

## Could medication I already take be causing my weight gain?

Some medications you already take for other conditions may cause you to gain weight. For example, certain antidepressants and other psychiatric medications can cause weight gain.

Other examples include:

- Certain medications for heart conditions
- Contraceptives
- Steroids
- Some diabetes treatments

In most cases, your doctor may be able to offer an alternative medication to treat your condition

## How does an obesity medication work or help me lose weight?

## Do I need obesity medication?

Medication to treat obesity is usually prescribed if:

- You have a body mass index (BMI) of 30 or greater or
- You have a BMI of 27 or greater with underlying health conditions, like diabetes, hypertension, or sleep apnea.

Antiobesity medication should not be used in women who are pregnant or wish to become pregnant.

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## What are the different kinds of obesity medication?

Many prescription medications currently exist to treat obesity. When deciding with your doctor which one is best for you, you should take into account the following:

- Any underlying conditions or other factors that would not make you a good candidate for a certain medication
- Targets you hope to meet by taking medication, like reducing cravings or eating smaller portions