

Courtesy of



# Can My Medicines Affect My Weight?



## Before starting a new medication or changing your dosage, find out whether it can lead to weight gain.

- Some drugs cause weight gain in some people and weight loss in others.
- Some drugs lead to weight loss at first and then cause weight gain over time.
- Often, a medicine's effect on weight depends on a person's medical and family history (including insulin resistance and type 2 diabetes) as well as dietary and exercise patterns.
- If you are taking a drug that causes weight gain, talk to your healthcare provider.
  - Ask about alternative drugs that are less likely to cause weight gain.
  - Talk to your provider about taking the lowest dose for the shortest amount of time.
  - Find out about dietary, physical activity, and lifestyle changes that may help to offset the weight gain.

## Here are some examples of medicines that can affect weight:

### Diabetes medicines

- Insulin and sulfonylurea drugs (like Glucotrol [glipizide] and DiaBeta, Micronase, and Glucovance [glyburide]) frequently cause weight gain.
- Other diabetes medicines are less likely to cause weight gain and may even help with weight loss including:
  - Fortamet, Glucophage, Glumetza (metformin)
  - Saxenda, Victoza (liraglutide)
  - Trulicity (dulaglutide)
  - Invokana, Invokamet (canagliflozin)
  - Jardiance, Synjardy (empagliflozin)
  - Farxiga, Xigduo XR (dapagliflozin)
  - Symlin Pen (pramlintide)

### Blood pressure medicines

- Some beta-blockers (such as Tenormin [atenolol], Lopressor and Toprol [metoprolol], and Inderal and InnoPran [propranolol]) can slow metabolism and make it hard to lose weight. You may benefit from switching to a beta-blocker that has less risk for weight gain (such as Coreg [carvedilol] or Bystolic [nebivolol]).
- Other blood pressure medications won't likely cause weight gain. These include:
  - ACE inhibitors (such as Vasotec [enalapril] or Prenilil and Zestril [lisinopril])
  - Angiotensin receptor blockers (such as Cozaar [losartan] or Avapro [irbesartan])
  - Calcium channel blockers (such as Cardizem, Dilt-CD, and Tiazac [diltiazem] or Adalat CC and Procardia XL [nifedipine])

### Medications for depression and other mental health conditions

- Among antidepressant medications, Paxil (paroxetine) and many others can cause weight gain. Prozac, Sarafem, and Selfemra [fluoxetine] and Zoloft (sertraline) may have less effect on weight.
- Wellbutrin [bupropion], also known as Aplenzin, Forfivo, and Zyban, is the only antidepressant that has been linked to weight loss.
- Antipsychotic medications (such as Zyprexa [olanzapine]) and medications for bipolar disorder (such as Lithobid [lithium]) frequently cause weight gain.

Steroids and certain contraceptive medications may cause significant weight gain. Talk to your provider about alternatives.

Not all brand names for these medications are listed here. You can search for the generic name on websites such as <https://medlineplus.gov/druginformation.html> to find other brand names you may be using.

**Different medications are appropriate for different people. Ask your healthcare provider about which drugs are best for you.**