



American Heart Association®

Cardiovascular-Kidney-Metabolic
Health Initiative™



Treatment Options for Weight Management

For some people, healthy habits alone may not be enough to manage weight or lower health risks. In these cases, a health care professional may suggest additional options for support.

Losing weight to improve your health can take a team effort, including getting support with medication, nutrition, exercise and mental health.

Team-Based Care for Weight and CKM Syndrome (Cardiovascular-Kidney-Metabolic)



Weight management in CKM syndrome is often most effective when supported by a care team.

CKM syndrome affects the heart, kidneys, and metabolic health (the way the body creates, stores and uses energy). This means more than one type of specialist may be involved.

A team may include but is not limited to:

- Primary care clinician
- Cardiologist (heart specialist)
- Nephrologist (kidney specialist)
- Endocrinologist (diabetes or hormone specialist)
- Registered dietitian (RD)
- Pharmacist
- Behavioral health specialist
- CKM coordinator
- Patient navigator/care coordinator
- Exercise specialist/physical therapist
- Diabetes care and education specialist (DCES)
- Community health worker
- Social Worker
- Obesity medicine specialist
- Registered Nurses (RN)

Why team-based care matters:

- Medications may be prescribed by different members of the care team.
- Nutrition guidance may be needed to match the body's specific needs.
- Blood pressure, blood glucose (sugar) and weight goals may need coordinated support.
- Emotional support can improve long-term success.

Shared decision-making helps ensure:

- Treatment plans match personal goals
- Risks and benefits are clearly understood
- Adjustments can be made if any health changes occur

Regular communication between team members helps prevent gaps in care.

Healthy Habits: Life's Essential 8™

Healthy habits are the foundation of weight management and overall health. These habits support the heart, kidneys and metabolic health (the way the body creates, stores and uses energy) and remain important even when medication or surgery is part of care.

Life's Essential 8 includes:

- Eat better
- Be more active
- Get healthy sleep
- Manage weight
- Quit tobacco
- Manage blood sugar
- Manage blood pressure
- Control cholesterol

These habits work together. Progress in one area often supports progress in others and helps build long-term health.



Medications



A health care professional may recommend medications to help with weight management.

The choices depend on your health needs and goals.

Some medications:

- Help people feel full longer
- Slow digestion
- Decrease hunger and cravings
- Help control blood sugar
- Limit how much fat the body absorbs

Medications work best when combined with healthy eating, regular activity and follow-up care.

Surgery

Surgery may be an option when other treatments have not worked or when weight is causing serious health problems.

Individuals interested in bariatric surgery can talk to their primary care clinician or other health care professional to see if surgery is an option for them or request a referral to a bariatric surgeon, which is a specialist who focuses on treating obesity. Bariatric surgery can help lower your weight and improve your metabolic health



Common types of surgery include procedures to:

- Make the stomach smaller
- Change how food moves through the body
- Decrease how many calories are absorbed into the body

Each type of surgery has benefits and risks. A bariatric surgeon can help decide which option may be appropriate.

Ongoing Support

Regular follow-up care helps track progress and make changes when needed.



Support may include:

- Medical visits to check weight and health measures
- Nutrition support for meals and portion sizes
- Activity guidance to support safe movement
- Emotional support through counseling or support groups
- Long-term checks of vitamins and minerals, especially after surgery



Weight management serves as a building block of health through medical guidance and support. Healthy habits and ongoing care can drive meaningful progress.

Learn more at heart.org/UnderstandingWeight



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