

Individual results may vary.



I've always been a pretty active guy. I was healthy growing up. I ran track, played football, and throughout my adulthood ran races and participated in triathlons. I became a utility line worker and climbed structures that were anywhere from 40 to 200 feet tall. I never felt limited by my weight or size.

While working as a utility line worker, I decided to go back to school and take night classes to earn a management degree. Long hours and a long commute led to longer days with very little time for myself. During storm conditions, 18 hour shifts and barely enough time to sleep were the norm. With the added responsibility and long work hours, it became difficult to make healthy choices. My lifestyle became more sedentary.

I was overweight and diagnosed with type 2 diabetes in 2005. I felt that I let my family, friends and co-workers down, but worst of all, I felt like I let myself down. I was devastated and had no idea how this could happen to me – someone who used to be so healthy and fit. I remember the day I was diagnosed so vividly – my doctor and his nursing staff quickly explained how to take my medication and instructed me to “cut back on the white bread.” That was it. I didn't feel like I left the meeting educated about my condition, especially considering that none of my family members had experience with diabetes either.

My wife and I began to learn more about being overweight and having diabetes, and what I should eat and avoid. We spent Friday nights at the grocery store reading nutrition labels and choosing healthy foods. I thought I was doing all the right things, and was looking forward to my next doctor's appointment to see how my numbers had improved.

Surprisingly, during my next visit, my glucose numbers were higher than ever and my A1C levels were on the rise as well. I was confused as to why my numbers were going up, despite my consistent efforts to lead a healthier lifestyle. On top of this, I was heavier and uncomfortable. I remember the exact moment I recognized my weight issues were putting me in serious danger. I escorted my dad, who had pancreatic cancer, to the hospital for his chemotherapy and his doctor said to him: “If we had only gotten to you in the beginning we could have done something.” That was a huge “aha” moment for me. I knew I needed the answers my current doctor couldn't provide, so I decided to go to a clinic in Boston to manage my diabetes and weight.

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.

After switching to the clinic, I knew right away that I made the right decision. I lost weight with the support of my endocrinologist and team of nurses and was excited about my lifestyle changes. When I got there, they were enlisting patients in a weight loss program and I eagerly joined. After finishing the program and seeing some weight come off, I knew I wanted to keep going. My doctor prescribed BELVIQ® along with diet and exercise to help me continue to lose extra pounds and then maintain my weight loss. When I talked to my doctor about my weight loss we discussed the benefits and risks of BELVIQ and determined it was the treatment for me. My doctor explained that one of the risks of weight loss is that it can cause low blood sugar in people taking medicines for type 2 diabetes and that I should have my blood sugar levels checked before and while taking BELVIQ.



“ The challenges of being healthy are not easy to overcome, but with options like BELVIQ® and having a strong support system to lean on, you don’t have to be alone in your fight. Finding the right team of healthcare professionals to arm you with the tools you need in your weight loss journey is essential. It took me decades to find the right help, and I couldn’t be happier with the doctor who prescribed me BELVIQ®. ”

BELVIQ® has allowed me to decide, on my own, what I want to eat. Because I feel full, it also levels off everything for me, not allowing the highs and lows of life to interfere with my ability to control my diet.

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.

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



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Important Safety Information about BELVIQ®

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.

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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Last Updated: December 2016

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