

Health Bulletin

Research Continues To Show Benefits Of Weight Loss Medication In People With Type 2 Diabetes

(NAPSA)—A number of recent studies suggest that a prescription weight loss medication may have benefits for overweight or obese people with type 2 diabetes.

Doctors have known for some time that losing weight can help people with type 2 diabetes control their disease. Now, several recent studies have shown that adding the prescription weight loss medication Xenical® (orlistat) can help people lose weight and control other important diabetes measurements including blood glucose (sugar) levels better than diet alone.

Two studies published in the medical journal *Diabetes Care* and five studies presented at the American Diabetes Association (ADA) meeting showed that Xenical may have benefits for overweight or obese people with type 2 diabetes that extend beyond weight loss. Several of these studies found that participants placed on a reduced calorie diet and given Xenical lost more weight and had better control of their diabetes than those placed on the diet but not given the medication. One of the studies showed that treatment with Xenical reduced the need for diabetes medications including insulin.

“This collection of data provides strong support for the use of Xenical plus diet in conjunction with diabetes treatments in overweight or obese people with type 2



Studies show that a prescription medication may benefit overweight or obese people with type 2 diabetes.

diabetes,” said Jaime A. Davidson, M.D., F.A.C.P., F.A.C.E., an endocrinologist at Medical City Dallas Hospital, clinical associate professor of medicine at the University of Texas Southwestern Medical School and presenter of one of the studies at the ADA meeting. “Xenical, when combined with a moderate diet, appears to be a valuable tool with benefits on body weight, blood sugar control and waist circumference—all endpoints that matter in this patient population.”

These studies also found that participants receiving Xenical had lower cholesterol and lower blood pressure than those receiving placebo (sugar pill). Participants involved in these studies also experienced a reduction in cardiovascular risk factors associated with type 2 diabetes including heart disease, stroke and complications due to poor circulation.

It is not known why some people develop diabetes, however, being overweight or obese is a major risk factor in developing the type 2 form of the disease. According to the Centers for Disease Control and Prevention, an estimated 27 percent of American adults are obese and 34 percent are overweight. Today, some 16 million people have diabetes and it is nearing epidemic proportions as the American population becomes more sedentary. Diabetes can increase one’s risk for heart disease, stroke, high blood pressure, blindness and kidney disease.

The combination of Xenical along with a reduced calorie diet can help overweight or obese people with type 2 diabetes improve their overall health. Those taking Xenical are eligible to enroll in a free, comprehensive weight loss support program, XENICare, that provides personalized counseling by registered nurses and dietitians. For additional information about Xenical, talk to your doctor or call 1-800-XENICare.

Editor's Note: Fair balance statement. Xenical is unlike other weight loss medications because it is not an appetite suppressant. It is the most extensively studied pharmacological weight management treatment to date with more than 30,000 overweight or obese patients participating in clinical trials with Xenical. Since Xenical prevents about one-third of the fat in the food consumed from being absorbed, patients may experience gas with oily discharge, increased bowel movements, an urgent need to have them and an inability to control them, particularly after meals containing more fat than recommended. Xenical should not be taken if patients are pregnant, nursing, have food absorption problems or reduced bile flow. If taking cyclosporine, patients should speak to their doctors before taking Xenical. Xenical reduces the absorption of some vitamins. Therefore, a daily multivitamin is recommended.