



Janet

Wife of Retired U.S. Air Force Officer

Individual results may vary.

After years of yo-yo dieting, I was exhausted. I tried every diet known to mankind, numerous times. Each of these diets would work for some time, but as soon as I went off the regimen, I would gain back the weight I had lost, plus some. By the time I reached my 40s, I found it really hard to control my weight and my health was suffering because of it. I was becoming frustrated with how hungry I always was. I became so self-conscious about my weight; I even turned down invitations from my friends and family when they wanted to spend time with me. Even though I was unhappy with my appearance, I was unable to lose weight and keep it off.

Over the past two decades, weight gain continued to be a daily problem in my life. In addition, my blood pressure was poorly controlled and my blood sugar levels were elevated.

“ But just when I was feeling hopeless, my family doctor brought up my weight during a regular check-up. I was so grateful that my physician started the conversation and it finally gave me the opportunity to let someone know about the struggles I had endured for so long. I finally felt that I had permission to talk about my weight publicly and this was extremely helpful in taking the first steps towards making a change and regaining my life back. ”

My doctor initially suggested that I consider surgery, but I didn't want that kind of an interruption to my life. So, my family doctor sent me to see a metabolic specialist to find an alternative therapy that I was comfortable with.

The doctor recommended BELVIQ® for me to try with diet and exercise. I knew by the sound of it that this may be a good option for me. The doctor reviewed with me the benefits of BELVIQ® as well as the risks. On BELVIQ, I noticed a change in my appetite. I finally felt like I could say “no I'm full,” and actually leave some food on my plate.

## 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.



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**I want to continue on my current path** for as long as I can because I'm committed to a healthier lifestyle. It's even more exciting because my friends and family notice my weight loss and have been extremely encouraging. When they ask about how I lost the weight, I tell them about BELVIQ. BELVIQ has helped take my thoughts away from food because I feel full. I can now focus on the great things in my life. I am so thankful for these two great doctors in my life, and for the support they have given me.

**For anyone struggling to lose weight**, I strongly encourage you to start the conversation with your doctor now. I'm so happy I did, and that conversation led me to a weight loss regimen that works for me —BELVIQ.

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

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