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# Pharmacological Treatment of Obesity

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The prevalence of obesity and related comorbidities is increasing worldwide, including in Korea.

According to the Obesity Fact Sheet 2017 released by the Korean Society for the Study of Obesity (KOSSO) using the National Health Insurance Service Health Checkup database, from 2009 to 2015, the prevalence of obesity increased from 29.7% to 32.4%, and that of abdominal obesity increased from 18.4% to 20.8% among Korean adults aged more than 20. Considering the socioeconomic burden of obesity and its association with significant comorbidities, the identification of actionable risk factors would be beneficial for public health. Excess caloric intake and physical inactivity have been identified as major risk factors that can be

modified by patient action. Pharmacological therapy may be necessary to help patients achieve weight loss if they fail in lifestyle modification. Ultimately, behavioral changes and adjunctive pharmacotherapy are both important to attain initial weight loss goal and prevent weight regain. Individualization and a careful review of pharmacological options are needed when initiating a new weight loss medication for a patient. In this lecture, I will discuss medication options in obesity management. I will focus on reviewing recently FDA-approved medications with their efficacy and safety. Along with a lipase inhibitor, orlistat, lorcaserin, naltrexone/bupropion, topiramate/phentermine, and liraglutide will be introduced and compared.