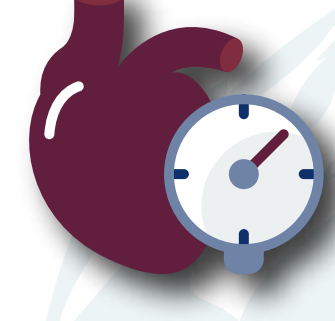



SETTING REALISTIC GOALS FOR WEIGHT MANAGEMENT


For patients with obesity, modest weight loss of 5-10% of initial body weight is associated with improvements in:




Blood pressure




Lipid profile



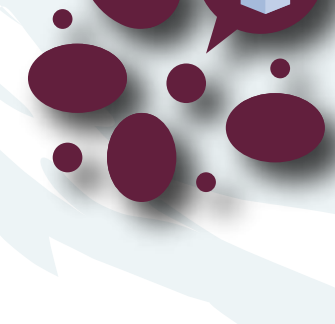
Obstructive sleep apnea




Health related QOL



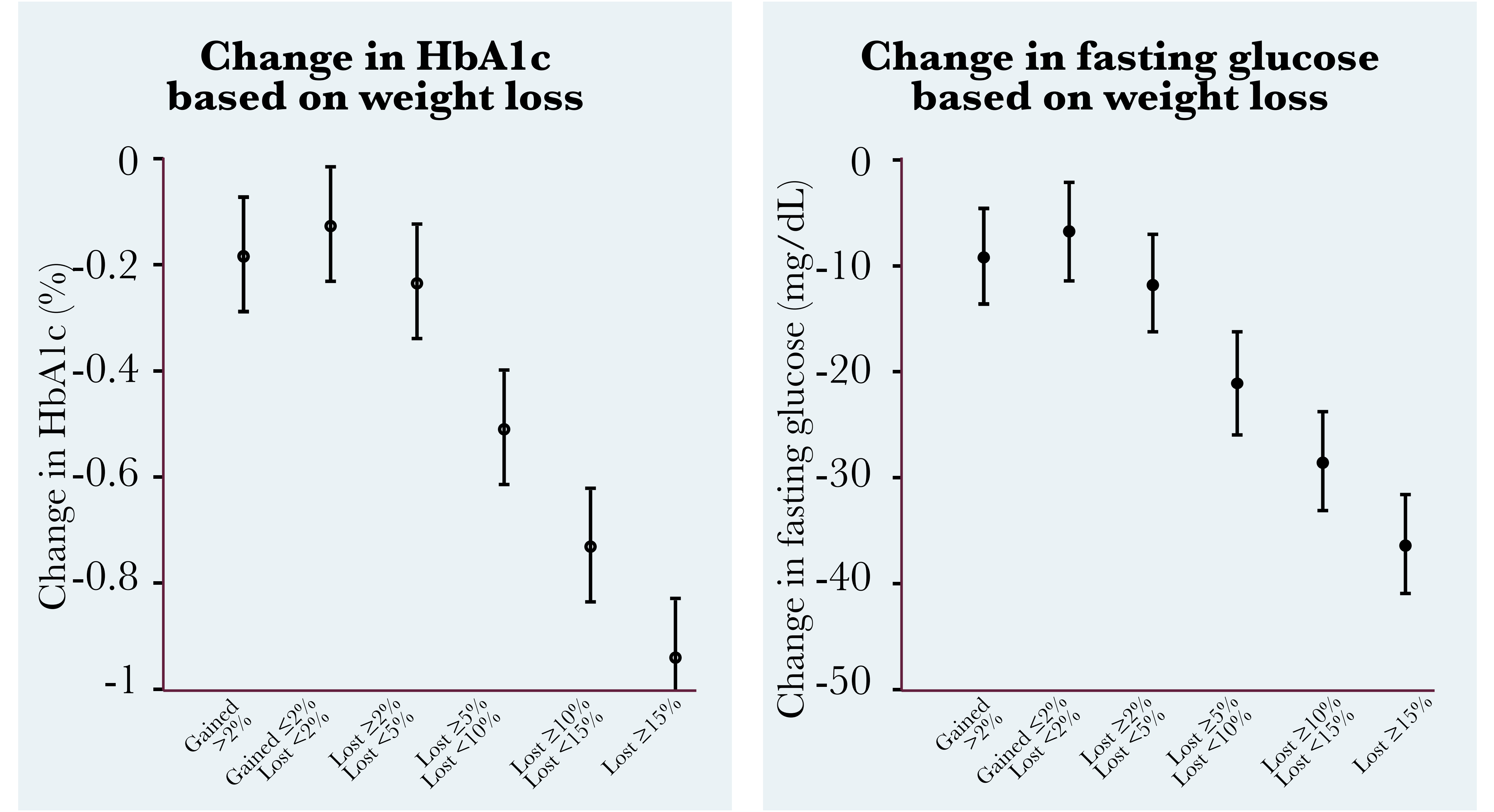
Improved fasting glucose



Lower HbA1c



Greater **weight loss** is associated with greater **improvement**



Adapted from Wing et al.

Specific **weight loss goals** established in the American Association of Clinical Endocrinology/American College of Endocrinology (AACE/ACE) Guidelines for the medical management of patients with obesity:

Clinical Component	Weight-loss Goal
Metabolic syndrome	10%
Prediabetes	10%
Type 2 diabetes	5 to ≥15%
Dyslipidemia	5 to ≥15%
Hypertension	5 to ≥15%

For patients with type 2 diabetes, **loss of ≥15% of bodyweight** can have a disease-modifying effect, including **remission of symptoms**.

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