

Pharmacological Management of Overweight and Obesity

Patients with body mass index (BMI) ≥ 25 kg/m²

- ✓ Screen for overweight and obesity associated complications (e.g. type 2 diabetes, dyslipidemia, metabolic syndrome)
- ✓ Start with lifestyle interventions and treat associated conditions

In adults with overweight (BMI ≥ 27 kg/m² and weigh-related comorbidities) or obesity (BMI ≥ 30 kg/m²), with inadequate response to lifestyle interventions, add pharmacological therapy (*) (Strong Recommendation, Moderate certainty)

Weight loss medications for long-term use

Weight loss medications for short-term use (12 weeks)

	Semaglutide	Liraglutide	Phentermine-Topiramate ER	Naltrexone-Bupropion SR	Orlistat	Cellulose and citric acid hydrogel
AGA Recommendation	SUGGEST USING				SUGGEST AGAINST USING	No recommendation
Excess % total body weight loss achieved (drug vs. placebo)	10.8%	4.9%	8.5%	3.0%	2.8%	2.0%

Diethylpropion	Phentermine
SUGGEST USING	
5.4%	3.6%

If failure to achieve adequate weight loss (e.g., 3-5% reduction in total body weight) and/or unable to control weight-related comorbidities, consider change in therapy based on patient's preference (switching drugs, bariatric endoscopic procedures and/or bariatric surgery)*

**Selection of the medication or intervention should be based on the clinical profile and needs of the patient including but not limited to comorbidities, patients' preferences, costs and access to the therapy*