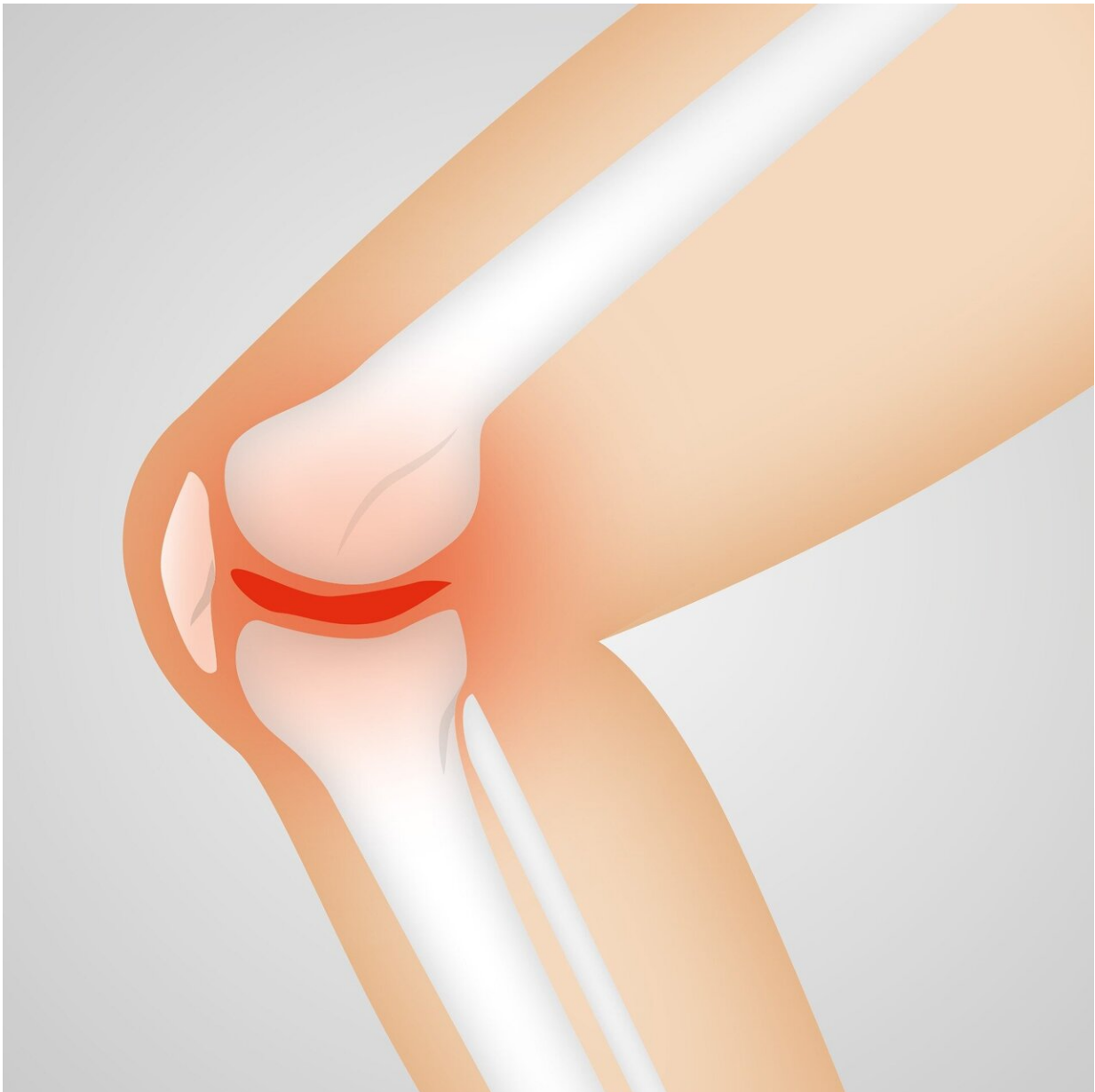


Anti-obesity medications may affect survival in people with knee or hip osteoarthritis

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New research [published](#) in *Arthritis & Rheumatology* suggests that for people overweight or with obesity who also have knee or hip osteoarthritis, a slow-to-moderate—but not fast—rate of weight loss caused by anti-obesity medications may lower their risk of premature death.

Among 6,524 participants with knee or hip osteoarthritis who were taking orlistat, sibutramine, or rimonabant, the five-year death rate was 5.3%, 4.0%, and 5.4% for the "weight gain/stable," "slow-to-moderate weight loss," and "fast weight loss" groups, respectively. Compared with the "[weight gain](#)/stable" group," the risk of death was 28% lower for the "slow-to-moderate weight loss" group and only 1% lower for the "fast weight loss" arm.

"A slow-to-moderate rate of weight loss induced by anti-obesity medications may lower the risk of death in overweight/obese people with knee/[hip osteoarthritis](#)," said first author Jie Wei, Ph.D., of Xiangya Hospital, Central South University, in China.

More information: Jie Wei et al, Weight Loss Induced by Antiobesity Medications and All-Cause Mortality Among Patients With Knee or Hip Osteoarthritis, *Arthritis & Rheumatology* (2023). [DOI: 10.1002/art.42754](https://doi.org/10.1002/art.42754)

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