

## Management

### Primary Care management includes

- Refer to Croydon Weight management guidelines
- Discuss exercise on prescription
- Diet, increased physical activity, and behaviour change are the three main components that constitute the effective management of obesity e.g. in a three-month structured weight loss programme
- Regular review is necessary (possibly by telephone), e.g. every 2 weeks
- A three-month weight maintenance period is then advised
- Long-term support is necessary to help prevent weight regain
- There is currently a very limited role for anti-obesity drugs. The two products available in the UK are orlistat and sibutramine and can be used in accordance with NICE guidelines.

### Specialist management includes

- Gastric plication or bypass is the most clinically effective and possibly cost-effective methods of reducing weight in severe, morbid obesity

## When to refer

Consider referral to an organised local weight management programme run at: the general practice (usually by a practice nurse), the local dietetic department, a commercial slimming organisation, or a self-help group. Referral to a specialist centre should be considered for people with BMIs which remain greater than 35.

### Refer to CAS

- Referral to a specialist centre should be considered for people with BMIs which remain greater than 35

### Refer to RARC

- if the patient does not meet the referral criteria above consider referral to CAS requesting a RARC appointment.