OBESITY	MANA	GEMENT	IN	PRIMARY	CARE
TRAINING	G AND	CERTIFIC	CAT	F PROGR	AM



Module 5 - PEARLS: Pharmacotherapy

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Goal of this Session

Goal is to help you:

- Review clinical pearls from the pharmacotherapy webinar
- Apply pharmacotherapy knowledge to clinical practice

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PEARLS From the Module 5 Clinical Webinar

- As the disease state of obesity progresses, clinical management will intensify. Utilization of pharmacotherapy for appropriate individuals with adjunct lifestyle interventions.
- 2. Obesity is a chronic, progressive, and relapsing disease state that requires long-term management. Pharmacotherapy for chronic management.
- It is important to continue to recognize your own internal bias and stigma around obesity and understand potential barriers needing to be understood as you continue to re-frame how you clinically management individuals with obesity for long-term success.

PEARLS From the Module 5 Clinical Webinar

- $4. \quad \text{Individualization of pharmacotherapy is part of the art of} \\$ management. A stepwise approach can help you to assess which FDA approved medication may have the best wholeperson benefit.
- 5. If one medication does not work, try another.

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Application to Practice: Selecting AOM



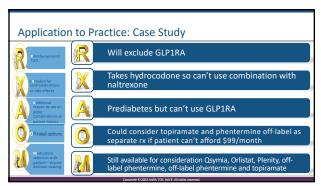
- Phentermine

- Orlistat Liraglutide 3g Naltrexone/Bupropion
- Phentermine/Topiramate Semaglutide
- Off-label use

5

Application to Practice: Case Study

- ■34-year-old female
- ■BMI 33
- PMH: prediabetes, GERD, OA
- Medications: metformin, omeprazole, and daily ibuprofen/prn hydrocodone
- PSH: tubal ligation
- Family history: no thyroid cancer for self or family
- ■SH: no obesity medication coverage



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Application to Practice: Case 2

- ■39-year-old female
- BMI 27, BP 118/78, Pulse 68, PHQ9 9
- PMH: HTN, Hyperlipidemia, depression, migraines
- Medications: topiramate, sertraline, losartan
- Pregnancy prevention: husband has vasectomy
- Family history: no thyroid cancer for self or family
- Has excellent insurance with full obesity coverage

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