

Evidence Based Weight Loss: Medications and Surgery

Medications

Phentermine - suppresses appetite

Orlistat - blocks a fat digesting enzyme

Liraglutide - lowers blood sugar levels via the pancreas

Lorcaserin - binds to receptors in the brain to reduce hunger

Naltrexone/Bupropion - increases physical activity and reduces calorie diet

All medications have side effects and contraindications. Your doctor can help find a medication most safe for you. All medicines are contraindicated if you are pregnant. Some trials involved in approving medications also achieved weight loss using a placebo and intensive behavior modification program.



Surgery

Gastric Banding

Description: Place a silicone band around the stomach

Complications: Band erosion or slippage, need for revision or removal, reservoir leakage

Estimated Weight Loss: 44%

Roux-en-Y Gastric Bypass

Description: Cut the stomach creating a small pouch and bypass the the other part of the stomach and part of the small intestine

Complications: Leakage at cutting site, gastric dilation, esophageal hernia, dumping syndrome, obstruction, nutritional deficiencies, obstruction, stoma narrowing

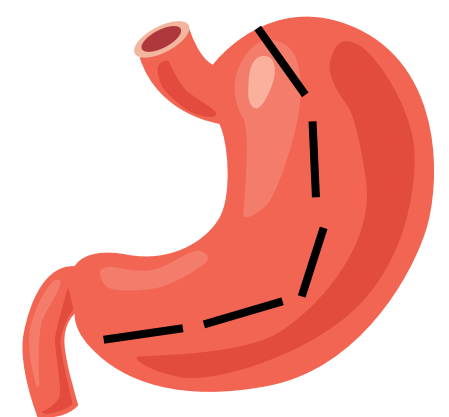
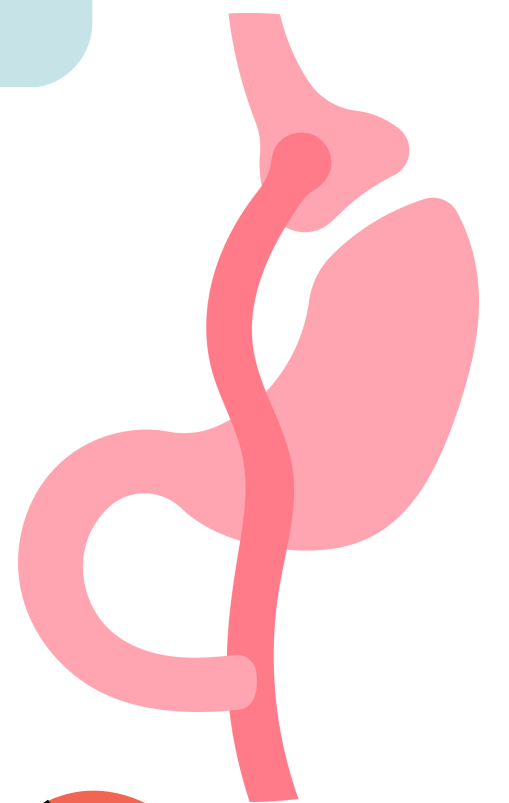
Estimated Weight Loss: 67%

Sleeve Gastrectomy

Description: Cut out a portion stomach to reduce its size to by around 75%

Complications: Gastric leakage, vomiting

Estimated Weight Loss: 56%



In general, surgery is only indicated for those with a BMI over 40 or in some cases 30-35 with additional factors. All procedures have risk of complications, some common ones are listed below. Discuss with your medical professional if you would like to explore this option.

Learn More:

<https://www.tandfonline.com/doi/full/10.1517/14656566.2015.1096345>

<https://www.health.harvard.edu/diet-and-weight-loss/weight-loss-drug-review>

<https://www.aafp.org/pubs/afp/issues/2015/0415/p554.html>

<https://www.aafp.org/pubs/afp/issues/2016/0901/p361.html>

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