

The National  
Medical Weight Loss  
Programme

will help you...

- \* *Control your appetite*
- \* *Curb hunger*
- \* *Suppress cravings*
- \* *Reduce portion sizes*
- \* *Release stored fat*
- \* *Lose weight*
- \* *Develop positive habits*

*Call NOW  
to book your  
consultation*



Dr Xavier's Clinic is  
a Certified Partner of

The National Medical  
Weight Loss Programme

*Daily Pen  
&  
Weekly Pens  
available*

Dr Xavier's Clinic  
25 Queen's Terrace  
Southampton SO14 3BQ

Tel: 023 8063 7638

Email: [reception@xavier-g.com](mailto:reception@xavier-g.com)

[www.xavier-g.com](http://www.xavier-g.com)



The National Medical  
Weight Loss Programme



Helping you achieve  
your weight loss goals



## What is it?

The **National Medical Weight Loss Programme (NMWLP)** uses the following UK licensed and FDA approved medications to assist with weight loss;

- \* **Liraglutide** (Saxenda - daily injection)
- \* **Semaglutide** (Ozempic - weekly injection)

A simple and painless injection is self-administered each day or week, using an easy-to-use pen that is pre-filled with the medication.

## How does treatment work?

Both these medicines mimic the action of the body's natural hormone (**GLP-1**) which regulates appetite and food intake. GLP-1 is released in the gut after eating, and makes you feel full, hence your appetite is reduced. It also delays the time it takes for the stomach to empty, keeping you feeling full and satisfied for longer. The result of feeling constantly full / satisfied, leads to lower calorie intake and subsequent weight loss.

By reducing your appetite, the **NMWLP** will help you keep to the calorie-controlled diet of your choice (e.g... Weight Watchers, Slimming World, Atkins, 5:2, or Keto etc) in order to easily achieve your weight loss goals.



## Who can have treatment?

The **NMWLP** uses medicines that are prescribed for weight loss *in conjunction with* diet and exercise for adults **aged 18 - 75** who have a **BMI of 30 or above**, or a **BMI of 27** when there are any other weight-related health issues present such as high blood pressure, abnormal levels of fats in the blood (lipids), or breathing problems during sleep (obstructive sleep apnoea).

If any of the following apply, you will not be suitable for the **NMWLP**

- \* Pregnant, trying to get pregnant or breast feeding
- \* History of thyroid cancer
- \* History of pancreatitis
- \* Severe kidney disease
- \* Severe heart failure
- \* Severe inflammatory bowel disease
- \* Disease of the gallbladder or gallstones
- \* Severe depression, schizophrenia or suicidal ideation
- \* Already taking insulin, other GLP-1's or DDP4 inhibitors



## Are there any side-effects?

As with any new medication, following the **NMWLP** may result in some short-term side effects. The most common side effects are nausea, indigestion, constipation or diarrhoea. However, these usually settle after a period of time. Please remember, our team are always on hand to answer any questions or concerns you may have.

Remember, by losing weight you are reducing your risk of developing heart disease, high blood pressure, type 2 diabetes and more importantly, to help you feel happier and healthier.

## How can I get treatment?

The **NMWLP** uses prescription medicines, and you must complete a medical assessment to ensure it is safe for you to use it. Simply call or email the clinic to make an appointment or discuss any further questions you may have.

Tel: 023 8063 7638

Email: [reception@xavier-g.com](mailto:reception@xavier-g.com)



**TREATMENT**



**REDUCED HUNGER**



**INCREASED FULLNESS**



**INCREASED SATIETY**



**REDUCED FOOD INTAKE**

