

Individual results may vary.



*At 6' 4", I've always considered myself a "big" guy. Growing up, I was bigger than my friends, and attributed my larger-than-average frame to genetics.*

**“ I considered myself to be big-boned and never thought about the number on the scale or its impact on my health. While that excuse worked for a while, I started to realize the health risks I was facing as that number crept towards a new high of 400 pounds. ”**

It was then that I recognized my love of junk food and avoidance of any exercise were going to have to change to get my weight and health in check.

**My weight loss journey has not been easy.** It started nearly thirty years ago when I tried a popular diet, but quickly stopped once I realized how burdensome and time-consuming this could be. I continued to try fad diets on and off for a good portion of my adult life—I don't think there is a diet I haven't tried. Many seemed to work for a little while and then, like each time before, the weight would creep back on.

**It was finally through my work** in telemedicine and as a host of a local radio show in Albuquerque that I started learning about different approaches to weight loss, including prescription medication. I had also seen a television commercial about BELVIQ®, an FDA-approved weight loss medication that helps some patients lose weight and keep it off when combined with diet and exercise. Thinking about my history and struggles I asked my long-time doctor about BELVIQ® as a treatment option and we decided after discussing the benefits and risks that I would give it a try, along with sticking to a diet and exercise plan.

## 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]  $\geq 27$  kg/m<sup>2</sup>) living with extra weight, with a weight-related medical problem, or adults living with obesity (BMI  $\geq 30$  kg/m<sup>2</sup>), 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.

**Now that I've been on BELVIQ® for several months,** I can see the results it has had for me. With BELVIQ, I don't think about food as much anymore and don't have the same feelings of hunger after eating. I am proud to say that this past year it has been working for me. I need to focus on my health and see results. I've started to develop a healthy relationship with food, and I even purchased an exercise machine to start a workout routine at home. I'm well on my way to reaching my target weight.

**I hope my story helps to motivate others** to commit to a healthier lifestyle and talk to their doctor about their weight management options. Not only is it crucial to explore your options and find a doctor that individualizes treatment to your needs, but it's also important to enlist a support system. I am happy with my experience on BELVIQ and encourage others to talk to their doctor about a prescription weight loss medication that may be right for them.

## 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.

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



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## Important Safety Information about BELVIQ®

**Nursing:** BELVIQ should not be taken while breastfeeding.

**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](http://www.BELVIQ.com).

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