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New approaches towards the pharmacological treatment of obesity

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Obesity is a condition defined as excess body fat due to positive energy balance. It is often associated with metabolic diseases, such as hypertension, type 2 diabetes, and coronary heart disease. Obesity also increases the risk of several malignancies in colon, breast, pancreas, and endometrium. Treatments reap Malsli

Presently, six drugs, including two peptides (liraglutide and semaglutide) are approved for weight management in adults: orlistat, phentermine, phentermine-topiramate and naltrexone-bupropion. Orlistat is approved in both Europe and USA and its mode of action is by energy waste. Phentermine, phentermine-topiramate and lorcaserin are approved only in the US and their action is related to appetite reduction. The same mode of action is followed by naltrexone-bupropion and liraglutide, which are approved in both Europe and USA.

From the aforementioned drugs some are approved for short-term management (< 6 months) whilst others are approved for long-term management (> 12 months). The drug therapy is personalized and modified for each individual patient, depending on needs, contraindications, and cost. Benefits of these drugs should be assessed regularly (every 2-3 months) and a different drug treatment should be considered if at least 5% of body weight is not lost after 3 months of therapy.

As already mentioned, one of the approved drugs in obesity management is the combination of naltrexone/bupropion, which was developed by joining these two