

## PRACTICAL STRATEGIES FOR OBESITY MANAGEMENT IN PRIMARY CARE

### Chapter 5 Pharmacotherapy – Downloadable Resource

Summary Chart: Weight Loss for FDA-approved Anti-obesity Medications

Medication Name	Liraglutide	Naltrexone-bupropion	Orlistat	Phentermine	Phentermine-topiramate
<b>Contraindications</b> (not all inclusive)	Medullary thyroid cancer history, MEN type 2 history, history of pancreatitis	Uncontrolled HTN, seizure disorder, anorexia or bulimia, drug or alcohol withdrawal, chronic opioid use, MAOIs	Chronic malabsorption syndrome, pregnancy and breastfeeding, cholestasis, some medications (e.g., warfarin, antiepileptics, levothyroxine)	Not long term (13 weeks per PI); however, Endocrine Society does recommend long term as possible with qualifiers, CV disease, MAOIs, pregnancy and breastfeeding, hyperthyroidism, history of drug abuse, glaucoma	Pregnancy and breastfeeding, hyperthyroidism, glaucoma, some medications (e.g., MAOIs, sympathomimetics)
<b>Comorbid reasons for use</b>	Prediabetes or type 2 diabetes due to GLP1 effects	Depression (not a therapeutic dose for depression)			
<b>Patient history that may help with decision</b> (e.g., cravings)		Food addiction or cravings			
<b>Secondary considerations</b> (e.g., insurance coverage, copay cards)				Inexpensive	
<b>Advantages</b>		Cravings	Nonsystemic, OTC dose	HA, increased BP and HR, insomnia, constipation, anxiety, palpitations, changes in libido	Insomnia, constipation, dizziness, paresthesia, dysgeusia, dry mouth
<b>Side effects</b> (not all inclusive)	N/V, pancreatitis	Nausea, constipation, HA, dizziness	Decreased absorption of fat soluble vitamins, steatorrhea, flatulence, fecal incontinence		

**Source:** This summary chart was developed by program Faculty Angie Golden, FNP-C, DNP, FAANP for educational purposes only. Content is subject to change based on FDA approvals and indication changes. This was created for the Practical Strategies for Obesity Management in Primary Care CME/CE activity only. Do not distribute. 10/10/2019.