



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.

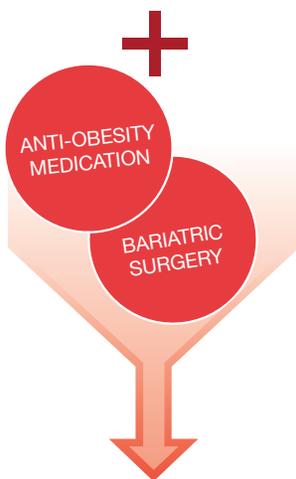
Counsel People with Diabetes on SMART Goals

CHARACTERISTICS OF GOAL SETTING

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

Treatment options for weight management include:

“SMART” LIFESTYLE MODIFICATIONS



PERSON-CENTERED APPROACH



PHARMACOLOGICAL AGENTS

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

For more information on approved obesity pharmacotherapy options, refer to Section 8 of The American Diabetes Association’s *Standards of Care in Diabetes—2023*.