

# QUESTION:

- Patient has the right to ask the healthcare professional about the medication they receive that if the medication causes obesity. Therefore, one must inform the doctor about the weight gain and change to alternative medicine hence can maintain the weight in a balanced form.



Questioning about the  
medicine you receive.



**obesity** caused **due to medicine** is not unusual, exclusively for some **medicines**. for example, drugs like anti-diabetes, anti-convulsants, steroid drugs may cause weight gain



# MECHANISMS CAUSING OBESITY

- Side effects of the medications can cause obesity.
- Appetite changes making a person to eat more.
- Another reason depends on how body absorbing and storing glucose, finally leading to the accumulation of fat in the midsection of the body.

# MECHANISMS CAUSING OBESITY

- some medicines change the body's metabolism which prevents burning of calories.
- Other cause can be retention of water in the body which can increase body weight but not actually fat.
- Weight gained due to medications may vary from one person to the other and from drug to drug.

# MEDICINES CAUSING OBESITY

- Alternate medicines mentioned below are just an examples but it may vary from person to person. Doctors can suggest better and if any side effects are seen through these alternate medicines one must report to their doctor. In most of the cases, (but not all) you will have another choice of medications.



# Diabetes therapies:

If the treatment continues to 3 months then a person may increase weight up to 8kgs. Differs from person to person.

- Examples include,
  - Insulin (Insulin Lispro, Insulin Aspart),
  - Thiazolidinediones (Pioglitazone), and
  - Sulfonylureas (Glipizide, Glyburide).
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- Alternative medicines can be used metformin, sitagliptin, linagliptin.





# Psychotropic/Neurologic Therapies:

- These drugs may usually increase body weight from 0.5 to 4.12kg/month.
- Examples
  - Tricyclic antidepressants (Amitriptyline, Doxepin, Imipramine),
  - Selective serotonin reuptake inhibitors (Sertraline, Paroxetine),
  - and Lithium.
- Substitute medicines include Bupropion, Nefazodone.

### 3. *Antipsychotics:*

- They cause weight gain.
- Drugs include, Clozarin, Risperidon, Seroquel.
- Substitute drugs – Ziprasidone.

## 4. *Anticonvulsants:*

- Chances of gaining weight up to 15-20kg in 3 months of treatment.
- For examples: [Valproic acid](#), [Carbamazepine](#), and [Gabapentin](#).
- Alternative medicines – [Topiramate](#), [Zonisamide](#), [Lamotrigine](#).



5. **steroid hormones**: weight may increase up to 2-13 kg.

drugs include prednisone, budesonide, .

replacement medicines – NSAIDS.

## 6. *Miscellaneous Agents:*

- For example Benadryl, Propranolol, etc.
- Replacement medicines – Ramipril, Enalapril etc.

# CONSCIOUS:

- Should inform the doctor about the weight gain after starting the use of medications prescribed. Because most of the medication shows effect within 6 months especially drugs which cause weight gain. Therefore, increasing weight leads to worsening our health condition such as diabetes, osteoarthritis, high blood pressure etc.

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# CONCLUSION

- If one gets aware of gaining weight because of the use of medication then taking our own decision leads to complications. Firstly, one must meet their doctor and inform about the issue because changing the medications or stoppage may cause high risk or serious health condition.
- The alternate medicine must balance the health of the patient against weight gain and should not to cause any adverse drug reaction. If any adverse effects are seen the person must immediately consult their doctor.
- Both the patient and the provider are responsible to have knowledge about the medicines causing obesity. Not all patients will have the same effect but evaluating whether the patient is using any other medications such as over-the-counter or any supplements is important as well.