



- There is no effective treatment for obesity → it depends on your lifestyle.
- Types and severity of obesity:
 - **Primary vs secondary.**
 - **Severity (based on BMI calculation):**
 - ✓ Overweight: 25 – 29.9
 - ✓ Mild obesity: 30 – 34.9
 - ✓ Moderate obesity: 35 – 39.9
 - ✓ Severe obesity: ≥ 40
- Body Mass Index (BMI) is used to indicate if someone is obese or not, but notice that it is not accurate (why?) → because in athletes there is excess muscle mass which will be represented with high BMI but this is not fat!
- Other means which are used to diagnose obesity:
 - **Measuring skin thickness.**
 - **Waist-to-hip ratio:**
 - ✓ 1.0 in males.
 - ✓ 0.8 in females.
- For overweight patients: no drugs are needed, but if the patient suffers from other disease, then drugs will be indicated.
- Therapeutic strategies for management of obesity:
 - **Lifestyle modifications (the most important aspect!):**
 - ✓ Diet (decreasing energy/caloric intake): it must be balanced (e.g. no junk food).
 - ✓ Physical activity (increasing energy expenditure): sedentary lifestyle must be discouraged.
 - **Drug therapy.**
 - **Cognitive behavioral therapy.**
 - **Bariatric surgery.**
- Appetite suppressants (anorexians):
 - They have a central action (e.g. acting in the brain).
 - **Mechanism of action:** modulating neurotransmitter function (mainly monoamines: serotonin, dopamine and norepinephrine).
 - **They are amphetamine-related drugs:**
 - ✓ Phentermine.
 - ✓ Fenfluramine: adverse reactions include cardiac vulvulopathy and pulmonary hypertension.
 - ✓ Dexfenfluramine.
 - ✓ SibutramineL increased blood pressure.
 - **These drugs are no longer used because they are toxic and addictive.**
- Drugs which are acting on the gastrointestinal tract:
 - **Examples:** orlistat and cetilistat.
 - **Mechanism of action:** lipase inhibitors
 - **Adverse reactions include:**
 - ✓ Interference with fat assimilation.
 - ✓ Fat soluble vitamin malabsorption (fat-soluble vitamins are: A, D, K and E).
 - ✓ Steatorrhea (e.g. fat in stool) and stool leakage.
- Drug misuse:
 - Many drugs are misused to promote weight loss. These drugs include thyroid hormones and diuretics.
- Drug-induced weight gain:
 - Corticosteroids, insulins, anabolic steroids, oral contraceptives, sulfonylureas, antipsychotics and antidepressants.