



NATIONAL REGISTER
OF HEALTH SERVICE PSYCHOLOGISTS

Pharmacology for Common Medical Conditions: Obesity

MORGAN T. SAMMONS, PhD, ABPP
National Register of Health Service Psychologists

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 5HT_{2C} receptor may avoid cardiovascular problems**
- **Lorcaserin (Belviq)**



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