

Pharmaceutical treatment of obesity

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Although the treatment of obesity with a healthy dietary intervention can have long-term results, this seems to happen only in a small patient population, mainly due to adaptive changes in appetite regulation mechanisms that ultimately lead to increased food intake. Regarding the pharmaceutical treatment of obesity, various medicinal substances have been tested in recent decades, most of which have been withdrawn from the market due to adverse effects. Indications for administration of anti-obesity drugs are: BMI ≥ 30 kg/m² or BMI ≥ 27 kg/m² with comorbidity related to obesity, such as type 2 diabetes mellitus (T2DM), arterial hypertension, fatty infiltration, etc. Currently, three medicinal preparations have official approval in Europe for the treatment of obesity, i.e., orlistat, liraglutide, burpotion/naltrexone, and several substances are being tested in clinical

trials that hopefully soon will enter the market. The purpose of this speech is to describe the pharmaceutical treatment of obesity, current and future perspectives.

Biography

Sofia Konstantinidou is the Head of clinical pharmacy department at Athens Medical Centre, Greece. She is also a PhD Candidate in Clinical Pharmacology- Metabolic Syndrome and Obesity, at Athens Medical School of the National and Kapodistrian University of Athens, in 'Cardiovascular and Metabolic Effects of Obesity Drugs'. She holds an MSc in Clinical Pharmacy, International Policy and Practice from UCL of London and an MPharm degree (1st Class Honours) from King's College London. She has been an invited speaker in several international scientific conferences and published more than 15 papers in peer-reviewed journals. Moreover, she has been a reviewer in international journals.

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