

### **Phentermine and Topiramate (Qsymia®)**

The combination of Phentermine and Topiramate extended release is marketed by the trade name Qsymia™. This is best used by people with obesity who have been unable to lose weight with other medications or diets and exercise. Topiramate was initially developed as an anti-diabetes medication (it is thought to prevent the body from producing glucose from non-glucose molecules in times of stress) but approved first as an anti-seizure medication. In clinical trials for seizures, it was found to result in weight loss and then other clinical trials found it to be effective in treating migraine headaches (2). Topiramate may never be taken by a woman who is pregnant.

This drug is approved by FDA for use in overweight patients with a comorbidity, such as uncontrolled hypertension, high cholesterol, diabetes.