



Learn more about Incretins and Weight Management for Type 2 Diabetes

# Weight Management Treatment Options

Behavioral strategies should be used to support diabetes self-management and engagement in health behaviors to promote optimal diabetes health outcomes.

## Counsel People with Diabetes on SMART Goals

### CHARACTERISTICS OF GOAL SETTING

- SPECIFIC**
- MEASURABLE**
- ACTIONABLE**
- REALISTIC**
- TIMELY**

Treatment options for weight management include:

“SMART” LIFESTYLE MODIFICATIONS



ANTI-OBESITY MEDICATION

BARIATRIC SURGERY

PERSON-CENTERED APPROACH



### PHARMACOLOGICAL AGENTS

Medication	Common side effects	Possible safety concerns/considerations
<b>Short-term treatment (≤12 weeks)</b>		
<b>Sympathomimetic amine anorectic</b>		
Phentermine 	Dry mouth, insomnia, dizziness, irritability, increased blood pressure, elevated heart rate	<ul style="list-style-type: none"> <li>Contraindicated for use in combination with monoamine oxidase inhibitors</li> </ul>
<b>Long-term treatment (&gt;12 weeks)</b>		
<b>Lipase inhibitor</b>		
Orlistat 	Abdominal pain, flatulence, fecal urgency	<ul style="list-style-type: none"> <li>Potential malabsorption of fat-soluble vitamins (A, D, E, K) and of certain medications (e.g., cyclosporine, thyroid hormone, anticonvulsants, etc.)</li> <li>Rare cases of severe liver injury reported</li> <li>Cholelithiasis</li> <li>Nephrolithiasis</li> </ul>
<b>Sympathomimetic amine anorectic/antiepileptic combination</b>		
Phentermine/topiramate ER 	Constipation, paresthesia, insomnia, nasopharyngitis, xerostomia, increased blood pressure	<ul style="list-style-type: none"> <li>Contraindicated for use in combination with monoamine oxidase inhibitors</li> <li>Birth defects</li> <li>Cognitive impairment</li> <li>Acute angle-closure glaucoma</li> </ul>
<b>Opioid antagonist/antidepressant combination</b>		
Naltrexone/bupropion ER 	Constipation, nausea, headache, xerostomia, insomnia, elevated heart rate and blood pressure	<ul style="list-style-type: none"> <li>Contraindicated in people with unmanaged hypertension and/or seizure disorders</li> <li>Contraindicated for use with chronic opioid therapy</li> <li>Acute angle-closure glaucoma</li> <li><b>BLACK BOX WARNING:</b> Risk of suicidal behavior/ideation in people younger than 24 years old who have depression</li> </ul>
<b>Glucagon-like peptide 1 receptor agonist</b>		
Liraglutide 	Gastrointestinal side effects (nausea, vomiting, diarrhea, esophageal reflux), injection site reactions, elevated heart rate, hypoglycemia	<ul style="list-style-type: none"> <li>Pancreatitis has been reported in clinical trials, but causality has not been established. Discontinue if pancreatitis is suspected.</li> <li>Use caution in people with kidney disease when initiating or increasing dose due to potential risk of acute kidney injury.</li> <li>May cause cholelithiasis and gallstone-related complications.</li> <li><b>BLACK BOX WARNING:</b> Risk of thyroid C-cell tumors in rodents; human relevance not determined</li> </ul>
Semaglutide 	Gastrointestinal side effects (nausea, vomiting, diarrhea, esophageal reflux), injection site reactions, elevated heart rate, hypoglycemia	<ul style="list-style-type: none"> <li>Pancreatitis has been reported in clinical trials, but causality has not been established. Discontinue if pancreatitis is suspected.</li> <li>May cause cholelithiasis and gallstone-related complications.</li> <li><b>BLACK BOX WARNING:</b> Risk of thyroid C-cell tumors in rodents; human relevance not determined</li> </ul>
Terzepatide 	Gastrointestinal side effects (nausea, vomiting, diarrhea, esophageal reflux), injection site reactions, elevated heart rate, hypoglycemia	<ul style="list-style-type: none"> <li>Pancreatitis has been reported in clinical trials, but causality has not been established. Discontinue if pancreatitis is suspected.</li> <li>Use caution in people with kidney disease when initiating or increasing dose due to potential risk of acute kidney injury.</li> <li>May cause cholelithiasis and gallstone-related complications.</li> <li>Gastrointestinal disorders (severe constipation and small bowel obstruction/ileus progression)</li> <li>Monitor effects of oral medications with narrow therapeutic index (warfarin) or whose efficacy is dependent on threshold concentration.</li> <li>Advise those using oral hormonal contraception to use or add a non-oral contraception method for 4 weeks after initiation and dose escalations.</li> <li><b>BLACK BOX WARNING:</b> Risk of thyroid C-cell tumors in rodents; human relevance not determined.</li> </ul>

For more information on approved obesity pharmacotherapy options, refer to Section 8 of The American Diabetes Association's *Standards of Care in Diabetes—2024*.