

MEDICAL · EVIDENCE-BASED · DOCTOR-LED

# Your Weight Is A Medical Matter. Let's Treat It That Way.

At Lumiya Health, we treat metabolic health with the clinical rigour it deserves – comprehensive assessment, individualised care, and long-term results that actually last.



### SAFETY & ETHICAL PRACTICE

All weight-management medications are prescribed responsibly, with full patient education before initiation. Ongoing monitoring is mandatory. Treatment is adjusted or discontinued when clinically indicated. Care always aligns with HPCSA guidance and ethical prescribing standards.

IS THIS YOU?

## You've Tried Everything. This Is Different.

Our programme is designed for people navigating complex metabolic challenges – not just those wanting to lose a few kilograms.

### YOU MAY RELATE IF YOU HAVE:

- Metabolic syndrome or insulin resistance
- PCOS or hormonal contributors
- Prediabetes or type 2 diabetes
- Appetite dysregulation or cravings
- Fatigue and metabolic slowing
- Weight regain after previous attempts



### YOU MAY ALSO BE EXPERIENCING:

- Weight-related impact on physical or mental wellbeing
- Hormonal contributors to weight gain
- Difficulty losing weight despite lifestyle changes

## What This Programme Is – And Is Not

### ✓ THIS IS

- Medical & evidence-based
- Doctor-led & closely monitored
- Individualised & ethical
- Focused on long-term metabolic health

### ✗ THIS IS NOT

- A quick-fix or cosmetic programme
- Medication-only driven
- One-size-fits-all
- Focused purely on scale numbers

### THE CLINICAL PATHWAY

## Your Journey, Step by Step



**IMPORTANT NOTE**  
Medications are prescribed only following full medical assessment. Pharmacotherapy is never offered without appropriate clinical oversight – this is not a cosmetic or standalone service.

**1 COMPREHENSIVE MEDICAL ASSESSMENT**  
Every patient begins with a detailed consultation covering full medical history, weight and metabolic history, lifestyle, sleep, stress and behavioural assessment, and a review of previous weight-loss interventions. Where clinically indicated, investigations include blood glucose, lipid profile, thyroid function, hormonal assessment, and liver markers. Testing is always individualised – never one-size-fits-all.

MEDICAL HISTORY    BLOOD MARKERS    METABOLIC SCREENING

**2 INDIVIDUALISED TREATMENT PLANNING**  
Your plan is built collaboratively and may include nutrition education, sustainable eating strategies, behavioural modification, appetite awareness, sleep and stress optimisation, and physical activity guidance tailored to your ability. Where appropriate, you may be supported by dietitians, allied health professionals, and behavioural or psychological support services.

**3 MEDICAL WEIGHT MANAGEMENT & PHARMACOTHERAPY**  
For selected patients, pharmacotherapy may be considered as part of a broader medical plan. This may include GLP-1-based therapies (semaglutide- or tirzepatide-based) only where clinically appropriate, with careful screening for contraindications, clear education on benefits and risks, gradual dose titration, and regular safety monitoring.

**Investigations Note:** Where clinically indicated, investigations may include blood glucose and insulin markers, lipid profile, thyroid function, hormonal assessment, liver function, and inflammatory or metabolic markers. Not all patients require extensive testing – investigations are individualised.

**4 HORMONAL & METABOLIC OPTIMISATION**  
Weight changes are often driven by hormonal and metabolic factors. Where indicated, care includes identification and management of insulin resistance, thyroid or reproductive hormone contributions, and menopause- or andropause-related metabolic changes. We coordinate with specialist hormonal health services when appropriate.

**5 ONGOING MONITORING & FOLLOW-UP**  
Sustainable weight management requires continuity of care. Follow-up includes regular review consultations, monitoring of weight trends and metabolic markers, assessment of medication response and side effects, and long-term maintenance planning. Some follow-ups are available via virtual consultation – others require in-person review.



## Your Metabolic Health Deserves Real Medicine.

Take the first step toward a doctor-led, evidence-based weight management programme built entirely around you – your biology, your history, your goals.