Empowering Women for Wellness

Anti-Obesity Medications: **Which is Right for Me?**

METFORMIN

HOW IT WORKS	Helps metabolic issues. Decreases insulin response. Decreases appetite.
POTENTIAL SIDE EFFECTS	Indigestion, nausea, diarrhea, headache, rash, metallic taste.
THE GOOD	Helps reduce chance of diabetes. May help induce ovulation in PCOS. Appears to reduce risk of certain cancers.
THE BAD	Amount of weight loss with this is small.
WARNINGS	Not approved for weight loss. Approved for diabetes. Contraindications: hepatic disease, CHF, alcohol abuse.
AVERAGE WEIGHT LOSS	Average weight loss is 3% of total body weight.

PHENTERMINE (ADIPEX)

HOW IT WORKS	Suppresses appetite. Increases satiety.
POTENTIAL SIDE EFFECTS	Nervousness, increased blood pressure, increased heart rate, dry mouth, constipation.
THE GOOD	Affordable. Usually well tolerated.
THE BAD	Controlled substance. FDA approved for only 3 months of use. However, it's widely used long-term, and there is no evidence of harm using this long term.
WARNINGS	Not to be used in combination with other stimulants or MAO inhibitors. Contraindications: heart disease, uncontrolled hypertension, hyperthyroidism, and glaucoma.
AVERAGE WEIGHT LOSS	Average weight loss is 5-8% of total body weight.

PHENTERMINE/TOPIRAMATE ER (QSYMIA)

HOW IT WORKS	Decreased appetite and food intake. Taste changes.
POTENTIAL SIDE EFFECTS	Feeling tired or fuzzy, numbness or tingling in hands, nervousness, depression, kidney stones, insomnia.
THE GOOD	Carbonation can taste flat. Can help with quitting soda.
THE BAD	Combination is more expensive, but may be able to take generics separately.
WARNINGS	Kidney stones plus the same contraindications as phentermine. Women should not become pregnant while taking this.
AVERAGE WEIGHT LOSS	Average weight loss is 10% of total body weight.

NALTREXONE/BUPROPION (CONTRAVE)

HOW IT WORKS	Opioid antagonist and decreased norepinephrine and dopamine uptake. Works best on cravings and thoughts about food. Reduces hunger.
POTENTIAL SIDE EFFECTS	Nausea, anxiety, increase in blood pressure. Dry mouth, constipation, diarrhea.
THE GOOD	Noncontrolled substance. Works great on cravings. Also helps with smoking cessation. Might be good option if trying to cut back on alcohol.
THE BAD	Brand name can be expensive, but active the ingredients can be prescribed separately to save on cost. Can increase blood pressure.
WARNINGS	Do not use with opioids, benzodiazepines, antiepileptic drugs or bupropion containing products. Contraindications: uncontrolled hypertension, history of seizures, angle-closure glaucoma, anorexia nervosa or bulimia.
AVERAGE WEIGHT LOSS	Average weight loss is 6-8% of total body weight.

ORFORGLIPRON (FOUNDAYO)

HOW IT WORKS	Oral GLP-1 agonist. Increases feeling of fullness and slows stomach emptying. Improves blood sugar metabolism
POTENTIAL SIDE EFFECTS	Nausea, constipation, diarrhea, vomiting, indigestion, abdominal pain, belching, heartburn, gas, headache.
THE GOOD	A GLP-1 agonist that can be taken orally. Can be taken with or without food.
THE BAD	Lower average weight loss than other GLP-1 receptor agonists, but higher average weight loss than most oral medications.
WARNINGS	Do not use it if you or a family member has had medullary thyroid cancer or MEN2 syndrome. Diarrhea and vomiting can lead to dehydration, leading to kidney problems. Risk of severe stomach problems, pancreatitis, or gallbladder problems.
AVERAGE WEIGHT LOSS	Average weight loss: 11% of body weight.

SEMAGLUTIDE INJECTION (WEGOVY AND WEGOVY HD INJECTION)

HOW IT WORKS	GLP-1 agonist. Slows stomach emptying and increases feeling of fullness. Improves blood sugar metabolism.
POTENTIAL SIDE EFFECTS	Low blood sugar, nausea vomiting, diarrhea, constipation, GERD, headaches, dizziness, fatigue.
THE GOOD	Convenient weekly injection. FDA-approved for cardiovascular risk reduction in adults with overweight and obesity and to treat metabolic dysfunction-associated steatohepatitis (MASH).
THE BAD	Very expensive. Potential cost savings available at wegovy.com.
WARNINGS	Do not use it if you or a family member has had medullary thyroid cancer or MEN2 syndrome. Diarrhea and vomiting can lead to dehydration, leading to kidney problems. Risk of severe stomach problems, pancreatitis, or gallbladder problems.
AVERAGE WEIGHT LOSS	Average weight loss to 15% (Wegovy injection) and 19% (Wegovy HD).

SEMAGLUTIDE (WEGOVY PILL)

HOW IT WORKS	Oral Glp-1 agonist. Slows stomach emptying and increases feeling of fullness. Improves blood sugar metabolism.
POTENTIAL SIDE EFFECTS	Nausea, vomiting, diarrhea, constipation, bloating, heartburn, headaches, dizziness, fatigue
THE GOOD	Similar efficacy to Wegovy injection. FDA-approved for cardiovascular risk reduction in adults with overweight and obesity and to treat metabolic dysfunction-associated steatohepatitis (MASH).
THE BAD	Must be taken first thing in the morning on an empty stomach with 4 oz water. Unable to take any additional medications, eat, or drink additional fluids for 30 minutes after. Potential cost savings available at wegovy.com.
WARNINGS	Do not use it if you or a family member has had medullary thyroid cancer or MEN2 syndrome. Diarrhea and vomiting can lead to dehydration, leading to kidney problems. Risk of severe stomach problems, pancreatitis, or gallbladder problems. Do not use if breastfeeding.
AVERAGE WEIGHT LOSS	Average weight loss of 14% of total body weight.

TIRZEPATIDE INJECTION (ZEPBOUND)

HOW IT WORKS	GLP-1 and GIP receptor agonists. Increase feeling of fullness and slows stomach emptying. Improves blood sugar metabolism.
POTENTIAL SIDE EFFECTS	Low blood sugar, nausea, vomiting, diarrhea, constipation, GERD, headache, dizziness, fatigue.
THE GOOD	Highly effective. Convenient weekly injection. FDA indicated for sleep apnea.
THE BAD	Very expensive. Potential cost savings available at zepbound.lily.com/savings.
WARNINGS	Do not use it if you or a family member has had medullary thyroid cancer or MEN2 syndrome. Diarrhea and vomiting can lead to dehydration, leading to kidney problems. Risk of severe stomach problems, pancreatitis, or gallbladder problems.
AVERAGE WEIGHT LOSS	Average weight loss of 22.5% of total body weight.