

+ Medications To Assist With Weight Loss

Medication will only work with a controlled diet and exercise programme. There is no correct medication to use, but more a case of one that seems to fit best. We would expect a 5% total body weight loss by 16 weeks to justify the cost effectiveness of the medication. If 5% is not achieved an alternate medication should be trialed. The medication if successful should allow you to lose 10-15kg over a six month period. Stopping the medication will reverse any side effects within 48 hours. Please focus on keeping well hydrated, the medications also suppress your desire to drink and dehydration may occur.



Duromine: Is an amphetamine derivative. It has been on the market for 50 years as a weight loss agent. Because of its amphetamine origins it has a stimulant profile. This can give someone a lot of energy and motivation to get work done. BUT some people can feel anxious, stressed or become grumpy. It can also increase blood pressure and this should be monitored. Insomnia can also be an issue and a gentle sleeping tablet may be useful. It can be used long term is needed.

Cost: \$125/month. Dose 15mg/30mg/40mg. One tablet taken every morning.



Contrave: Is a combination of two old drugs. 1) Naltrexone, which is used to reverse the effects of opiate medication and seems to help with cravings for food. 2) Bupropion is a weak antidepressant and also used in smoking cessation under the tradename Zyban. Contrave should not be used in people that have an acute head injury or a tendency to have seizures.

Cost: \$250/month.

Dosing – see chart

	Week 1	Week 2	Week 3	Week 4 and Beyond
AM Tip: Take with breakfast	1 pill in AM	1 pill in AM	2 pills in AM	2 pills in AM
PM Tip: Take before dinner		1 pill in PM	1 pill in PM	2 pills in PM



Saxenda: Is a mimic of a natural hormone made by the pancreas and resets the set point in the brain to a lower weight. It also suppresses appetite, makes you feel full faster and keeps you full longer. It is remarkable safe and the only side effect is nausea that lasts for a few days when starting the medication or increasing the dose.

Cost: \$387/month. Dose - start at 0.6mg every day for a week and increase weekly by 0.6mg to a full dose of 3.0mg/day



Ozempic: Is new and it's just like Saxenda but the medication is designed to be taken only once a week. In Australia it is not indicated for weight loss but is extremely popular in the USA for this purpose.

Cost: \$160/month. Dose – start at 0.25mg every week and after 6 weeks increase to 0.5mg every week and then after another 4 weeks increase to the full dose of 1mg every week



Other Things That May Help

In addition to medication, dietary advice and an exercise programme are essential. But there are a few other things that may also assist. Some extra medications that work well in conjunction with those on the previous page. A meal replacement programme using shakes. A way of tracking your progress and keeping you motivated. Friends to travel the journey with.

Set realistic goals and remind yourself of them regularly and make sure you have a system set up to reward yourself when you reach your goals.



Topiramate: Is an old drug, In Australia it has been used for migraine prevention. But it also has a good effect on suppressing appetite and works very well in conjunction with Duromine. It may cause drowsiness and some people have trouble thinking on high doses

Cost: \$30 / month. Dose 50mg every morning.



Xenical: Binds fat in the diet and teaches people not to consume fats. It stops the fat from being absorbed in the gut and results in oily diarrhea with terrible flatulence. It is very safe to take and may help people that have issues with constipation.

Cost: \$130 / month. Dose 120mg three times a day with meals.



VLCD (Very Low Calorie Meal Replacements):

Are made by numerous companies and finding one you like is the key. If you like the taste / preparation you are more likely to stay on it. The cost also varies from brand to brand. The idea is to replace a meal with the VLCD milkshake / bar / dessert. The critical thing is to check the calorie content (Optifast has 840kJ/serve)(The Man Shake 865kJ/Serve)(Optislim 697kJ/Serve). For long term use, replace one or two meals a day and maintain a low carbohydrate / ketogenic approach for anything else consumed during the day.

Bluetooth Scales: A convenient way of tracking your progress is essential.

But find scales in your price range with a Bluetooth app on your phone.

(From Apple Withings Scale \$180), but there are lots of cheaper options that have the same functionality.

A Friend: Travelling the journey with a friend really helps, it makes you accountable and the journey much less lonely.



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