



1. Bill insurance when the BMI is >30. Let patients know from day #1 that when the BMI falls below 30 that they will be charged \$75-150 for an office visit. Make sure the patient signs an advanced beneficiary notice that they are aware of your charges when the BMI <30.
2. Determine the BMR with the Harris Benedict Equation and prescribe 500 less kcals daily.
  - a. <http://www.bmi-calculator.net/bmr-calculator/>
  - b. <http://www.myfitnesspal.com/tools/bmr-calculator>
  - c. <http://www.bmrcalculator.org/>
3. Short Acting Medications' Approved for <3 months of use. Stop all of them 1 week before general anesthesia if known/planned surgery.

	<b>Phentermine</b>	<b>Phendimtrazine</b>	<b>Benzphetamine</b>	<b>Diethylpropion</b>
<b>Indications</b>	Initial BMI>30 or >27 with risk factors	Initial BMI>30 or >27 with risk factors	Initial BMI>30 or >27 with risk factors	Initial BMI>30 or >27 with risk factors
<b>MOA</b>	Norepinephrine agonist	Sympathomimetic Amine	Sympathomimetic Amine	Sympathomimetic Amine
<b>Contraindications</b>	Glaucoma; CAD; Uncontrolled HTN	Glaucoma; CAD; Uncontrolled HTN	Glaucoma; CAD; Uncontrolled HTN	Glaucoma; CAD; Uncontrolled HTN
<b>Common Side effects</b>	Palpitations, Nausea, Dizziness, Insomnia, Dry Mouth	Palpitations, Nausea, Dizziness, Insomnia, Dry Mouth	Palpitations, Nausea, Dizziness, Insomnia, Dry Mouth	Palpitations, Nausea, Dizziness, Insomnia, Dry Mouth
<b>Starting Dosage</b>	15 or 30 mg daily 12 hours before bedtime	Usual starting dose 35mg TID or 105mg daily.	Initially 50mg in mid-afternoon	25mg 1 hour ac 1-3 daily
<b>Regular Dosage</b>	15,30 or 37mg daily	35mg 1-2 tablets 1 hour ac or 105mg daily or BID (maximum of 210mg daily)	Maximum of 50mg TID	25mg 1 hour ac (maximum of 3 daily) 75mg daily in the afternoon

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4. Medications' approved for Short and Long term use

	<b>Belviq</b>	<b>Contrave</b>	<b>Qsymia</b>	<b>Saxenda</b>	<b>Xenical</b>
<b>FDA Approval</b>	<b>2012</b>	<b>2014</b>	<b>2012</b>	<b>2014</b>	<b>1999</b>
Indications	BMI>30 or >27 with risk factors	BMI>30 or >27 with risk factors	BMI>30 or >27 with risk factors	BMI>30 or >27 with risk factors	BMI>30 or >27 with risk factors
MOA	2C serotonin receptor agonist	POMC neuron stimulation in hypothalamus?	Sympathomimetic amine/GABA inhibitor	GLP-1 Receptor agonist	Lipase inhibitor
Contraindications	Pregnancy	Pregnancy; Seizure Disorder; Opioid use	Pregnancy; Glaucoma	Pregnancy; Personal or family history of MEN2	Pregnancy; chronic malabsorption syndrome; cholestasis
Common Side Effects	Headache, dizziness, fatigue, nausea, dry mouth and constipation.	Nausea, Constipation, headache, Vomiting, Dizziness	Paresthesia's, dizziness, dysgeusias, insomnia, constipation, dry mouth.	Nausea, diarrhea, Constipation, Vomiting, Dyspepsia, headache	Fecal incontinence; Loose oily stools
Starting Dosage	Lorcaserin 10 MG BID	Naltrexone/ Bupropion 8/90mg 1 tablet in AM x 7days 1 tablet BID x 7days 2 tablet AM & 1 in PM x 7days 2 tablets BID x 7days Initial RX 70 tablets	Phentermine HCL/ Topiramate ER 3.75/23mg x 14 days	Liraglutide injection .6mg sc x 7days 1.2mg sc x 7days 1.8mg sc x 7days 2.4mg sc x 7days	Orlistat 120mg TID with meals
Maintenance Dosage	Lorcaserin 10mg BID	Naltrexone/ Bupropion 8/90mg 2 tablets BID	Phentermine HCL/ Topiramate ER 7.5, 11.25 or 15mg/ 46mg, 69mg, 92mg	Liraglutide injection 3.0mg sc daily	Orlistat 120mg TID with meals

Please e-mail any questions to [drkaplan@obesityms.com](mailto:drkaplan@obesityms.com)

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