



With nearly 7 out of 10 American adults overweight or obese, many people in this country are struggling with their weight. Obesity is linked to conditions such as heart disease, stroke, type 2 diabetes and certain types of cancer. These are some of the leading causes of preventable death in the US.

While it can be a big challenge, there are many benefits to losing weight. For example, losing even 5 percent of your weight can be meaningful.

## Healthy Eating

- When coming up with a plan for healthy eating, first **consider your lifestyle**. Are you always eating on-the-go? Do you have time to prepare healthy meals? Be sure to take these factors into account to set yourself up for success.
- **Start small**. This could mean replacing one fast food meal per day with a healthy, unprocessed homemade meal, or even downsizing from a deluxe burger and large fries to a single burger with small fries or a side salad. Small changes add up in weight loss.
- **Beware of drinking your calories**. Eliminating soda and other sugary drinks and limiting alcoholic beverages can reduce your calorie intake by hundreds of calories per day!
- **Strive for balance**. Rather than eliminating a whole macronutrient group (e.g., carbs), focus on balancing your intake of fats vs. carbs vs. proteins. They each play an important role in keeping you healthy and energized.
- If time is your problem and budget allows, consider enrolling in a **structured program** that involves prepared meals.

See additional tips on the following page.

## About 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.

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

See additional information on next page.  
For more information about BELVIQ® see the full Product Information

## Physical Activity

If physical activity is new to you, the first thing I recommend is **checking in with your doctor** to make sure you are healthy enough to start a new fitness plan.

- Find ways to **work physical activity into your day**—you can take the stairs instead of the elevator, or walk a lap around the office each time you go to refill your coffee or water cup.
- **Find a “fitness buddy”** who can help keep exercise fun and hold you accountable for your workouts.
- **You don’t have to necessarily join a gym to get fit.** There are a number of resources available to help you work out at home, and walking is a free way to get exercise and enjoy the outdoors.
- It may take months to see the effects of exercise on your weight loss. **Don’t get discouraged, and keep at it!**

## Weight Loss Medication

For people still looking to add to their weight-loss regimen of a reduced-calorie diet and increased physical activity, BELVIQ® (lorcaserin HCl) is an FDA-approved prescription weight-loss medication that, when used with diet and exercise, can help some overweight (Body Mass Index [BMI]  $\geq 27$  kg/m<sup>2</sup>) adults with a weight-related medical problem, or obese (BMI  $\geq 30$  kg/m<sup>2</sup>) adults, lose weight and keep it off.

The safety and efficacy of coadministration of BELVIQ with other products intended for weight loss including prescription drugs (e.g., phentermine), over-the-counter drugs, and herbal preparations have not been established. The effect of BELVIQ on cardiovascular morbidity and mortality has not been established.

“Weight loss can be challenging, but don’t give up! It may feel like a struggle, but with perseverance and the right tools and resources, it is possible!”

## About Dr. Rosenfeld

Cheryl R. Rosenfeld, DO, FACE, FACP, is a practicing endocrinologist at North Jersey Endocrine Consultants in Denville, NJ, where she frequently works with patients who are trying to lose weight to meet health goals. She is also a clinical assistant professor of medicine at the Touro College of Osteopathic Medicine in Middletown, New York.

## Important Safety Information about BELVIQ® (Continued)

**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.

See additional information on next page.  
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## Important Safety Information about BELVIQ® (Continued)

**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.

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



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