

## Mr Kumar, Consultant Plastic Surgeon, discusses what a fully supported weight loss journey at The U Clinic look like?

Weight loss is often viewed as simply reducing numbers on a scale. In reality, it involves complex interactions between biology, behaviour, nutrition, and metabolic health.

At The U Clinic, we take a multidisciplinary, medically-led approach to ensure every aspect of this process is supported. Below is an educational overview of how each element contributes to safe, effective and sustainable weight management.



### 1. Medical Support: Understanding Your Metabolic Health

A successful weight-loss programme begins with understanding how your body functions – not just how much you eat or move. Dr Shiv, GP and Metabolic Health expert, leads the medical component of your care. This includes:

- ✓ Comprehensive metabolic assessment
- ✓ Ongoing clinical monitoring.
- ✓ Safe prescribing and supervision of GLP-1 medications

Where appropriate, GLP-1 medications can improve satiety, stabilise appetite patterns, and support metabolic regulation. However, effectiveness is maximised when paired with structured nutritional and behavioural change.

The goal of medical care is simple:

Weight loss should improve your health, not compromise it.

This ensures that the approach is not only effective, but also safe and personalised.

### 2. Nutritional Support: Protecting Your Body During Weight Loss

Nutrition is more than calorie control – it shapes how your body adapts to change.

Kat Bright, our Nutrition Specialist, supports clients with evidence-based nutritional strategies to ensure their body receives the building blocks it needs throughout the journey.

Key areas of nutritional focus include:

- ✓ Energy levels
- ✓ Bone health
- ✓ Long-term metabolic resilience
- ✓ Muscle mass retention
- ✓ Sleep optimisation
- ✓ Hormonal balance

A nutritionally supported approach ensures clients don't just lose weight – they gain health, vitality and strength.

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### 3. Skin & Body Support: How the Skin Adapts to Weight Loss

Skin health is often overlooked in weight-loss programmes, yet the skin undergoes significant structural changes as the body reduces in size.

As a Consultant Plastic Surgeon, I believe it is important to provide proactive support to maintain skin integrity throughout this process.

#### Understanding skin changes during weight loss

Skin elasticity depends on collagen, elastin, hydration, and the speed at which weight is reduced.

Rapid or significant weight loss can exceed the skin's ability to retract, leading to laxity.

#### A preventive, minimally-invasive approach

Traditionally, concerns around loose skin were addressed after weight loss with extensive surgery.

Our approach is different:

- Minimal-access devices and techniques are used during the weight-loss journey
- Skin tightening can be supported while fat loss is occurring
- Early intervention helps the skin adapt more effectively
- This may reduce or sometimes remove the need for major surgery later

This integrated skin-support strategy helps clients feel more comfortable, confident, and supported throughout their transformation.

### 4. New at The U Clinic: Supportive Skincare with Elenzia

Skin requires specific ingredients to maintain firmness and hydration during weight loss.

We now offer Elenzia, a clinically developed skincare range designed to:

- Strengthen the skin barrier
- Improve firmness and elasticity
- Hydrate deeply
- Support the face and body as it adapts to physical changes

This adds an additional layer of support for clients undergoing rapid or significant weight changes.

#### Why an Integrated Approach Matters?

Weight loss is not a one-dimensional process. It affects and is affected by:

Metabolic health	Behaviour
Nutrition	Sleep
Hormones	Skin Structure
Psychological wellbeing	

By providing medical, nutritional and aesthetic support simultaneously, we ensure every part of your body is cared for throughout the journey. This makes the process:

- Safer**
- More comfortable**
- More effective**
- More sustainable**



Whether you are just beginning or aiming to improve your current progress, The U Clinic is here to support you with a fully personalised, evidence-based pathway.

Kind Regards, Mr Siva Kumar

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### Ü Vision

Age related macula degeneration (AMD) is the leading cause of sight loss globally. Timely diagnosis and treatment is crucial to achieve the optimal outcomes.

The Ü Vision team offers a fast-track AMD treatment service to ensure treatment is delivered quickly without the delays commonly seen on the NHS. All consultations and treatments are carried out by our Consultant Retinal Surgeons.

### Ü Health

The Ü Health team welcomes Dr Jörg Bruuns, a GP and specialist in rheumatology, musculoskeletal health, pain management and medical acupuncture.

With over 25 years of experience in family medicine, Dr Bruuns brings a compassionate and thoughtful approach to general practice.

Whether you are dealing with joint pain, long-term conditions or simply want a more joined up approach to your health, Dr Bruuns is here to help!



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Ü AESTHETICS



### Ü SKIN

A Smarter Approach to Pigmentation

Pigmentation is complex and treating it effectively requires more than a one-size-fits-all approach. It means understanding skin biology, protecting the skin barrier and choosing ingredients backed by evidence.

In partnership with ESK Skincare, we offer gold-standard formulations developed through clinical research, including the new Elighten Gold range.

Visit the clinic to speak with our skin specialists and discover the right approach for your skin.