



Roadmaps for Clinical Practice

Case Studies in Disease Prevention and Health Promotion

**Assessment and Management of Adult Obesity:
A Primer for Physicians**

Treatment options

Figure 3.5 Guide to Selecting Treatment

Treatment	BMI Category				
	25–26.9	27–29.9	30–34.9	35–39.9	≥40
Diet, physical activity, and behavior change	With comorbidities	With comorbidities	+	+	+
Pharmacotherapy		With comorbidities	+	+	+
Surgery				With comorbidities	+

Source: *The Practical Guide to the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults*. National Heart, Lung, and Blood Institute (NHLBI) and North American Association for the Study of Obesity (NAASO). Bethesda, Md: National Institutes of Health; 2000. Publication No. 00-4084.

Figure 6.1 Guide to Weight Loss Medications

Drug group	Approved treatment duration	DEA schedule	Trade names	Dosage form	Administration	Cost	
Sympathomimetic drug approved for long-term use (serotonin-norepinephrine reuptake inhibitor)							
Sibutramine	Long-term	IV	Meridia®	5,10,15 mg	Initial dose: 10 mg/d Maximum dose: 15 mg/d	Approximately \$90-\$110 for 30-day supply	
Pancreatic lipase inhibitor							
Orlistat	Long-term	V	Xenical®	120 mg 3 times daily	Maximum dose: 120 mg 3 times daily	Approximately \$120-\$130 for 30-day supply	
Sympathomimetic drugs approved for short-term use (norepinephrine reuptake inhibitors)							
Phentermine	Few weeks	IV	Standard release:			Approximately \$35-\$85 for 30-day supply	
			Generic available				30 mg/d 2 hours after breakfast
			Adipex-P®	37.5 mg	37.5 mg in morning		
			Fastin®	30 mg	30 mg/d 2 hours after breakfast		
			Obenix®	37.5 mg	37.5 mg/d 9 am		
			Oby-Cap®	30 mg	30 mg/d 2 hours after breakfast		
			Oby-Trim	30 mg	30 mg/d 2 hours after breakfast		
			Zantryl®	30 mg	30 mg/d 2 hours after breakfast		
			Slow release:				
Ionamin®	15,30 mg	15 mg/d before breakfast (30 mg for less responsive patients)					

Adapted with permission from Bray G. Contemporary Diagnosis and Management of Obesity. Handbooks in Health Care Co.: Newton, Pa;1998.

Figure 6.2 Current FDA-approved Long-term Medications for Obesity

	Sibutramine (Meridia®)	Orlistat (Xenical®)	Phentermine (several names)
Mechanism of action	<ul style="list-style-type: none"> • Inhibits reuptake of serotonin and norepinephrine (SNRI) • Increases satiety (sense of fullness) 	<ul style="list-style-type: none"> • Gastrointestinal lipase inhibitor • Blocks absorption of one third of dietary fat 	<ul style="list-style-type: none"> • Stimulates release of norepinephrine • Decreases hunger
Dosing	<ul style="list-style-type: none"> • 5–15 mg once daily 	<ul style="list-style-type: none"> • 120 mg with each meal 	<ul style="list-style-type: none"> • 15, 30, or 37.5 mg once daily
Side effects	<ul style="list-style-type: none"> • Mean heart rate increase of 3–6 beats/min • Mean blood pressure increase of 1–3 mmHg • Headache • Dry mouth • Insomnia • Constipation 	<ul style="list-style-type: none"> • Oily stools • Increased defecation • Fecal urgency or incontinence • Flatus with discharge 	<ul style="list-style-type: none"> • Increased heart rate and blood pressure • Headache • Dry mouth • Insomnia • Constipation • Restlessness
Contraindications and safety concerns	<ul style="list-style-type: none"> • Monoamine oxidase inhibitors (MAOIs) • Other centrally active appetite suppressants and selective serotonin reuptake inhibitors (SSRIs) • Uncontrolled hypertension • Seizures • Coronary artery disease • Congestive heart failure • Arrhythmias • Stroke • Severe renal impairment or hepatic dysfunction 	<ul style="list-style-type: none"> • Chronic malabsorption syndrome • Other fat-soluble medications 	<ul style="list-style-type: none"> • Monoamine oxidase inhibitors (MAOIs) • Other centrally active appetite suppressants • Uncontrolled hypertension • Seizures • Coronary artery disease • Congestive heart failure • Arrhythmias • Stroke • Agitated states