

Phentermine, topiramate reduce progression to T2DM

October 21 2013



(HealthDay)—Over two years, phentermine and topiramate extended-release (PHEN/TPM ER) treatment plus lifestyle changes lead to significant weight loss and a considerable reduction in progression to type 2 diabetes in high-risk, overweight/obese individuals, according to a study published online Oct. 8 in *Diabetes Care*.

W. Timothy Garvey, M.D., from the University of Alabama at Birmingham, and colleagues conducted subanalysis of a phase 3, randomized, double-blind study of overweight/obese subjects (BMI ≥ 27 to ≤ 45 kg/m²) with two or more comorbidities. Participants were randomized to receive placebo, PHEN 7.5 mg/TPM ER 46 mg (7.5/46), or PHEN 15 mg/TPM ER 92 mg (15/92) plus lifestyle modifications for 108 weeks.

The researchers found that, at baseline, 475 participants had prediabetes and/or metabolic syndrome (MetS). The mean percent weight loss for these [participants](#) was 2.5, 10.9, and 12.1 percent, respectively, in the placebo, 7.5/46, and 15/92 groups after 108 weeks. Compared with [placebo](#), there were reductions of 70.5 and 78.7 percent in the annualized incidence rate of type 2 [diabetes](#) for the 7.5/46 and 15/92 groups, respectively. The reductions correlated with the degree of weight loss and were accompanied by significant cardiometabolic parameter improvements. Over two years, PHEN/TPM ER was well tolerated.

"PHEN/TPM ER plus lifestyle modification produced significant [weight loss](#) and markedly reduced progression to type 2 diabetes in overweight/obese patients with prediabetes and/or MetS," the authors conclude.

Several authors disclosed financial ties to pharmaceutical companies, including VIVUS, which funded the study and manufactures PHEN/TPM ER.

More information: [Abstract](#)
[Full Text \(subscription or payment may be required\)](#)

Copyright © 2013 [HealthDay](#). All rights reserved.

Citation: Phentermine, topiramate reduce progression to T2DM (2013, October 21) retrieved 24 April 2024 from <https://medicalxpress.com/news/2013-10-phentermine-topiramate-t2dm.html>

<p>This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.</p>
--