Pharmacology for Common Medical Conditions: Obesity

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Clinical obesity

• BMI of ≥ 30 or
• BMI of ≥ 27 with complications
  • High cholesterol
  • Hypertension
  • Diabetes
Goals of treatment

• NOT return to “normal” BMI
• 5-10% reduction of body weight has cardiovascular and general health benefits
• Achievable, realistic goals essential
• No pharmacological or medical procedure without comprehensive behavioral management
Pharmacological treatments: Stimulants

- Few, with modest efficacy
- Amphetamines and other stimulants
  - Earliest (and most recent) approved drugs
  - Methamphetamine
  - Diethylpropion (Tenuate)
  - Bupropion (Contrave)
  - Sibutramine (Meridia)
  - Phentermine (Fen-Phen, Qsymia, others)
  - Fenfluramine
Pharmacological treatments: Hormonal

- Glucagon-Like-Peptide 1 receptor agonists
  - Liraglutide (Saxenda)
Combined agents

- Naltrexone and bupropion (Contrave)
- Phentermine and topiramate (Qysmia)
Serotonergic agents

• Relative affinity for 5HT2C receptor may avoid cardiovascular problems
• Lorcaserin (Belviq)