

## WEIGHT LOSS PROGRAM

Big Tree Medical Home commonly uses Phentermine, alone with strict dietary restrictions for the purpose of weight loss. We will be performing a physical exam and discuss with you various weight loss strategies, including medication, that can help you achieve your goals. Part of orientation to our weight loss program involves a physical exam, along with labs and possibly EKG to rule out any conditions that may disqualify you from being a good candidate to certain weight loss medications, including Phentermine.



Medical conditions such as history of gallbladder disease, diabetes, autoimmune diseases, HIV, heart disease, liver disease, kidney disease, uncontrolled high blood pressure, seizure disorder, blood disorders (anemia, thalassemia, hemophilia, etc.), emphysema or asthma, and any history of stroke or cancer may impair certain medication and dietary restriction options for your weight loss program. Advise us of these conditions if you have or develop them during your weight loss treatment.

You may not be a good candidate for Phentermine if any of the Contraindications and Warnings listed below apply to you.

### **Contraindications and Warnings**

Patients with the following should not use Phentermine:

- People who have heart disease or uncontrolled hypertension
- Women who are pregnant, nursing, or planning to become pregnant
- People who have glaucoma
- People with uncontrolled hyperthyroidism (overactive thyroid)
- People who are taking a monoamine oxidase inhibitor (MAOI) now or have taken one within the past 14 days
- People who are prone to agitation (extreme restlessness and irritability)
- People with a history of drug abuse

Patients with the following should take special precautions:

- Those who have diabetes may need insulin medication adjustments while taking phentermine

### **Side Effects**

While Phentermine is generally free of negative side effects, there is the possibility of the following:

- Dry mouth
- Restlessness
- Difficulty sleeping
- Increase in heart rate
- Increase in blood pressure

Less common side effects include:

- Convulsion (Seizures)
- Erectile Dysfunction
- Depression
- Panic attacks
- Fever
- Hallucinations
- Tremors/shaking
- Fainting

Rare but serious side effects include:

- **Primary Pulmonary Hypertension:** A rare, frequently fatal disease of the lungs, PPH has been reported to occur in patients receiving a combination of phentermine and fenfluramine or dexfenfluramine. The possibility of an association between PPH and the use of phentermine alone cannot be ruled out. You should stop taking Phentermine immediately if you experience new-onset dyspnea, chest pain, syncope, or lower extremity edema.
- **Heart Valve Disease:** Serious heart valve problems or disease have been reported in patients taking a combination of phentermine and fenfluramine or dexfenfluramine. The possibility of an association between valvular heart disease and the use of phentermine alone cannot be ruled out.

Phentermine treatments may involve these risks and other unknown risks listed on Page 1 and 2:

To reiterate, Phentermine is absolutely contraindicated during pregnancy and breastfeeding. If you are on Phentermine, you must stop if you are trying to become pregnant or become pregnant during the course of your medication treatment.

Phentermine is FDA approved for weight loss treatment of 12-week duration or less. However, there is research as recent as 2019 that indicates Phentermine use beyond a 12-week duration is generally safe and more effective at achieving a higher weight loss and maintaining that weight loss than stopping the medication at 12 weeks<sup>1</sup>. If you are successful with Phentermine at 12 weeks into treatment your health care provider may discuss continuing past this treatment given evidence that it is beneficial for long-term use. This is, however, off-label use of the medication.

If after your medical evaluation Phentermine is determined to be a good medication option for you, please sign below to indicate that you are aware of possible contraindications and side effects associated with this medication and consent to start treatment with Phentermine.

Name \_\_\_\_\_

Date \_\_\_\_\_