



Rosemary Night Shift Worker

Individual results may vary.

Working the night shift in a long-term care facility is not an easy task. While I love my job, I have witnessed how my schedule can wreak havoc on my health, particularly my weight. Weight has always been something I struggle to control, and I'm always fluctuating up and down. My work schedule makes it hard for my body to get regulated, and sometimes I resort to eating just to stay awake on the job. On top of my weight struggles, I was suffering from high cholesterol, high blood pressure and a thyroid condition. I was on several different medications to keep my body regulated and in healthy range, but I knew something needed to change for the long term.

After watching my mother become so reliant on medication in the last several years of her life, I became fearful of my own health and where I would be when I was my mother's age. I knew I didn't want my future to look that way. I finally decided to talk to my doctor about how losing weight as part my overall health plan.

My doctor was very understanding when I approached him about my concerns. After listening to my weight loss struggles, he recommended that I start taking BELVIQ® with diet and exercise. I was hesitant at first, but after he carefully outlined the benefits and risks of BELVIQ, I decided to try it.

“ BELVIQ® has really helped me to manage many of the struggles of eating too much that come along with working the night shift. I feel like I am better able to regulate my eating patterns, and I am making healthier choices throughout the day. I no longer feel like I need to eat to stay awake, and when I am eating, I tend to gravitate towards healthier options like fruits and vegetables.”

What is BELVIQ®?

BELVIQ is an FDA-approved prescription weight-loss medication that, when used with diet and exercise, can help some adults (body mass index [BMI] ≥ 27 kg/m²) living with extra weight, with a weight-related medical problem, or adults living with obesity (BMI ≥ 30 kg/m²), lose weight and keep it off.

It is not known if BELVIQ when taken with other prescription, over-the-counter, or herbal weight-loss products is safe and effective. It is not known if BELVIQ changes your risk of heart problems, stroke, or death due to heart problems or stroke.

Important Safety Information about BELVIQ®

Pregnancy: Do not take BELVIQ if you are pregnant or planning to become pregnant, as weight loss offers no potential benefit during pregnancy and BELVIQ may harm your unborn baby.

See additional information throughout.
For more information about BELVIQ® see the full Product Information.



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My weight has been decreasing steadily over the past year, and BELVIQ has helped me to manage my hunger. I've been able to change my night shift eating habits, and now I only eat when I'm hungry, not when I need to stay awake.

My family has been so supportive of my weight loss, especially my daughter who has followed my progress all along. I also am really lucky to have my doctor in my life. I regularly check in with him every three months so he can monitor my progress. Knowing how far I have come gives me the confidence moving forward to continue to maintain my weight loss efforts. I feel like I am making progress in my journey with BELVIQ and am excited about the weight I have lost so far.

Important Safety Information about BELVIQ® (Continued)

Hypersensitivity: Do not take BELVIQ if you are allergic to lorcaserin hydrochloride or any of the ingredients in BELVIQ.

Serotonin Syndrome or Neuroleptic Malignant Syndrome (NMS)-like reactions: Before using BELVIQ, tell your Healthcare Provider about all the medicines you take, especially medicines that treat depression, migraines, mental problems, or the common cold. These medicines may cause serious or life-threatening side effects if taken with BELVIQ. Call your Healthcare Provider right away if you experience agitation, hallucinations, confusion, or other changes in mental status; coordination problems; uncontrolled muscle spasms; muscle twitching; restlessness; racing or fast heartbeat; high or low blood pressure; sweating; fever; nausea; vomiting; diarrhea; or stiff muscles.

Valvular heart disease: Some people taking medicines like BELVIQ have had heart valve problems. Call your Healthcare Provider right away if you experience trouble breathing; swelling of the arms, legs, ankles, or feet; dizziness, fatigue, or weakness that will not go away; or fast or irregular heartbeat. Before taking BELVIQ, tell your Healthcare Provider if you have or have had heart problems.

Changes in attention or memory: BELVIQ may slow your thinking. You should not drive a car or operate heavy equipment until you know how BELVIQ affects you.

Mental problems: Taking too much BELVIQ may cause hallucinations, a feeling of being high or in a very good mood, or feelings of standing outside your body.

Depression or thoughts of suicide: Call your Healthcare Provider right away if you notice any mental changes, especially sudden changes in your mood, behaviors, thoughts, or feelings, or if you have depression or thoughts of suicide.

Low blood sugar: Weight loss can cause low blood sugar in people taking medicines for type 2 diabetes, such as insulin or sulfonylureas. Blood sugar levels should be checked before and while taking BELVIQ. Changes to diabetes medication may be needed if low blood sugar develops.

Painful erections: If you have an erection lasting more than 4 hours while on BELVIQ, stop taking BELVIQ and call your Healthcare Provider or go to the nearest emergency room right away.

Slow heartbeat: BELVIQ may cause your heart to beat slower.

Decreases in blood cell count: BELVIQ may cause your red and white blood cell counts to decrease.

Increase in prolactin: BELVIQ may increase the amount of a hormone called prolactin. Tell your Healthcare Provider if your breasts begin to make milk or a milky fluid, or if you are a male and your breasts increase in size.

Most common side effects in patients without diabetes: Headache, dizziness, fatigue, nausea, dry mouth, and constipation.

Most common side effects in patients with diabetes: Low blood sugar, headache, back pain, cough, and fatigue.

Nursing: BELVIQ should not be taken while breastfeeding.

See additional information throughout.
For more information about BELVIQ® see the full Product Information.



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Important Safety Information about BELVIQ® (Continued)

Drug interactions: Before taking BELVIQ, tell your Healthcare Provider if you take medicines for depression, migraines, or other medical conditions, such as: triptans; medicines used to treat mood, anxiety, psychotic or thought disorders, including tricyclics, lithium, selective serotonin reuptake inhibitors, selective serotonin-norepinephrine reuptake inhibitors, monoamine oxidase inhibitors, or antipsychotics; cabergoline; linezolid (an antibiotic); tramadol; dextromethorphan (an over-the-counter (OTC) common cold/cough medicine); OTC supplements such as tryptophan or St. John's Wort; or erectile dysfunction medicines.

BELVIQ is a federally controlled substance (CIV) because it may be abused or lead to drug dependence.

For more information about BELVIQ®, talk to your Healthcare Provider, [click here](#) for the full Product Information or visit www.BELVIQ.com.

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