

Resources for Obesity Chronic Disease Management Program

Dr. Mike Evans:

<https://www.youtube.com/watch?v=aUalnS6HIGo>

<https://www.youtube.com/watch?v=fqhYBTg73fw>

Intermittent Fasting:

<https://www.thefastingmethod.com/>

Goal Setting:

<https://www.participaction.com/blog/category/goal-setting/>

Obesity Canada:

<https://obesitycanada.ca/managing-obesity/>

Byward FHT Website:

<https://bywardfht.ca/our-programs/obesity/>

Study about maintenance of weight loss after GLP-1 use:

<https://www.epicresearch.org/articles/many-patients-maintain-weight-loss-a-year-after-stopping-semaglutide-and-liraglutide>

Social Media Connections:

https://www.instagram.com/p/C-tHG-OxSOa/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==

<https://drmindypelz.com/>

DIN Numbers of common medications:

CONTRAVE (DIN 02472945)

BUPROPION XL (DIN 02439654) + NALTREXONE (DIN 02444275)

WEGOVY (DIN 02522551)