



Sondra
9-1-1 Dispatcher

Individual results may vary.



Weight loss has been a life-long struggle for me.

It's always been one of those things that was there and never went away. Working two jobs, one at night as a 9-1-1 dispatcher, hasn't helped the situation. With my coworkers constantly bringing food into work, I was surrounded by temptation and tended to feel hungry, even if I had just eaten.

Initially, I wanted to lose weight to be like everyone else. However, as I started getting older, that stopped being the focus. I started noticing other family members getting older and the health challenges they began facing because of their weight. While those health problems hadn't necessarily affected me yet, I became very worried that I would soon be one of those people.

Despite being active and trying all kinds of diets, I couldn't reach my weight loss goal. When I reached 320 pounds, I decided to talk to my doctor. Having been an active person throughout my life, I imagined all the things I could accomplish once I had lost the weight. I wanted to be able to keep up with other active people and not be held back by my weight anymore. I decided to have weight loss surgery and saw immediate results, however last year the excess weight started creeping back. Feeling frustrated and defeated, I took control and spoke with my surgeon who referred me to a nurse practitioner.

After consulting with my nurse practitioner, we decided that it was time to try a weight loss medication that, in combination with healthy habits such as diet and exercise, would help me lose the weight while fitting in my busy lifestyle. Ultimately, we decided to try BELVIQ®, an FDA-approved weight loss medication that helps patients lose weight and keep it off when combined with diet and exercise.

Since starting BELVIQ®, I have gradually lost some weight over the course of a few months. I've definitely seen improvements in how I'm handling temptations when it comes to food, especially in difficult situations at work. Now that I have BELVIQ®, I notice that I won't eat if I'm not hungry; I'm much more conscious of those decisions day to day.

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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Although there is not just one answer for people like myself who are trying to lose weight, BELVIQ has given me the ability to keep making the progress that I want to make on my weight loss journey. I am much more confident and committed to a healthier lifestyle. I strongly encourage people struggling to lose weight to talk to their doctor to see if BELVIQ may be right for you.

“ I have always tried to find a way to lose weight so that it would not be the central focus in my life. ”

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.



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

