

WEIGHT CONTROL MEDICATIONS

Drug	Main Side Effects	Notes
Adipex	Palpitations, irritability, difficulty with sleep, raising blood pressure	- Decreases Appetite - Needs monthly visits - Break after 3 months - Out of Pocket \$15-25
Qsymia	Tingling, dizziness, trouble sleeping, constipation, dry mouth. Needs a monthly pregnancy test if applicable.	- Decreases Appetite - Needs monthly visits - = Adipex + Topamax - Out of Pocket (through specialty pharmacy) ~ \$100
Contrave	Nausea, raising blood pressure, seizures, glaucoma, suicidal thinking with antidepressants	- Decreases Appetite - Out of Pocket (**with Discount Card) \$70-90
Saxenda	Nausea, diarrhea, low sugar, injection site reaction. Rarely pancreatitis, cholecystitis, linked to thyroid cancer in rats (no human)	- Decreases Appetite - Daily injection under the skin = High dose Victoza (no out of pocket program)
Xenical	Diarrhea, gas, oily spotting in undergarments, and oily stools	- Decreases fat absorbed - Available over the counter as "Orlistat" (Alli) - Out of Pocket (Online) \$100

PILLS FOR DIABETES, MAY DECREASE WEIGHT

Drug
Invokana
Farxiga
Jardiance
Steglatro

This class of medications:

- Work by: making the kidney waste sugar into urine.
- Taken as a pill once a day
- Lower sugar, blood pressure, and weight
- May cause: frequent urination, infection in urine or genital tract, dehydration

This class of medications:

Drug
Rybelsus

- Work similar to a hormone that is normally produced by the gut, GLP-1 (glucagon-like peptide-1)
- How it works: Decrease appetite, help the body secrete insulin when eating, slow stomach movement, must be taken on empty stomach
- Main Side Effects: Nausea, diarrhea, low sugar

NON-INSULIN SHOTS FOR DIABETES, MAY DECREASE WEIGHT

Drug	How Often
Byetta	- 2/day
Victoza	- 1/day
Bydureon	- 1/week
Ozempic	- 1/week
Trulicity	- 1 /week

This class of medications:

- Work similar to a hormone that is normally produced by the gut (GLP-1)
- How they work: Decrease appetite, help the body secrete insulin when eating, slow stomach movement
- Comes in pens with needles to be injected under the skin
- Main Side Effects: Nausea, diarrhea, low sugar, injection site reaction
- Rarely cause pancreatitis
- Linked rarely to pancreatic cancer
- Linked to thyroid cancer in rats (no human cases)