slightly

00:40:12.873 --> 00:40:15.789 improved weight loss compared to placebo.

00:40:18.290 --> 00:40:19.765 So I've mentioned a number

00:40:19.765 --> 00:40:20.945 of weight loss medications.

00:40:20.950 --> 00:40:23.590 So how do you pick between

00:40:23.590 --> 00:40:24.910 these different options?

00:40:24.910 --> 00:40:26.338 The first question we ask is,

00:40:26.340 --> 00:40:29.620 is there any contraindication?

00:40:29.620 --> 00:40:32.536 So for instance, I mentioned pancreatitis.

00:40:32.540 --> 00:40:35.024 I mentioned the family history of

00:40:35.024 --> 00:40:37.368 medullary thyroid cancer that you want

00:40:37.368 --> 00:40:39.517 to look up for in these patients.

NOTE Confidence: 0.883674224444444

00:40:39.520 --> 00:40:41.520 Glaucoma is a contraindication to

NOTE Confidence: 0.883674224444444

00:40:41.520 --> 00:40:45.092 using can't rave and QC Mia, so again,

NOTE Confidence: 0.883674224444444

00:40:45.092 --> 00:40:47.803 those contraindications give you a

NOTE Confidence: 0.883674224444444

00:40:47.803 --> 00:40:49.501 sense of which medication may not

NOTE Confidence: 0.883674224444444

00:40:49.501 --> 00:40:51.857 be a good option for the patient.

NOTE Confidence: 0.883674224444444

00:40:51.860 --> 00:40:53.498 The other question you ask is,

NOTE Confidence: 0.883674224444444

00:40:53.500 --> 00:40:56.890 are there some drug drug interactions?

NOTE Confidence: 0.883674224444444

00:40:56.890 --> 00:40:59.740 So for instance.

NOTE Confidence: 0.883674224444444

00:40:59.740 --> 00:41:02.210 Something like kasenia or country

NOTE Confidence: 0.883674224444444

00:41:02.210 --> 00:41:04.591 which have the psychotropic effects

NOTE Confidence: 0.883674224444444

00:41:04.591 --> 00:41:06.596 can interfere with other psychotropic

NOTE Confidence: 0.883674224444444

00:41:06.596 --> 00:41:08.554 medication that the patient may

NOTE Confidence: 0.883674224444444

00:41:08.554 --> 00:41:10.300 be on for depression and anxiety.

NOTE Confidence: 0.883674224444444

00:41:10.300 --> 00:41:12.884 So you want to look up for that.

NOTE Confidence: 0.883674224444444

00:41:12.890 --> 00:41:15.081 And then is there another health condition

NOTE Confidence: 0.883674224444444

00:41:15.081 --> 00:41:17.467 that can be addressed with the drug?

NOTE Confidence: 0.883674224444444

00:41:17.470 --> 00:41:21.586 So if the patient has a,

NOTE Confidence: 0.883674224444444

00:41:21.590 --> 00:41:22.206 you know,

NOTE Confidence: 0.883674224444444

00:41:22.206 --> 00:41:24.362 smokes and is trying to stop smoking,

NOTE Confidence: 0.883674224444444

00:41:24.370 --> 00:41:26.596 then maybe a combination that includes

NOTE Confidence: 0.883674224444444

00:41:26.596 --> 00:41:29.490 Wellbutrin may be a good option for them.

NOTE Confidence: 0.883674224444444

00:41:29.490 --> 00:41:32.073 If the patient has diabetes or prediabetes

NOTE Confidence: 0.883674224444444

00:41:32.073 --> 00:41:35.283 a joke in one arguments will be a

NOTE Confidence: 0.883674224444444

00:41:35.283 --> 00:41:37.308 perfect option in that situation.

NOTE Confidence: 0.883674224444444

00:41:37.310 --> 00:41:39.090 If a patient has headache,

NOTE Confidence: 0.883674224444444

00:41:39.090 --> 00:41:40.973 then to permit will be a good

NOTE Confidence: 0.883674224444444

00:41:40.973 --> 00:41:42.785 choice because to permit as a

NOTE Confidence: 0.883674224444444

00:41:42.785 --> 00:41:44.360 treatment for headaches as well,

NOTE Confidence: 0.883674224444444

00:41:44.360 --> 00:41:46.112 so that is the other consideration

NOTE Confidence: 0.883674224444444

00:41:46.112 --> 00:41:48.040 that goes into the choice of

NOTE Confidence: 0.883674224444444

00:41:48.040 --> 00:41:49.800 weight loss medication and then

NOTE Confidence: 0.883674224444444

00:41:49.800 --> 00:41:51.250 finally does insurance cover?

NOTE Confidence: 0.883674224444444

00:41:51.250 --> 00:41:53.614 Maybe I should put that first

NOTE Confidence: 0.883674224444444

00:41:53.614 --> 00:41:55.190 because unfortunately when insurance

NOTE Confidence: 0.883674224444444

00:41:55.256 --> 00:41:56.988 doesn't cover the medication,

NOTE Confidence: 0.883674224444444

00:41:56.990 --> 00:42:00.000 it really limits what we can use.

NOTE Confidence: 0.883674224444444

00:42:00.000 --> 00:42:01.603 GLP one are going is if it's

NOTE Confidence: 0.883674224444444

00:42:01.603 --> 00:42:02.880 not covered by insurance.

NOTE Confidence: 0.883674224444444

00:42:02.880 --> 00:42:05.494 It costs about 1000 to $2000 a

NOTE Confidence: 0.883674224444444

00:42:05.494 --> 00:42:07.156 month and I don't recommend that

NOTE Confidence: 0.883674224444444

00:42:07.156 --> 00:42:08.840 for even my richest patient.

NOTE Confidence: 0.883674224444444

00:42:08.840 --> 00:42:10.680 So insurance considerations are

NOTE Confidence: 0.883674224444444

00:42:10.680 --> 00:42:14.320 a big deal for the choice of

NOTE Confidence: 0.883674224444444

00:42:14.320 --> 00:42:15.450 antibiotic medication.

NOTE Confidence: 0.934398219333333

00:42:17.580 --> 00:42:19.004 And then patients ask,

NOTE Confidence: 0.934398219333333

00:42:19.004 --> 00:42:22.246 how long will I use this for the answer

NOTE Confidence: 0.934398219333333

00:42:22.246 --> 00:42:25.069 is as long as possible as long as

NOTE Confidence: 0.934398219333333

00:42:25.069 --> 00:42:27.917 there are no side effects as long as

NOTE Confidence: 0.934398219333333

00:42:27.917 --> 00:42:29.850 nothing comes out in literature that

NOTE Confidence: 0.934398219333333

00:42:29.850 --> 00:42:32.660 says we can't use this medication anymore.

NOTE Confidence: 0.934398219333333

00:42:32.660 --> 00:42:34.310 For instance low clustering or BELVIQ

NOTE Confidence: 0.934398219333333

00:42:34.310 --> 00:42:36.406 was one of the approved weight loss

NOTE Confidence: 0.934398219333333

00:42:36.406 --> 00:42:38.278 medications until a few years ago

NOTE Confidence: 0.934398219333333

00:42:38.278 --> 00:42:40.131 when there was some data suggesting

NOTE Confidence: 0.934398219333333

00:42:40.131 --> 00:42:41.957 the increased risk for GI cancers.

NOTE Confidence: 0.934398219333333

00:42:41.957 --> 00:42:44.316 So we spoke to the patients and

NOTE Confidence: 0.934398219333333

00:42:44.316 --> 00:42:46.459 everyone who was taking it stopped.

NOTE Confidence: 0.934398219333333

00:42:46.460 --> 00:42:48.637 So as long as nothing comes out.

NOTE Confidence: 0.934398219333333

00:42:48.640 --> 00:42:50.383 Review that says we can't use this

NOTE Confidence: 0.934398219333333

00:42:50.383 --> 00:42:51.869 medication or has some side effect

NOTE Confidence: 0.934398219333333

00:42:51.869 --> 00:42:53.771 that we didn't know about or as long

NOTE Confidence: 0.934398219333333

00:42:53.771 --> 00:42:55.479 as you don't have any side effects

NOTE Confidence: 0.934398219333333

00:42:55.479 --> 00:42:57.450 or anything else developing that we

NOTE Confidence: 0.934398219333333

00:42:57.450 --> 00:42:59.300 can attribute to this medication,

NOTE Confidence: 0.934398219333333

00:42:59.300 --> 00:43:00.748 we need to be or as long as

NOTE Confidence: 0.934398219333333

00:43:00.748 --> 00:43:01.799 you don't get pregnant,

NOTE Confidence: 0.934398219333333

00:43:01.800 --> 00:43:04.726 we need to plan to continue this

NOTE Confidence: 0.934398219333333

00:43:04.726 --> 00:43:06.737 medication because obesity is a

NOTE Confidence: 0.934398219333333

00:43:06.737 --> 00:43:08.293 chronic medical condition and

NOTE Confidence: 0.934398219333333

00:43:08.293 --> 00:43:10.785 when you stop the medication you

NOTE Confidence: 0.934398219333333

00:43:10.785 --> 00:43:13.287 probably will gain the weight back.

NOTE Confidence: 0.66195709

00:43:15.420 --> 00:43:19.026 So this chart just sort of gives you

NOTE Confidence: 0.66195709

00:43:19.026 --> 00:43:21.624 a quick comparison of a different

NOTE Confidence: 0.66195709

00:43:21.624 --> 00:43:24.329 medications that I I mentioned with all

NOTE Confidence: 0.66195709

00:43:24.329 --> 00:43:26.932 this that create giving us the least

NOTE Confidence: 0.66195709

00:43:26.932 --> 00:43:30.918 weight loss over the course of the year.

NOTE Confidence: 0.66195709

00:43:30.920 --> 00:43:33.122 With liraglutide is the next that

NOTE Confidence: 0.66195709

00:43:33.122 --> 00:43:35.370 gives us about a little more

NOTE Confidence: 0.66195709

00:43:35.370 --> 00:43:37.830 than 4% and then not red zone,

NOTE Confidence: 0.66195709

00:43:37.830 --> 00:43:39.614 broken combination or country

NOTE Confidence: 0.66195709

00:43:39.614 --> 00:43:43.590 gives us about 5% weight loss.

NOTE Confidence: 0.66195709

00:43:43.590 --> 00:43:48.559 Fentiman about getting to 6% sentiment

NOTE Confidence: 0.66195709

00:43:48.559 --> 00:43:51.142 combined with the permit or QC Mia

NOTE Confidence: 0.66195709

00:43:51.142 --> 00:43:53.352 going to move the order of around

NOTE Confidence: 0.66195709

00:43:53.352 --> 00:43:55.972 7 to 8% up to 10% and then the

NOTE Confidence: 0.66195709

00:43:55.972 --> 00:43:58.342 new kid on the block Samagra tide

NOTE Confidence: 0.66195709

00:43:58.342 --> 00:44:00.764 we go that is off the charts.

NOTE Confidence: 0.66195709

00:44:00.770 --> 00:44:02.600 So as I mentioned above, 15%.

NOTE Confidence: 0.83682009

00:44:06.220 --> 00:44:09.250 So here the metabolic weight management.

NOTE Confidence: 0.83682009

00:44:09.250 --> 00:44:11.686 As center we also you know trying

NOTE Confidence: 0.83682009

00:44:11.686 --> 00:44:14.541 to push the envelope to see in

NOTE Confidence: 0.83682009

00:44:14.541 --> 00:44:17.346 patients who historically are not.

NOTE Confidence: 0.83682009

00:44:17.350 --> 00:44:19.355 You know, don't have these

NOTE Confidence: 0.83682009

00:44:19.355 --> 00:44:20.880 medication approved but needed.

NOTE Confidence: 0.83682009

00:44:20.880 --> 00:44:23.400 Can we see what may be an

NOTE Confidence: 0.83682009

00:44:23.400 --> 00:44:25.558 option in these medications?

NOTE Confidence: 0.83682009

00:44:25.560 --> 00:44:29.090 And a group that is being dear to my heart?

NOTE Confidence: 0.83682009

00:44:29.090 --> 00:44:31.740 Patients who have advanced liver

NOTE Confidence: 0.83682009

00:44:31.740 --> 00:44:34.741 disease and so we looked at our patient

NOTE Confidence: 0.83682009

00:44:34.741 --> 00:44:36.790 population and ask the question.

NOTE Confidence: 0.83682009

00:44:36.790 --> 00:44:39.270 That for patients who are on GLP 1

NOTE Confidence: 0.83682009

00:44:39.270 --> 00:44:41.978 agonist and have a diagnosis of cirrhosis,

NOTE Confidence: 0.83682009

00:44:41.980 --> 00:44:47.728 what is the effectiveness of these?

NOTE Confidence: 0.83682009

00:44:47.730 --> 00:44:50.170 With that of the GLP 1 agonist in

NOTE Confidence: 0.83682009

00:44:50.170 --> 00:44:52.249 producing weight loss in these patients,

NOTE Confidence: 0.83682009

00:44:52.250 --> 00:44:55.491 and are there any other side effects

NOTE Confidence: 0.83682009

00:44:55.491 --> 00:44:58.738 that are different from the non cirrhotic

NOTE Confidence: 0.83682009

00:44:58.738 --> 00:45:01.647 patients who are on GLP one agonist?

NOTE Confidence: 0.83682009

00:45:01.647 --> 00:45:04.300 So this was a a retrospective case

NOTE Confidence: 0.83682009

00:45:04.376 --> 00:45:07.180 series of eight patients that I saw

NOTE Confidence: 0.83682009

00:45:07.180 --> 00:45:09.560 in our panel that have a concomitant

NOTE Confidence: 0.83682009

00:45:09.632 --> 00:45:12.664 diagnosis of cirrhosis and who are on GLP.

NOTE Confidence: 0.83682009

00:45:12.670 --> 00:45:13.344 1 agonist,

NOTE Confidence: 0.83682009

00:45:13.344 --> 00:45:15.703 and you can see the different medications

NOTE Confidence: 0.83682009

00:45:15.703 --> 00:45:17.758 that they're on the regular side.

NOTE Confidence: 0.83682009

00:45:17.760 --> 00:45:22.856 Dulaglutide and their baseline

NOTE Confidence: 0.83682009

00:45:22.856 --> 00:45:27.840 BMI ranged anywhere from 30 to 53,

NOTE Confidence: 0.83682009

00:45:27.840 --> 00:45:29.580 but they were all companies that

NOTE Confidence: 0.83682009

00:45:29.580 --> 00:45:31.209 are cirrhosis and so there are.

NOTE Confidence: 0.83682009

00:45:31.210 --> 00:45:33.300 Males were relatively low between

NOTE Confidence: 0.83682009

00:45:33.300 --> 00:45:34.554 6:00 and 9:00.

NOTE Confidence: 0.813497187142857

00:45:36.980 --> 00:45:40.466 So on this graph here you see for

NOTE Confidence: 0.813497187142857

00:45:40.466 --> 00:45:43.200 each patient in terms of their

NOTE Confidence: 0.813497187142857

00:45:43.200 --> 00:45:45.600 baseline weight or starting at 100%

NOTE Confidence: 0.813497187142857

00:45:45.600 --> 00:45:49.688 and then over time looking to see how

NOTE Confidence: 0.813497187142857

00:45:49.688 --> 00:45:52.958 their weight loss trajectory goes.

NOTE Confidence: 0.813497187142857

00:45:52.960 --> 00:45:54.480 And essentially you know some

NOTE Confidence: 0.813497187142857

00:45:54.480 --> 00:45:56.000 patients have gained a little

NOTE Confidence: 0.813497187142857

00:45:56.059 --> 00:45:57.655 bit of weight in the beginning,

NOTE Confidence: 0.813497187142857

00:45:57.660 --> 00:46:00.635 but everyone seems to be coming down

NOTE Confidence: 0.813497187142857

00:46:00.640 --> 00:46:03.430 and so right now we have a number of

NOTE Confidence: 0.813497187142857

00:46:03.430 --> 00:46:05.252 patients who we have did it up till

NOTE Confidence: 0.813497187142857

00:46:05.252 --> 00:46:07.068 12 months and and some on the way.

NOTE Confidence: 0.813497187142857

00:46:07.070 --> 00:46:10.725 So this results are promising and

NOTE Confidence: 0.813497187142857

00:46:10.725 --> 00:46:13.550 the average weight loss within

NOTE Confidence: 0.813497187142857

00:46:13.550 --> 00:46:16.909 the first three months was about.

NOTE Confidence: 0.813497187142857

00:46:16.910 --> 00:46:19.614 Three or four pounds,

NOTE Confidence: 0.813497187142857

00:46:19.614 --> 00:46:22.994 and progressively up until around

NOTE Confidence: 0.813497187142857

00:46:22.994 --> 00:46:27.228 8 to £10 over this time period.

NOTE Confidence: 0.813497187142857

00:46:27.230 --> 00:46:30.422 So one patient among all the eight

NOTE Confidence: 0.813497187142857

00:46:30.422 --> 00:46:33.803 that we looked at had an adverse

NOTE Confidence: 0.813497187142857

00:46:33.803 --> 00:46:37.460 event of vomiting, and.

NOTE Confidence: 0.813497187142857

00:46:37.460 --> 00:46:38.777 Episodes of Nausha,

NOTE Confidence: 0.813497187142857

00:46:38.777 --> 00:46:40.972 but these resolved fairly quickly

NOTE Confidence: 0.813497187142857

00:46:40.972 --> 00:46:43.157 and did not lead to discontinuation

NOTE Confidence: 0.813497187142857

00:46:43.157 --> 00:46:44.468 of the medication,

NOTE Confidence: 0.813497187142857

00:46:44.468 --> 00:46:48.944 so they are pretty much all doing well on it.

NOTE Confidence: 0.863807001428571

00:46:52.430 --> 00:46:54.768 So in terms of endoscopic weight loss,

NOTE Confidence: 0.863807001428571

00:46:54.770 --> 00:46:58.000 I mentioned that we do have and thus

NOTE Confidence: 0.863807001428571

00:46:58.000 --> 00:47:00.280 advanced and the scope base who can offer

NOTE Confidence: 0.863807001428571

00:47:00.337 --> 00:47:02.569 some of the procedures that are being done

NOTE Confidence: 0.863807001428571

00:47:02.569 --> 00:47:05.006 in the realm of endoscopic weight loss.

NOTE Confidence: 0.863807001428571

00:47:05.010 --> 00:47:07.726 Here from the figures, a little small.

NOTE Confidence: 0.863807001428571

00:47:07.730 --> 00:47:12.021 I apologize, but ABC D and essentially

NOTE Confidence: 0.863807001428571

00:47:12.021 --> 00:47:14.660 different introduction balloon systems,

NOTE Confidence: 0.863807001428571

00:47:14.660 --> 00:47:17.350 including the Uber balloon or

NOTE Confidence: 0.863807001428571

00:47:17.350 --> 00:47:19.960 balloon balloons, past balloon at

NOTE Confidence: 0.863807001428571

00:47:19.960 --> 00:47:23.224 least balloon and then in figure.

NOTE Confidence: 0.863807001428571

00:47:23.224 --> 00:47:26.029 If you see the endoscopic

NOTE Confidence: 0.863807001428571

00:47:26.029 --> 00:47:28.110 sleeve gastroplasty,

NOTE Confidence: 0.863807001428571

00:47:28.110 --> 00:47:31.592 which we can do here at Yale, Dr.

NOTE Confidence: 0.863807001428571

00:47:31.592 --> 00:47:34.882 Muniraj is doing that in Gee,

NOTE Confidence: 0.863807001428571

00:47:34.882 --> 00:47:38.570 you see a figure of the post procedure

NOTE Confidence: 0.863807001428571

00:47:38.676 --> 00:47:40.764 essentially doing application

NOTE Confidence: 0.863807001428571

00:47:40.764 --> 00:47:43.716 in the funders to reduce gastric

NOTE Confidence: 0.863807001428571

00:47:43.716 --> 00:47:46.339 accommodation when the patient is eating.

NOTE Confidence: 0.863807001428571

00:47:46.340 --> 00:47:48.092 This is currently undergoing

NOTE Confidence: 0.863807001428571

00:47:48.092 --> 00:47:50.282 clinical trials and they just

NOTE Confidence: 0.863807001428571

00:47:50.282 --> 00:47:52.429 recently expanded the pilot study.

NOTE Confidence: 0.863807001428571

00:47:52.430 --> 00:47:54.019 So that you know this is something

NOTE Confidence: 0.863807001428571

00:47:54.019 --> 00:47:54.910 that's ongoing right now,

NOTE Confidence: 0.863807001428571

00:47:54.910 --> 00:47:56.435 and it's not currently approved

NOTE Confidence: 0.863807001428571

00:47:56.435 --> 00:47:57.350 as a treatment,

NOTE Confidence: 0.863807001428571

00:47:57.350 --> 00:48:00.406 but appears to be promising age and age,

NOTE Confidence: 0.863807001428571

00:48:00.410 --> 00:48:02.410 you see the aspiration therapy,

NOTE Confidence: 0.863807001428571

00:48:02.410 --> 00:48:05.386 which allows for the removal of about 25

NOTE Confidence: 0.863807001428571

00:48:05.386 --> 00:48:08.026 to 30% of ingested calories approximately

NOTE Confidence: 0.863807001428571

00:48:08.026 --> 00:48:10.870 30 minutes after ingesting a meal.

NOTE Confidence: 0.863807001428571

00:48:10.870 --> 00:48:13.846 So these are potentially some available

NOTE Confidence: 0.863807001428571

00:48:13.846 --> 00:48:17.720 endoscopic weight loss techniques.

NOTE Confidence: 0.863807001428571

00:48:17.720 --> 00:48:19.096 And as I mentioned,

NOTE Confidence: 0.863807001428571

00:48:19.096 --> 00:48:21.160 we work very closely with the

NOTE Confidence: 0.863807001428571

00:48:21.236 --> 00:48:23.088 surgeons and refer patients who

NOTE Confidence: 0.863807001428571

00:48:23.088 --> 00:48:24.768 we think would be appropriate.

NOTE Confidence: 0.863807001428571

00:48:24.770 --> 00:48:26.415 Again, going back to the earlier slides,

NOTE Confidence: 0.863807001428571

00:48:26.420 --> 00:48:27.590 like I mentioned,

NOTE Confidence: 0.863807001428571

00:48:27.590 --> 00:48:29.930 patients who are candidates for surgery

NOTE Confidence: 0.863807001428571

00:48:29.930 --> 00:48:32.553 are those with a BMI over 40 and over,

NOTE Confidence: 0.863807001428571

00:48:32.560 --> 00:48:35.157 or a BMI within 35 and 40.

NOTE Confidence: 0.863807001428571

00:48:35.160 --> 00:48:37.600 Plus complications are very heavy.

NOTE Confidence: 0.863807001428571

00:48:37.600 --> 00:48:41.560 So in this chart here you see the lowest.

NOTE Confidence: 0.863807001428571

00:48:41.560 --> 00:48:43.751 So this on the left side you're

NOTE Confidence: 0.863807001428571

00:48:43.751 --> 00:48:45.634 looking at total weight loss after

NOTE Confidence: 0.863807001428571

00:48:45.634 --> 00:48:48.080 surgery and on the on the X axis.

NOTE Confidence: 0.863807001428571

00:48:48.080 --> 00:48:50.565 I'm just saying time, so the lowest.

NOTE Confidence: 0.831290333846154

00:48:53.410 --> 00:48:55.783 This line here is those who have

NOTE Confidence: 0.831290333846154

00:48:55.783 --> 00:48:58.000 undergone the ruin Y gastric bypass,

NOTE Confidence: 0.831290333846154

00:48:58.000 --> 00:49:01.059 and they actually lose the most weight.

NOTE Confidence: 0.831290333846154

00:49:01.060 --> 00:49:05.166 So in the order of around 35% weight

NOTE Confidence: 0.831290333846154

00:49:05.166 --> 00:49:07.707 loss and then the middle line is

NOTE Confidence: 0.831290333846154

00:49:07.707 --> 00:49:10.349 those who have undergone sleeve

NOTE Confidence: 0.831290333846154

00:49:10.349 --> 00:49:16.300 gastrectomy losing about you know 2025%.

NOTE Confidence: 0.831290333846154

00:49:16.300 --> 00:49:19.030 In starting weight and then the highest

NOTE Confidence: 0.831290333846154

00:49:19.030 --> 00:49:22.090 one is those who have undergone the

NOTE Confidence: 0.831290333846154

00:49:22.090 --> 00:49:24.850 adjustable gastric banding and this is

NOTE Confidence: 0.831290333846154

00:49:24.850 --> 00:49:27.638 actually falling out of favor currently

NOTE Confidence: 0.831290333846154

00:49:27.638 --> 00:49:30.308 in regards to the surgical approaches

NOTE Confidence: 0.831290333846154

00:49:30.308 --> 00:49:33.236 that we use for for weight management.

NOTE Confidence: 0.831290333846154

00:49:33.240 --> 00:49:36.649 So the adjustable gastric band is really

NOTE Confidence: 0.831290333846154

00:49:36.649 --> 00:49:39.586 falling out of favor and the sleep

NOTE Confidence: 0.831290333846154

00:49:39.586 --> 00:49:41.770 gastrectomy is the one that is really

NOTE Confidence: 0.831290333846154

00:49:41.838 --> 00:49:44.286 being adopted at the most so so surgery.

NOTE Confidence: 0.831290333846154

00:49:44.290 --> 00:49:45.430 Essentially this is just

NOTE Confidence: 0.831290333846154

00:49:45.430 --> 00:49:46.570 show that surgery is.

NOTE Confidence: 0.831290333846154

00:49:46.570 --> 00:49:48.445 Effective for weight loss and

NOTE Confidence: 0.831290333846154

00:49:48.445 --> 00:49:50.725 effective in helping to reverse some

NOTE Confidence: 0.831290333846154

00:49:50.725 --> 00:49:52.753 of those complications that we see

NOTE Confidence: 0.831290333846154

00:49:52.753 --> 00:49:55.481 in patients who are heavy prior to

NOTE Confidence: 0.831290333846154

00:49:55.481 --> 00:49:57.916 undergoing their weight loss surgery.

NOTE Confidence: 0.68619602375

00:50:00.320 --> 00:50:02.628 We recently developed a

NOTE Confidence: 0.68619602375

00:50:02.628 --> 00:50:04.936 collaboration with you all,

NOTE Confidence: 0.68619602375

00:50:04.940 --> 00:50:06.782 and this allows Fellows to rotate

NOTE Confidence: 0.68619602375

00:50:06.782 --> 00:50:08.810 with us in our weight management

NOTE Confidence: 0.68619602375

00:50:08.810 --> 00:50:11.365 clinic and the goal of the rotation

NOTE Confidence: 0.68619602375

00:50:11.365 --> 00:50:13.845 for the fellows is to sort of get a

NOTE Confidence: 0.68619602375

00:50:13.845 --> 00:50:15.745 sense of the problem of obesity and

NOTE Confidence: 0.68619602375

00:50:15.745 --> 00:50:17.510 type of treatment that we offer.

NOTE Confidence: 0.68619602375

00:50:17.510 --> 00:50:19.500 To understand the rationale for

NOTE Confidence: 0.68619602375

00:50:19.500 --> 00:50:21.092 charging patients to surgical

NOTE Confidence: 0.68619602375

00:50:21.092 --> 00:50:22.719 versus medical weight loss.

NOTE Confidence: 0.68619602375

00:50:22.720 --> 00:50:25.296 To get a sense or feel for a

NOTE Confidence: 0.68619602375

00:50:25.296 --> 00:50:27.149 meal replacement program and to

NOTE Confidence: 0.68619602375

00:50:27.149 --> 00:50:29.044 get some first-hand exposure to

NOTE Confidence: 0.68619602375

00:50:29.044 --> 00:50:30.949 how we make decisions.

NOTE Confidence: 0.68619602375

00:50:30.950 --> 00:50:33.860 In regards to the anti obesity

NOTE Confidence: 0.68619602375

00:50:33.860 --> 00:50:36.430 medication to use for patients.

NOTE Confidence: 0.857033527777778

00:50:38.510 --> 00:50:41.804 So I'm going to end with A1 slide summary.

NOTE Confidence: 0.857033527777778

00:50:41.810 --> 00:50:44.306 I've told you that obesity is a chronic,

NOTE Confidence: 0.857033527777778

00:50:44.310 --> 00:50:46.820 relapsing, and multifactorial disease that

NOTE Confidence: 0.857033527777778

00:50:46.820 --> 00:50:49.596 results in adverse metabolic, biochemical,

NOTE Confidence: 0.857033527777778

00:50:49.596 --> 00:50:52.660 and psychosocial health consequences.

NOTE Confidence: 0.857033527777778

00:50:52.660 --> 00:50:54.536 The prevalence of obesity

NOTE Confidence: 0.857033527777778

00:50:54.536 --> 00:50:56.881 unfortunately continues to rise both

NOTE Confidence: 0.857033527777778

00:50:56.881 --> 00:51:00.380 in Connecticut and the US and globally,

NOTE Confidence: 0.857033527777778

00:51:00.380 --> 00:51:03.089 so we really need to start to

NOTE Confidence: 0.857033527777778

00:51:03.089 --> 00:51:06.139 develop Ways and Means to try and

NOTE Confidence: 0.857033527777778

00:51:06.139 --> 00:51:08.384 get this problem under control.

NOTE Confidence: 0.857033527777778

00:51:08.390 --> 00:51:10.664 The lifespan of patients with obesity

NOTE Confidence: 0.857033527777778

00:51:10.664 --> 00:51:13.058 is decreased by up to 14 years.

NOTE Confidence: 0.857033527777778

00:51:13.060 --> 00:51:15.132 I showed you that tableware in patients

NOTE Confidence: 0.857033527777778

00:51:15.132 --> 00:51:17.748 who are in the severely obese category,

NOTE Confidence: 0.857033527777778

00:51:17.750 --> 00:51:20.160 their lifespan is decreased by

NOTE Confidence: 0.857033527777778

00:51:20.160 --> 00:51:23.452 up to 14 years compared to those

NOTE Confidence: 0.857033527777778

00:51:23.452 --> 00:51:25.427 who have a normal BMI.

NOTE Confidence: 0.857033527777778

00:51:25.430 --> 00:51:28.754 Our program provides a stepwise and

NOTE Confidence: 0.857033527777778

00:51:28.754 --> 00:51:30.970 combinatorial approach to addressing

NOTE Confidence: 0.857033527777778

00:51:31.051 --> 00:51:34.166 obesity and medications for obesity.

NOTE Confidence: 0.857033527777778

00:51:34.166 --> 00:51:37.386 Can help patients achieve lasting

NOTE Confidence: 0.857033527777778

00:51:37.386 --> 00:51:39.689 obesity control overtime.

NOTE Confidence: 0.857033527777778

00:51:39.690 --> 00:51:43.290 And we are open and willing to collaborate

NOTE Confidence: 0.857033527777778

00:51:43.290 --> 00:51:46.200 on clinical and research endeavors.

NOTE Confidence: 0.857033527777778

00:51:46.200 --> 00:51:47.500 Thank you for attention and

NOTE Confidence: 0.857033527777778

00:51:47.500 --> 00:51:48.540 I'll take any questions.

00:51:50.090 --> 00:51:51.945 Thank you Doctor Mini that was excellent.

00:51:51.950 --> 00:51:54.700 Really. A wonderful, wonderful overview.

00:51:54.700 --> 00:51:56.625 I certainly learned a lot about the

00:51:56.625 --> 00:51:58.058 complexity of using these medications

00:51:58.058 --> 00:51:59.983 and you actually answered a lot of

00:51:59.983 --> 00:52:01.970 my questions even before we started.

00:52:01.970 --> 00:52:04.910 I'm interested in that in the the

00:52:04.910 --> 00:52:06.594 meal replacement program, you know?

00:52:06.594 --> 00:52:07.654 I mean, obviously insurance is

00:52:07.654 --> 00:52:08.930 a big factor in all of this.

00:52:08.930 --> 00:52:10.750 And let's say patients do come in,

00:52:10.750 --> 00:52:11.700 they don't feel they're really

00:52:11.700 --> 00:52:12.270 ready for surgery.

00:52:12.270 --> 00:52:14.244 They're not really ready for medication yet.

00:52:14.250 --> 00:52:16.650 Not sure interested in meal replacement?

00:52:16.650 --> 00:52:18.035 Is that something insurance covers

NOTE Confidence: 0.747915257142857

00:52:18.035 --> 00:52:20.409 or I would imagine 16 weeks of meal

NOTE Confidence: 0.747915257142857

00:52:20.409 --> 00:52:21.959 replacement would be very expensive.

NOTE Confidence: 0.747915257142857

00:52:21.960 --> 00:52:24.345 So what what is the cost there for patients?

NOTE Confidence: 0.727780433333333

00:52:25.080 --> 00:52:26.740 Question, doctor, hilbert? Yes,

NOTE Confidence: 0.727780433333333

00:52:26.740 --> 00:52:28.815 so unfortunately insurance doesn't cover.

NOTE Confidence: 0.727780433333333

00:52:28.820 --> 00:52:30.398 We always encourage patients to reach

NOTE Confidence: 0.727780433333333

00:52:30.398 --> 00:52:32.412 out to the insurance and call them and

NOTE Confidence: 0.727780433333333

00:52:32.412 --> 00:52:33.960 tell them what they're trying to do.

NOTE Confidence: 0.727780433333333

00:52:33.960 --> 00:52:35.598 I think there's been a situation

NOTE Confidence: 0.727780433333333

00:52:35.598 --> 00:52:37.528 where one or two patients actually

NOTE Confidence: 0.727780433333333

00:52:37.528 --> 00:52:39.478 got some relief from insurance.

NOTE Confidence: 0.727780433333333

00:52:39.480 --> 00:52:41.000 It was they didn't recover the whole thing,

NOTE Confidence: 0.727780433333333

00:52:41.000 --> 00:52:43.440 but they were able to get some partial,

NOTE Confidence: 0.727780433333333

00:52:43.440 --> 00:52:44.840 you know, coverage from insurance.

NOTE Confidence: 0.727780433333333

00:52:44.840 --> 00:52:48.116 So the average cost is about

NOTE Confidence: 0.727780433333333

00:52:48.120 --> 00:52:51.190 160 to $200 a week.

NOTE Confidence: 0.727780433333333

00:52:51.190 --> 00:52:53.318 So you're looking at Thorpe Park round.

NOTE Confidence: 0.727780433333333

00:52:53.320 --> 00:52:56.648 $800 a month for the first three months,

NOTE Confidence: 0.727780433333333

00:52:56.650 --> 00:52:57.990 during which everything they're

NOTE Confidence: 0.727780433333333

00:52:57.990 --> 00:53:00.000 eating is from up to fast,

NOTE Confidence: 0.727780433333333

00:53:00.000 --> 00:53:03.728 so $800 for three months and then the

NOTE Confidence: 0.727780433333333

00:53:03.728 --> 00:53:06.018 remaining six weeks is a hybrid phase,

NOTE Confidence: 0.727780433333333

00:53:06.020 --> 00:53:07.964 so that definitely reduces

NOTE Confidence: 0.727780433333333

00:53:07.964 --> 00:53:10.232 their cost with up to fast.

NOTE Confidence: 0.727780433333333

00:53:10.232 --> 00:53:12.640 What they're paying for is their meals,

NOTE Confidence: 0.727780433333333

00:53:12.640 --> 00:53:14.384 so they're not paying really for being in

NOTE Confidence: 0.727780433333333

00:53:14.384 --> 00:53:16.177 the program they are paying for their meals,

NOTE Confidence: 0.727780433333333

00:53:16.180 --> 00:53:18.455 so they they they order their meals,

NOTE Confidence: 0.727780433333333

00:53:18.460 --> 00:53:19.640 they pay for their meals,

NOTE Confidence: 0.727780433333333

00:53:19.640 --> 00:53:21.280 and the meals get shipped to their home.

NOTE Confidence: 0.727780433333333

00:53:21.280 --> 00:53:23.584 So that is where the money is going.

NOTE Confidence: 0.727780433333333

00:53:23.590 --> 00:53:26.461 And how much they spend on the meal depends

NOTE Confidence: 0.727780433333333

00:53:26.461 --> 00:53:29.427 on how many products they are they need.

NOTE Confidence: 0.727780433333333

00:53:29.430 --> 00:53:31.936 So depending on their starting BMI they

NOTE Confidence: 0.727780433333333

00:53:31.936 --> 00:53:34.125 need anywhere between 4:00 and typically

NOTE Confidence: 0.727780433333333

00:53:34.125 --> 00:53:36.589 seven small meals spaced through the day,

NOTE Confidence: 0.727780433333333

00:53:36.590 --> 00:53:37.808 and the more meals you need,

NOTE Confidence: 0.727780433333333

00:53:37.810 --> 00:53:39.130 the higher the cost.

NOTE Confidence: 0.727780433333333

00:53:39.130 --> 00:53:39.790 But ballpark,

NOTE Confidence: 0.727780433333333

00:53:39.790 --> 00:53:42.078 around $800 a month for three months and

NOTE Confidence: 0.727780433333333

00:53:42.078 --> 00:53:44.536 then less than that for them in six weeks.

NOTE Confidence: 0.848903017272727

00:53:46.040 --> 00:53:47.042 Thank you alright.

NOTE Confidence: 0.848903017272727

00:53:47.042 --> 00:53:50.120 I'm going to see if there's any questions.

NOTE Confidence: 0.848903017272727

00:53:50.120 --> 00:53:51.345 I'm interested. I was interested

NOTE Confidence: 0.848903017272727

00:53:51.345 --> 00:53:52.948 also in your point that patients

NOTE Confidence: 0.848903017272727

00:53:52.948 --> 00:53:54.276 could take these medications.

NOTE Confidence: 0.848903017272727

00:53:54.280 --> 00:53:56.156 You know, for as long as necessary.

NOTE Confidence: 0.848903017272727

00:53:56.160 --> 00:53:58.085 And I mean you mentioned fenter mean

NOTE Confidence: 0.848903017272727

00:53:58.085 --> 00:54:00.730 was one of the early ones in your how

NOTE Confidence: 0.848903017272727

00:54:00.730 --> 00:54:02.546 long have like patients within the

NOTE Confidence: 0.848903017272727

00:54:02.546 --> 00:54:04.890 practice give me some sense of a range?

NOTE Confidence: 0.848903017272727

00:54:04.890 --> 00:54:06.346 'cause a lot of these medications you are

NOTE Confidence: 0.848903017272727

00:54:06.346 --> 00:54:07.940 new and so they have been out that long.

NOTE Confidence: 0.848903017272727

00:54:07.940 --> 00:54:09.180 People have taken that one,

NOTE Confidence: 0.848903017272727

00:54:09.180 --> 00:54:10.538 but how long do patients like our

NOTE Confidence: 0.848903017272727

00:54:10.538 --> 00:54:11.620 patients on these medications?

NOTE Confidence: 0.848903017272727

00:54:11.620 --> 00:54:12.728 10 years, 15 years,

NOTE Confidence: 0.848903017272727

00:54:12.728 --> 00:54:14.750 20 years already we're talking five years,

NOTE Confidence: 0.694208439375

00:54:14.760 --> 00:54:17.505 so that's. How is the one who's been doing

NOTE Confidence: 0.694208439375

00:54:17.505 --> 00:54:20.346 this longest and then Doctor Vienna joined?

NOTE Confidence: 0.694208439375

00:54:20.350 --> 00:54:22.446 I know certainly they have had patients on

NOTE Confidence: 0.694208439375

85

00:54:22.446 --> 00:54:24.908 it for as long as they've been doing this,

NOTE Confidence: 0.694208439375

00:54:24.910 --> 00:54:26.961 which I would say maybe the maximum

NOTE Confidence: 0.694208439375

00:54:26.961 --> 00:54:29.570 would be 5 years from our experience,

NOTE Confidence: 0.694208439375

00:54:29.570 --> 00:54:32.756 but suddenly it is. The is the same at

NOTE Confidence: 0.694208439375

00:54:32.756 --> 00:54:35.194 other places that are doing this. You know.

NOTE Confidence: 0.694208439375

00:54:35.194 --> 00:54:37.929 You just keep the patients on it. Yeah?

NOTE Confidence: 0.694208439375

00:54:37.929 --> 00:54:40.641 So again, in the absence of any adverse

NOTE Confidence: 0.694208439375

00:54:40.641 --> 00:54:43.799 side effects and and for the the biggest

NOTE Confidence: 0.694208439375

00:54:43.799 --> 00:54:46.199 concern with sentiment would be cardiac.

NOTE Confidence: 0.694208439375

00:54:46.200 --> 00:54:48.090 Right?

NOTE Confidence: 0.694208439375

00:54:48.090 --> 00:54:50.268 If you called friend Fenn was sort of like,

NOTE Confidence: 0.694208439375

00:54:50.270 --> 00:54:51.734 you know older version,

NOTE Confidence: 0.694208439375

00:54:51.734 --> 00:54:53.564 but combine something else and

NOTE Confidence: 0.694208439375

00:54:53.564 --> 00:54:55.770 you had cardiac side effects so.

NOTE Confidence: 0.694208439375

00:54:55.770 --> 00:54:58.990 But so you have to pick the

NOTE Confidence: 0.694208439375

00:54:58.990 --> 00:55:00.668 population you know with that in mind,

NOTE Confidence: 0.694208439375

00:55:00.670 --> 00:55:02.670 you don't want to be people who have,

NOTE Confidence: 0.694208439375

00:55:02.670 --> 00:55:04.310 you know, those cardiac issues.

NOTE Confidence: 0.694208439375

00:55:04.310 --> 00:55:05.626 To be on phentermine,

NOTE Confidence: 0.694208439375

00:55:05.626 --> 00:55:08.271 but otherwise I would say in in in

NOTE Confidence: 0.694208439375

00:55:08.271 --> 00:55:10.083 answer to your question I would

NOTE Confidence: 0.694208439375

00:55:10.083 --> 00:55:12.740 say five years at least great,

NOTE Confidence: 0.694208439375

00:55:12.740 --> 00:55:14.768 thank you sure, alright

NOTE Confidence: 0.790133031666667

00:55:14.800 --> 00:55:17.170 and I'm just going to see for

NOTE Confidence: 0.790133031666667

00:55:17.170 --> 00:55:19.612 my from the chat. Let's see,

NOTE Confidence: 0.790133031666667

00:55:19.612 --> 00:55:22.839 I am not seeing anything right now.

NOTE Confidence: 0.790133031666667

00:55:22.840 --> 00:55:24.290 If anyone wants to unmute

NOTE Confidence: 0.790133031666667

00:55:24.290 --> 00:55:25.740 or type anything in please,

NOTE Confidence: 0.790133031666667

00:55:25.740 --> 00:55:27.360 this is your chance we have

NOTE Confidence: 0.790133031666667

00:55:27.360 --> 00:55:29.210 about we about one minute left.

NOTE Confidence: 0.790133031666667

00:55:29.210 --> 00:55:30.463 I know we need to get off

NOTE Confidence: 0.790133031666667

00:55:30.463 --> 00:55:31.000 to another conference.

NOTE Confidence: 0.8416475

00:55:37.920 --> 00:55:38.920 We have quiet.

NOTE Confidence: 0.92041215

00:55:42.000 --> 00:55:44.064 Alright, well I think that was really true.

NOTE Confidence: 0.92041215

00:55:44.070 --> 00:55:45.734 If like I really really enjoyed the talk,

NOTE Confidence: 0.92041215

00:55:45.740 --> 00:55:47.410 I think we all learned a lot and I we

NOTE Confidence: 0.92041215

00:55:47.460 --> 00:55:49.180 thank you so much for your time today.

NOTE Confidence: 0.92041215

00:55:49.180 --> 00:55:50.613 Thank you for having me thanks.

NOTE Confidence: 0.92041215

00:55:50.613 --> 00:55:52.260 Enjoy the next meeting.

NOTE Confidence: 0.92041215

00:55:52.260 --> 00:55:53.708 All right, we got some kudos to you.

NOTE Confidence: 0.92041215

00:55:53.710 --> 00:55:55.510 Thank you so much. Bye bye bye.