

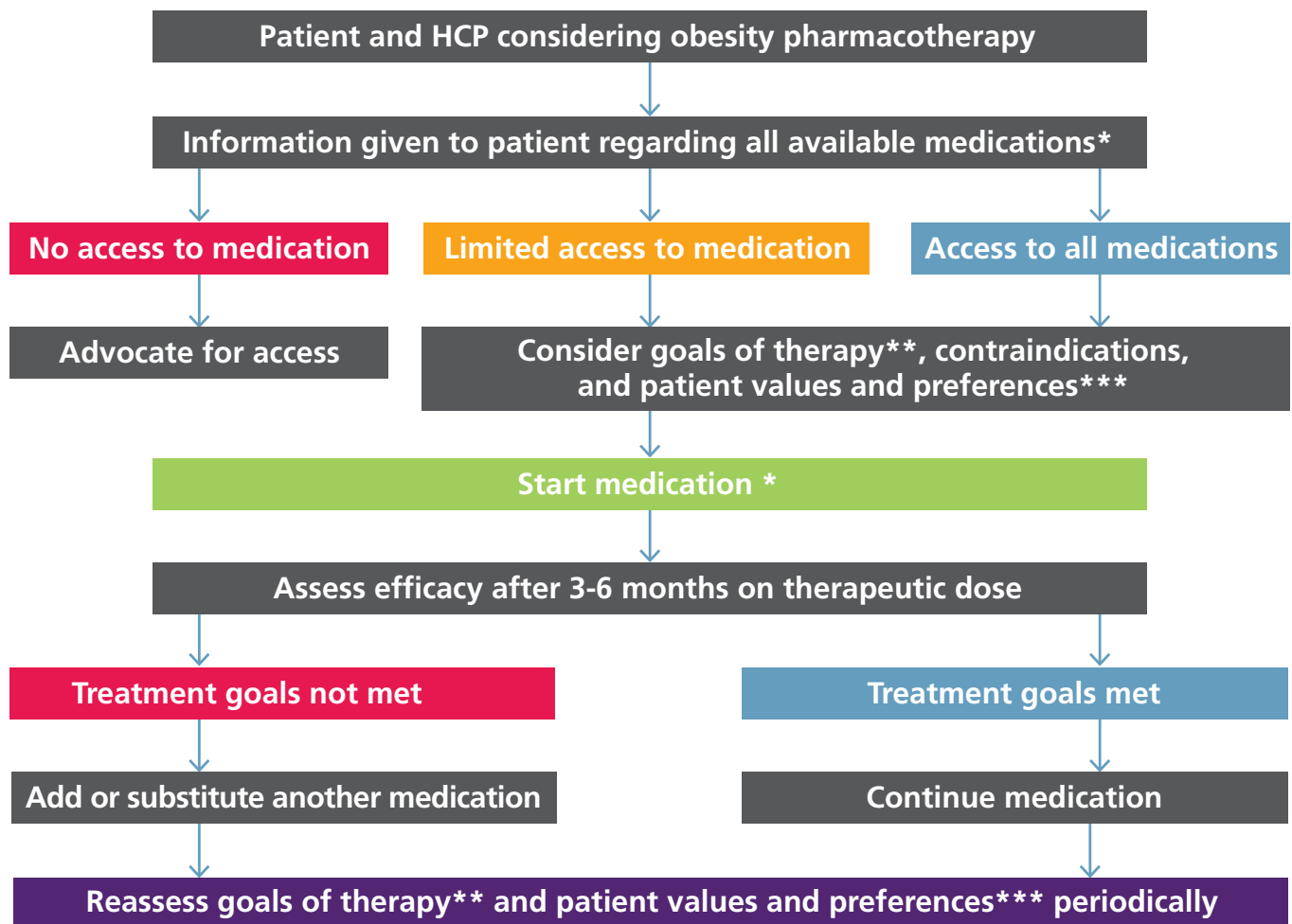


Pharmacotherapy for Obesity in Adults

Updated pharmacotherapy recommendations

- In 2022, Obesity Canada updated the original 2020 chapter on pharmacotherapy for obesity in adults: obesitycanada.ca/guidelines/pharmacotherapy
- This decision tool is designed to support clinical decision making based on the revised chapter.

Pharmacotherapy Decision Tool



Footnotes:

* Medications approved in Canada as of June 2022: Liraglutide 3 mg daily, Naltrexone/Bupropion 16/180 mg bid, Orlistat 120 mg tid, Semaglutide 2.4 mg weekly

** Treatment of comorbidities, percentage and durability of weight loss

*** Including cost, frequency, route of administration and tolerability



Pharmacotherapy for Obesity in Adults

Medications Approved in Canada

Agent	Populations Showing Weight Loss Benefit in Clinical Trials*	Average Weight Loss at 1 year	Benefits in adiposity related health parameters	Cost	Provincial Coverage for Obesity Pharmacotherapy
Liraglutide 3mg SC daily	Overweight and Obesity PreDM T2DM NASH OSA	-8.6% vs -2.6% placebo	remission of preDM A1C NASH parameters apnea-hypopnea index BP QoL	\$\$\$\$	None
Naltrexone- Bupropion 16/180mg PO bid	Overweight and Obesity T2DM	-6.1% vs -1.3% placebo	A1C Depression scores Cravings QoL	\$\$\$	None
Orlistat 120mg PO tid	Overweight and Obesity preDM T2DM	-10.2% vs -6.1% placebo	Remission of PreDM A1C	\$\$	None
Semaglutide 2.4mg SC weekly	Overweight and Obesity PreDM T2DM NASH	-14.9% vs -2.4% placebo	A1C NASH parameters BP Cravings QoL	TBD	None

* Clinical trials conducted in populations with overweight and obesity, and trials conducted in populations with overweight/obesity and specific comorbidities (preDM, T2DM, NASH, OSA)

Abbreviations: preDM = prediabetes; T2DM = type 2 diabetes mellitus; NASH = nonalcoholic steatohepatitis; OSA = obstructive sleep apnea; A1C = hemoglobin A1c; BP = blood pressure; QoL = quality of life