



Phentermine and Weight Loss

Suresh Konda*

SRM university, Chennai, India

Rapid Communication

Phentermine (Adipex-P, Lomaira) is an amphetamine-like prescription medication won't to suppress appetite. It can help weight loss by decreasing your hunger or making you are feeling full longer. Phentermine is additionally available together with topiramate for weight loss.

Like other prescription weight-loss drugs, phentermine is meant to be used as a part of an overall weight-loss plan. it's indicated for people that are obese, and who have did not lose enough weight with diet and exercise alone — not for people that want to lose just a couple of pounds.

Taking phentermine helps suppress your appetite, thereby limiting

what percentage calories you eat. Over time, this will cause weight loss.

While the precise mechanisms behind the appetite-reducing effects of phentermine remain unclear, the drug is assumed to act by increasing neurotransmitter levels in your brain (6Trusted Source, 7Trusted Source).

Neurotransmitters are your body's chemical messengers and include norepinephrine, serotonin, and dopamine.

When your levels of those three chemicals increase, your feeling of hunger decreases.

However, you'll build a tolerance to the appetite-suppressing effects of phentermine within a couple of weeks. therein case, you ought to not increase your dose of the drug but stop using it altogether.

*Corresponding author: Suresh Konda, SRM university, Chennai, India; E-mail: suresh.konda@rediffmail.com

Received: April 16, 2021; Accepted: April 23, 2021; Published: April 30, 2021

Citation: Konda S (2021) Phentermine and Weight Loss. J Obes Weight Loss Ther 11: 450.

Copyright: © 2021 Konda S. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.