



## Obesity Information Sheet

Obesity continues to be a major health crisis in the United States. In fact, most adults in the U.S. are not at a healthy weight—more than 50% are either overweight or obese.

Research has confirmed that obesity is a complex, chronic disease. It's not just a matter of willpower. Over 100 genes in our DNA can make someone more likely to develop obesity. These genes can be activated by both biological and environmental factors.

Once a person becomes overweight or obese, their brain makes it even harder to lose weight. The hypothalamus, a part of the brain involved in survival, begins to send hunger signals and encourages the body to hold onto weight. This is one reason why many people regain the weight they lose.

Despite these scientific findings, many people with obesity still face judgment and stigma—even from healthcare professionals. Changing these outdated mindsets remains a challenge.

Thankfully, medical advances now offer powerful tools to help manage obesity. Among the most effective are GLP-1 Receptor Agonists, such as semaglutide and tirzepatide. Clinical trials have shown these medications can lead to a weight loss of over 20% and help 60% of users reach their goal weight. For some individuals, long-term or even lifelong use may be necessary to maintain weight loss. Additionally, these medications reduce the risk of cardiovascular events (like heart attacks and strokes) by more than 30%.

At Renew Aesthetics and Wellness, we've eliminated the barriers to effective weight loss. Here, you'll find support—not bias or judgment. We use GLP-1 medications along with other treatments to give you the best chance at success. Our comprehensive program includes lab work, nutrition and exercise education, and referrals for online counseling, all designed to support healthy, lasting lifestyle changes.

We are committed to helping you not only reach your weight loss goals—but maintain them. You'll feel better, gain confidence, and lower your risk of obesity-related conditions such as cancer, liver disease, kidney disease, and more.

Let us support you on your journey to better health.