

A novel approach to phentermine management as a pharmaceutical product: weight loss goal for individuals with acceptable weight- A case study

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Medical guidelines indicate that obesity is a common, severe, and costly chronic disease. It is suggested that nutritional requirements and active lifestyle modifications sustain acceptable weight in individuals. However, not following the recommendations resulted in obesity in two-thirds (4 in 10) of the United States adult population. The Food and Drug Administration's (FDA) approval of anti-obesity medications (AOMs) intensifies pharmaceutical companies' potential to expand the availability of weight loss medications significantly. Therefore, clinical practices prescribe AOMs such as phentermine which is one of the most prescribed weight loss medications. This case study investigated the role of phentermine in a 26-week weight loss trial of a healthy adult female from January 31 to July 31, 2023. To our knowledge, this study is the first of a non-overweight, non-obese female with no pre-existing health conditions. The expectation was that the patient would lose 3% to 5% of body weight in 12 weeks. However, the patient lost 7.5% of the body weight in 12 weeks and had shown close to 10% of body weight loss in 26 weeks. The researchers recommended that studies with a larger sample population size need to be conducted..

Biography

Dr. Ellie Abdi is an American academician with various roles in education from PK to Doctoral Studies. The focus of her research is on physical education, sports science, health, and history. She has been serving as an editorial board member in many international scientific journals in addition to *livre de Lyon* publishing in France. Dr. Abdi not merely is invited to many editorial journals, scientific committees, conferences, radio & TV stations as an author, presenter & keynote just as so her research, interviews, and articles have been published on sites & journals globally and domestically. The author of 5 books, co-author of several chaptered books on biomechanics, Dr. Abdi has written more than 50 r papers with more than 200 citations.

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