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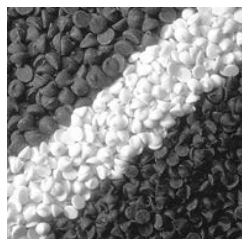
## Who could be prescribed weight-loss medication?

### Case studies

#### What you do

Read the three case studies. In groups, work out and discuss:

- the body mass index values for Leanne, Fiona and Mark. Use **Key words** to check if they are obese;
- the reasons why Leanne, Fiona and Mark's weight increased;
- treatment plans for Leanne, Fiona and Mark which would help them lose weight. Explain why you recommend these treatments; and
- if only one from Leanne, Fiona and Mark could have Xenical, who would you choose? Make sure your group can explain your choice.



#### Case Study: Leanne

Leanne is 30 years old and has two children aged 2 and 4. Leanne is 1.68 m tall and has a mass of 85.3 kg. Leanne used to be a size 12, eating a healthy vegetarian diet. At school she played in a lot of sports teams. When she was pregnant with her second baby, Leanne developed diabetes. As a result, the baby had a high birth weight – 4.55 kg. Leanne's doctor said that her diabetes could be controlled by diet and exercise. This did not work. Leanne's weight went up by 19 kg. Experts say that only a few diabetics can lose weight by exercising more and changing their diets.

Leanne says, 'I know the diabetes makes it difficult for me to have the same fitness I had when I was at school, but I want to feel much more healthy and keep my blood sugar level under control.'

#### Case Study: Fiona

Fiona is 27 years old and has no children. She is 1.57 m tall and has a mass of 78.8 kg. Fiona was teased about her weight when she was at school. Now, she drives everywhere and does not take any exercise. Fiona eats a lot of processed food. She buys burgers, pizzas, ice cream, crisps and soft drinks in large amounts 'because it's cheaper than buying small packs'. She admits to feeling tired all the time and is always breathless. Her doctor has said she has to lose weight, as her blood pressure is very high, her periods are not regular and she has trouble walking more than 100 m because her ankles can't carry her.

Fiona says, 'I have always struggled with my weight and hated being teased. I would like one day to have kids and to be able to play with them on the beach.'

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### **Case Study: Mark**

Mark is 32 years old and has a daughter aged 6. He is 1.75 m tall and has a mass of 95.2 kg. Mark has always been 'chubby', but controlled his weight by playing a lot of football and not drinking too much. Three years ago he lost the lower part of his right leg in a motor bike accident. Since then he has found it difficult to exercise. Losing his leg made Mark very depressed, so he started eating more food. Now he is struggling to walk and may soon be in a wheelchair. His father died at 47 from a heart attack due to being overweight.

Mark says, 'I am really worried I might have a heart attack like my Dad. I wish I could get my weight back down to what it was before the accident.'

