

Anti-Obesity Drug Selection – Clinical Pearls

Medication	Rx Notes	Why choose this drug?	Why NOT choose this drug?
Orlistat	Daily to TID	No central side effect profile	Less effective, GI side effects, B12 deficiency, \$
Phentermine/ Topiramate ER	Daily, titrated gradually	Highly effective	Stimulant effect, potentially teratogenic , hx of kidney stones or glaucoma, \$\$
Naltrexone-Bupropion HCl XR	Daily to BID dosing, titrated gradually	Additional benefits: EtOH cessation, smoking, depression, Excessive cravings, reward pathway, hedonic eating	Nausea, h/o seizures, bulimia, bipolar mood d/o, glaucoma, \$\$
GLP-1 RAs: Liraglutide and Semaglutide	Liraglutide daily Semaglutide weekly, both subcutaneous administration, titrated gradually	Additional benefits: diabetes, Improves BP, cardiovascular data, lack of central side effects, high efficacy	Personal/family h/o medullary thyroid carcinoma or MEN-2, gastroparesis, pancreatitis, planning pregnancy soon (women only), \$\$\$\$

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Anti-Obesity Drugs	Rx Notes	Why choose this drug?	Why NOT choose this drug?
Phentermine, Diethylpropion, Phendimetrazine	Daily to BID (TID with 8mg dose of phentermine)	Time tested, highly effective	Stimulant effect, cardiac disease, uncontrolled HTN, glaucoma, anxiety controlled substance, \$
Plenity	BID (prior to lunch and dinner)	Not systemically absorbed	GI side effects, h/o esophageal anatomic abnormalities, history of GI surgery complications that may alter motility, \$\$
Topiramate	Daily to BID, can titrate	Additional benefits: migraines, seizures, binge eating disorder, bipolar, may help insomnia, may change the taste of foods, especially soda	Cognitive impairment, parasthesias, teratogenic effect (planning to be pregnant), h/o nephrolithiasis, \$

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Bupropion	Daily to BID	Additional benefit: depression, smoking cessation	h/o seizures, bulimia, bipolar mood d/o, \$
Tirzepatide	Weekly subcutaneous injection, titrate monthly	Additional benefit: diabetes, highly effective, less GI side effects than GLP-1 RA	Personal/family h/o medullary thyroid carcinoma or MEN-2, gastroparesis, pancreatitis, planning pregnancy soon (women only), \$\$\$\$
Metformin	Daily to BID, titrate	Additional benefits: PCOS, diabetes, pregnancy, counteract the weight-positivity of the typical anti-psychotic meds	GI side effect profile, potential B12 deficiency, \$