

## Weight Loss Medication

Many individuals opt to use weight loss medication as their "support tool" to promote more rapid weight loss. This tool, used in conjunction with healthy lifestyle changes, allow individuals to make healthy choices. Appetite-suppressant medications promote weight loss by decreasing appetite or increasing the feeling of being full. (<http://www.nih.gov/news/pr/nov2005/niddk-16a.htm>).

Medication affects patients in different ways, typical comments are:

- "I'm not totally preoccupied with what I'll have for my next meal."
- "It takes the edge off. I eat responsibly and don't gorge myself anymore."
- "It helps me balance my eating behaviors with healthy lifestyle choices and lets me be in control."

As a controlled substance, Dr. Pierson evaluates and supervises patient use of medication. Several factors are considered when determining if weight loss medication is an appropriate tool. Steps for considering the appropriateness for weight loss medication include:

- BMI (Body Mass Index)
- Medical and social lifestyle histories
- Laboratory work
- EKG
- Consultation and Medical Exam with Dr. Pierson

Patients review Kansas law 100-23-1 (<http://www.ksbha.org/regulations/article23.html>), Obesity Treatment, Patient Informed Consent for Appetite Suppressants and Information Sheets on specific weight loss medication

Three medications are commonly prescribed:

Brand Name: Adipex-P, Fastin®

Generic Name: Phentermine HCL

<http://www.nlm.nih.gov/medlineplus/druginfo/medmaster/a682187.htm>

Brand Name: Meridia®

Generic Name: Subutramine hydro chloride monohydrate

<http://www.nlm.nih.gov/medlineplus/druginfo/medmaster/a601110.html>

Brand Name: Tenuate®

Generic Name: Diethylpropion HCL

<http://www.nlm.nih.gov/medlineplus/druginfo/medmaster/a682037.html>

Once these steps are completed and the determination is made to use medication, patients can begin treatment immediately. Patients followup with a monthly medical appointment for their refill. For patient convenience, some medications are available for purchase at the clinic.