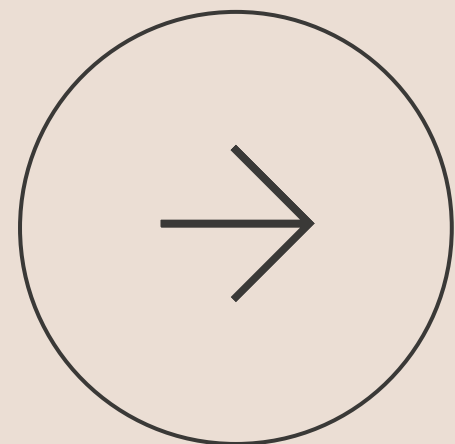


Weight Management: Medications

STANLEY PIERRE, MS4



Weight loss Is a multifactorial process

01

ALTHOUGH WE HIGHLIGHT THE USE OF SEVERAL MEDICATIONS IN THIS PRESENTATION, WE ALSO WANT TO EMPHASIZE THE IMPORTANCE OF CALORIE REDUCTIONS, GOOD DIET, AND INCORPORATION OF PHYSICAL ACTIVITY TO MAXIMIZE THE EFFECTIVENESS OF THESE MEDICATIONS IN WEIGHT LOSS

Orlistat (Xenical)

02

A MEDICATION THAT WORKS BY INHIBITING AN
ENZYME CALLED LIPASE, WHICH IS
RESPONSIBLE FOR BREAKING DOWN FAT

ORLISTAT LEADS TO A DECREASE IN THE ABSORPTION OF
DIETARY FAT

REDUCES FAT ABSORPTION BY 30%

Phendimetrazine (Bontril)

03

Potential for dependence and abuse

INCREASES THE LEVELS OF NOREPINEPHRINE IN THE
HYPOTHALAMUS, STIMULATING THE “FIGHT” OR
“FLIGHT” RESPONSE

LEADS TO INCREASED ENERGY EXPENDITURE AND
DECREASED APPETITE (YOU DON'T GET HUNGRY
WHEN RUNNING AWAY FROM A BEAR)

ALSO INCREASES CONCENTRATIONS OF DOPAMINE AND
SEROTONIN, WHICH CAN ASSIST WITH IMPROVED MOOD
AND DECREASED DESIRE FOR FOOD

ONLY SHOULD BE USED ON A SHORT-TERM BASIS AS LONG
TERM USE WILL LEAD TO DECREASED EFFECTIVENESS

Phentermine- Topiramate (Qsymia)

04

PHENTERMINE WORKS SIMILARLY TO PHENDIMETRAZINE

TOPIRAMATE WORKS ON SEVERAL NEUROTRANSMITTERS, BUT ITS AFFECT ON GABA RECEPTORS IN THE BRAIN LEADS TO APPETITE SUPPRESSION

WHEN USED TOGETHER, PHENTERMINE-TOPIRAMATE ADDRESSES BOTH APPETITE AND ENERGY BALANCE AND ALLOWS FOR LOWER DOSES OF BOTH MEDICATIONS --> DECREASED SIDE EFFECTS

Setmelanotide (Imcivree)

05

WORKS BY ACTING MELANOCORTIN 4 RECEPTOR IN THE BRAIN TO REDUCE APPETITE
AND INCREASE ENERGY EXPENDITURE

DERIVED TO TARGET OBESITY STEMMING FROM A GENETIC DEFICIENCY,
MOST SPECIFICALLY IN THE MC4R PATHWAY (PATHWAY INCLUDED IN
MELANIN PRODUCTION)

CAN LEAD TO SIGNIFICANT WEIGHT LOSS THAT CAN LAST FOR SEVERAL YEARS

Hydrogel (Plenity)

06

A MEDICAL DEVICE RATHER THAN A MEDICATION

IT WORKS THROUGH A CAPSULE THAT RELEASES BIODEGRADABLE, SUPER-ABSORBENT
HYDROGEL INTO THE STOMACH

THE GEL LEADS TO AN INCREASE IN SATIETY, CAUSING THE INDIVIDUAL TO CONSUME LESS
CALORIES

Retatrutide (Triple G)

07

Currently In experimental trials

WORKS ON THREE RECEPTORS, GLP-1, GIP, AND GLUCAGON, HENCE “TRIPLE G”

AS A RESULT, RETATRUTIDE FORCES THE BODY TO STOP EATING,
REACHING SATIETY QUICKER AND MORE EFFECTIVELY

IT ALSO SUPPRESSES HUNGER AND CRAVINGS, WHICH INHIBIT
OVERCONSUMPTION OF FOOD AND JUNK FOOD CRAVINGS

ALTHOUGH NOT YET ON THE MARKET, RETATRUTIDE’S EFFICACY IS
PROMISING; IT MAY EVEN BE MORE EFFECTIVE THAN BOTH TIRZEPATIDE
(MOUNJARO) AND SEMIGLUTIDE (OZEMPIC)