



Patient-Centered Education: Know More About Anti-Obesity Medications

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Patient-centered education and support is key in obesity management.

Please use the printable resource on the following pages to support conversations about long-term anti-obesity medications with your patients. Make sure your patients have access to this resource at home so they can learn more about how medications can help with weight loss and strategies to manage adverse events commonly associated with anti-obesity medications.



Know More About Anti-Obesity Medications

Effectively Managing Your Obesity: Aligning Treatment With the Right Medication¹⁻⁷

	Ways in Which Treatment Can Help	Recommended Medications to Consider
Nutrition	• Prevents fat absorption from food ¹	• Orlistat
	• Slows down digestion ¹	• Liraglutide or semaglutide
Physical activity	• Increases one's desire to be active with weight loss ^{2,3}	• Tirzepatide
Behavior	• Reduces appetite ^{1,3}	• Phentermine/topiramate, naltrexone/bupropion, liraglutide, semaglutide, or tirzepatide
	• Reduces cravings and/or binge eating ^{1,3}	• Naltrexone/bupropion, phentermine/topiramate, liraglutide, semaglutide, or tirzepatide
	• Increases sense of fullness ¹	• Liraglutide or semaglutide
	• Improves sleep ^{3,4}	• Liraglutide or tirzepatide
Medication	• May prevent weight gain caused by other medications, including but not limited to medications for depression, schizophrenia, bipolar disorder, and insulin ⁵	• See the next page for more information
After a bariatric procedure	• Prevent weight regain after bariatric surgery ⁶ • Partly reverse weight gain after surgery ⁶	• Liraglutide, semaglutide, tirzepatide, orlistat, or phentermine/topiramate

Pairing weight-loss medication with behavioral changes such as learning to eat more slowly, noticing when you feel full, and becoming more active has a greater effect on improving your health, as research has shown (see next page).

1. Tak YJ, Lee SY. *Curr Obes Rep.* 2021;10:14-30. 2. Bays HE et al. *Obesity Pillars.* 2022;4:100039. 3. Matza LS et al. *Patient.* 2022;15:367-377. 4. Maski K et al. *J Clin Sleep Med.* 2021;17:1895-1945. 5. Christensen SM et al. *Obesity Pillars.* 2022;4:100041. 6. Redmond IP et al. *Curr Obes Rep.* 2021;10:81-99. 7. Jastreboff AM et al. *N Engl J Med.* 2022;387:205-216.

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What to Expect When Taking an Anti-Obesity Medication¹⁻⁸

	With Each Medication, How Likely Am I to Lose the Following Percentage of Weight? ^a				What Effects Might I Experience When I Start Taking This Medication?			
	5%	10%	15%	20%				
Orlistat <i>Taken orally, 3x/day</i>	+++	+	–	–	<ul style="list-style-type: none"> Oily spotting on underwear/clothing Fatty/oily stool Intestinal gas with discharge Sudden urge to have a bowel movement 	<ul style="list-style-type: none"> Increased number of bowel movements Difficulty controlling bowel movements Rectal leakage 		
Phentermine/topiramate ER <i>Taken orally, 1x/day</i>	++++	+++	++	+	<ul style="list-style-type: none"> Tingling or prickling sensations Dizziness Change in sense of taste 	<ul style="list-style-type: none"> Insomnia Constipation Dry mouth 		
Naltrexone ER/bupropion ER <i>Taken orally, 2x/day</i>	+++	++	+	–	<ul style="list-style-type: none"> Nausea Constipation 	<ul style="list-style-type: none"> Headache Vomiting 	<ul style="list-style-type: none"> Dizziness Insomnia 	<ul style="list-style-type: none"> Dry mouth Diarrhea
Liraglutide 3.0 mg <i>Once-daily injection</i>	+++	++	–	–	<ul style="list-style-type: none"> Nausea Diarrhea Constipation 	<ul style="list-style-type: none"> Vomiting Soreness at injection site Fever 	<ul style="list-style-type: none"> Headache Low blood sugar High levels of lipase 	<ul style="list-style-type: none"> Upper abdominal pain Stomach flu
Semaglutide 2.4 mg <i>Once-weekly injection</i>	+++++	++++	+++	++	<ul style="list-style-type: none"> Nausea Diarrhea Constipation Pain in stomach/abdomen 	<ul style="list-style-type: none"> Low blood sugar Stomach flu Headache 	<ul style="list-style-type: none"> Fatigue Dizziness Bloating/swelling in belly 	<ul style="list-style-type: none"> Gastroesophageal reflux disease Belching Flatulence
Tirzepatide <i>Once-weekly injection</i>	+++++	+++++	++++	++++	<ul style="list-style-type: none"> Nausea Diarrhea Decreased appetite 	<ul style="list-style-type: none"> Vomiting Constipation Pain/discomfort in the stomach/abdomen 		
How many patients reached this goal?	+ = 0%-19%	++ = 20%-39%	+++ = 40%-59%	++++ = 60%-79%	+++++ = 80%-100%	– = Not Reported		

^aGreater weight loss is likely if combined with intensive behavioral therapy.

1. Wilding JPH et al. *N Engl J Med*. 2021;384:989-1002. 2. Jebb SA et al. *Lancet*. 2011;378:1485-1492. 3. Maciejewski ML et al. *JAMA Surg*. 2016;151:1046-1055. 4. Wadden TA et al. *Obesity (Silver Spring)*. 2011;19:110-120. 5. Wadden TA et al. *Obesity (Silver Spring)*. 2019;27:75-86. 6. Athinakaran SJ et al. *Front Endocrinol*. 2019;10:348. 7. Jastreboff AM et al. *N Engl J Med*. 2022;387:205-216. 8. <https://www.accessdata.fda.gov/scripts/cder/daf/>.