

# Advantages and Disadvantages of Trendy Weight Loss Medications

When someone starts a weight-loss journey, they often consider taking weight-loss medications. Although these pills seem to offer quick relief, it's essential to know their pros and cons when discussing their use with a healthcare provider.

This article examines weight reduction tablets and injections, highlighting their advantages and disadvantages. Together, let's delve into the realm of the best weight loss pills and make informed decisions.

## An Overview of Prescription Weight Loss Medications

If a person is unable to achieve weight loss through lifestyle changes and has a body mass index (BMI) of 30 or above due to obesity, a healthcare professional may prescribe weight loss medication. Additionally, people with obesity-related health concerns with a BMI of 27 or above with obesity-related conditions like type 2 diabetes may be prescribed these medicines.

It is essential to highlight that any anti-obesity medication is not a stand-alone remedy. They are typically recommended as part of an **extensive weight loss plan** that also includes behavioral, dietary, and lifestyle changes, including eating a healthier diet and getting more exercise. In addition, medical practitioners prescribe and supervise these medications to help decrease chances for adverse effects.

## Types of Weight Loss Medications

Prescription medications for weight loss fall into several categories, such as:

- **Appetite Suppressants.** They lessen the feeling of hunger, enabling people to eat fewer calories. Diethylpropion and phentermine are two examples.
- **Fat Absorption Inhibitors.** These medications prevent the body from absorbing fats from food, which lowers calorie consumption. One such example in this class is Orlistat.
- **Combination Prescriptions.** Certain medications combine various strategies for weight loss. For example, Qsymia increases feelings of fullness and suppresses appetite by combining topiramate and phentermine.

# FDA-approved Medications for Weight Loss

## Semaglutide

This medication mimics the action of glucagon-like peptide-1 (GLP-1), a hormone that acts on brain regions responsible for controlling hunger and food intake. The FDA approved this medication to treat type 2 diabetes but with different names and dosages. Subsequently, semaglutide was limited to weight loss under the [Wegovy](#) brand. Subcutaneous (under the skin) self-injections of 2.4 milligrams are the usual weekly dosage for weight loss.

The medication has the following side effects: headache, fatigue, diarrhea, nausea, and vomiting.

## Orlistat

The medication decreases the amount of dietary fat absorbed in the intestines by inhibiting the activity of [lipase enzymes](#). People who have a body mass index (BMI) of 30 or above, or those who have conditions associated with obesity and have a BMI of 27 or higher, are usually prescribed Orlistat.

This medication has the following adverse effects: cramping in the abdomen, bloating, and oily spotting. Additionally, it might hinder the absorption of fat-soluble vitamins.

## Phentermine/Topiramate

Topiramate is an anticonvulsant that increases feelings of fullness and decreases food cravings, whereas [phentermine](#) suppresses appetite. It is designed for those with weight-related conditions who have a BMI of 27 or higher or a BMI of 30 or higher.

Possible side effects include constipation, paresthesia, sleeplessness, and elevated heart rate. Furthermore, because of the potential for birth abnormalities, it is not advised for pregnant women.

## Liraglutide

The medicine [Liraglutide](#) is a glucagon-like peptide-1 (GLP-1) receptor agonist initially developed to treat diabetes. It aids in blood sugar regulation. It also suppresses hunger by acting on the brain. Recommended for those with a BMI of 27 or higher with at least one condition related to weight or those with a BMI of 30 or higher.

Some prevalent side effects include nausea, vomiting, and diarrhea. Patients with a history of cardiovascular illness are recommended to exercise caution as it may potentially elevate heart rate.

## Bupropion-naltrexone

The [medication](#) is a combination of two drugs: bupropion, used to treat depression or aid in quitting smoking, and naltrexone, used to treat alcohol and drug dependence. You might feel less hungry sooner if you take this medication.

Blood pressure needs frequent monitoring during bupropion-naltrexone (Contrave) treatment due to potential increase. Other adverse effects include constipation, headaches, and nausea.

## Setmelanotide

[Setmelanotide](#) has only been approved by the FDA for individuals aged 6 and older who suffer from obesity as a result of one of the three uncommon hereditary conditions: leptin receptor deficiency, proprotein subtilisin-kexin type 1 deficiency, or proopiomelanocortin deficiency. The medication might lessen hunger, heighten feelings of fullness, and speed up the body's resting metabolism—the process through which it consumes calories. It may help in weight loss but cannot cure hereditary problems.

The possible side effects of Setmelanotide are swollen or inflamed skin where the needle was inserted, darker skin patches, nausea, diarrhea, and abdominal pain.

## Pros and Cons of Weight Loss Pills

Weight loss medications can have several benefits and drawbacks in general.

Pros	Cons
<ul style="list-style-type: none"><li>● <b>Faster Weight Loss:</b> With lifestyle modifications like a balanced diet and consistent exercise, weight loss medications can help people lose weight more quickly.</li><li>● <b>Metabolic Control:</b> By controlling energy expenditure, several medications can aid people maintain a healthy weight by regulating metabolism.</li><li>● <b>Benefits to Health:</b> Losing weight can enhance several health indicators, including a lower chance of type 2 diabetes, better cardiovascular health, and less joint stress.</li><li>● <b>Appetite Suppression:</b> Some medications can help suppress hunger, which makes it simpler for people to follow low-calorie diets.</li></ul>	<ul style="list-style-type: none"><li>● <b>Side effects:</b> Nausea, diarrhea, constipation, and sleeplessness are some of the common adverse effects that weight loss medications may cause. Each individual may experience different types and levels of side effects, and some may not experience side effects at all.</li><li>● <b>Cost:</b> Weight-loss medications can be costly, and some may find their insurance does not cover these costs, making them financially burdensome.</li><li>● <b>Dependency Risk:</b> Certain medications have a risk of dependency, making it difficult for people to continue losing weight without them.</li><li>● <b>Limited Long-Term Data:</b> Because studies on weight loss medications often have short-term duration, their long-term efficacy and safety can not be predicted.</li></ul>

	<ul style="list-style-type: none"><li>• <b>Individual Variability:</b> Different people respond to medications differently, so what works well for one person might not work as well for another. Finding the right medication may need some trial and error.</li><li>• <b>Regain of Weight:</b> If lifestyle modifications are not maintained after stopping medication, people risk gaining it again.</li></ul>
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## To Conclude

Anyone considering supplements for weight loss or diet pills must speak with a medical expert who can evaluate their circumstances, review possible advantages and disadvantages of particular medications, and track health response over time. Any weight loss plan should include lifestyle changes like regular exercise and a balanced diet.