

WEIGHT LOSS DRUGS

Categorized by how they interact with the body:

1. Appetite suppression.
2. Fat absorption.
3. Hormone regulation.

Most effective when paired with a healthy diet and regular physical activity.

Hormone-Receptor Agonists

The most potent class.

Mimic natural gut hormones.

Slows stomach emptying and increases satiety.

1. GLP-1 Receptor Agonists: Mimic GLP-1 hormone.

A. Semaglutide (Wegovy): Weekly injection or daily oral tablet.

B. Liraglutide (Saxenda): Daily injection.

2. Dual GIP/GLP-1 Agonists: Mimic GIP and GLP-1 hormones.

A. Tirzepatide (Zepbound): Weekly injection.

* Also improve overall health, lower B.P., better cholesterol levels, and reduce the risk of type 2 diabetes.

Oral Combination Medications

Combine two existing medications.

Target brain pathways for hunger and cravings.

A. Phentermine/Topiramate ER (Qsymia): Combines a stimulant (appetite suppressant) with an anti-seizure drug (fullness promoter). Approved for long-term use.

B. Naltrexone/Bupropion (Contrave): Combines an opioid antagonist with an antidepressant to reduce cravings and target the brain's reward system.

Lipase Inhibitors

Instead of changing your appetite, these medications work in the digestive tract to prevent your body from absorbing fat.

- **Orlistat (Xenical, Alli):** Blocks about 25–30% of dietary fat absorption. Alli is the only FDA-approved weight-loss medication available over the counter.

Appetite Suppressants (Anorectics)

Typically intended for **short-term use** (up to 12 weeks), these drugs are stimulants that reduce hunger.

- **Phentermine (Adipex-P, Lomaira):** The most commonly prescribed short-term option.
- **Others:** Benzphetamine, Diethylpropion, and Phendimetrazine.

Specialty Medications

- **Setmelanotide (Imcivree):** An injection specifically for adults and children (ages 6+) with rare **genetic disorders** that cause obesity.
- **Gelesis100 (Plenity):** A prescription hydrogel capsule taken before meals that absorbs water in the stomach to help you feel full faster.