

Mayo Clinic Minute: Weight-loss medications alone are not a quick fix

Video	Audio
Andres Acosta, M.D., Ph.D. Gastroenterology Mayo Clinic	"What we need to know about taking any intervention for obesity, including these two new medications, is that they're not a quick fix. They're not a magic pill or, in this case, a magic injection."
	Dr. Andres Acosta, a Mayo Clinic expert in treating obesity and co-author of "The Mayo Clinic Diet Rx," says in order to achieve healthy, long-term weight loss, tools like weight-loss medications need to be part of a multidisciplinary program that includes diet and exercise routines.
	"The diet is still key. What this medication is doing is suppressing our appetite, so I don't feel that hungry, so I can eat less. So diet is important."
	Dr. Acosta recommends sticking to a healthy, low-calorie, high-protein diet to ensure healthy weight loss.
	"When the medications or effects are coming off, or we want to stop the medications, it's important that we consider what diet intervention I'm going to do — what changes are going to do to my lifestyle, to my diet, in my exercising, my physical activity — in order to keep that weight off for a longer period of time."
	For the Mayo Clinic News Network, I'm DeeDee Stiepan.