

A Pharmacist's Perspective

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Obesity: Is it Cosmetic?

- \$147 billion
 - Annual medical costs were \$1,429 higher than those of normal weight
- Productive costs: \$3 billion and \$6 billion
 - \$80-\$130 per obese individual



CDC, Adult Obesity Causes and Consequences.
<https://www.cdc.gov/obesity/adult/causes.html>

Figure 2. NHANES III Age-Adjusted Prevalence of Hypertension* According to Body Mass Index

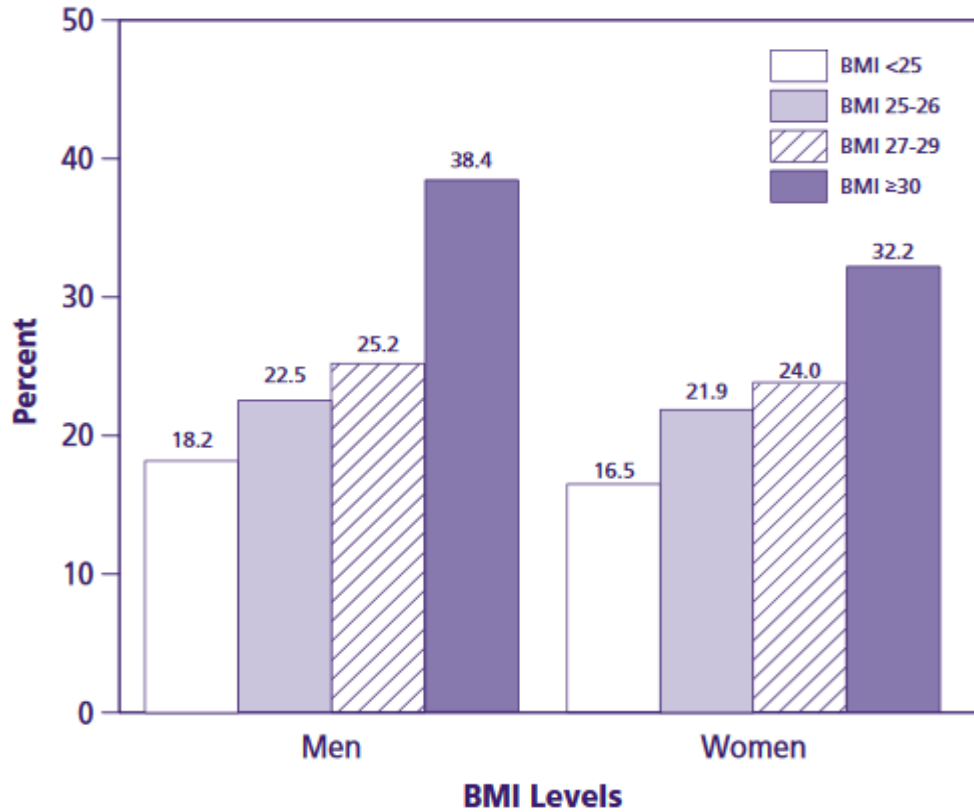
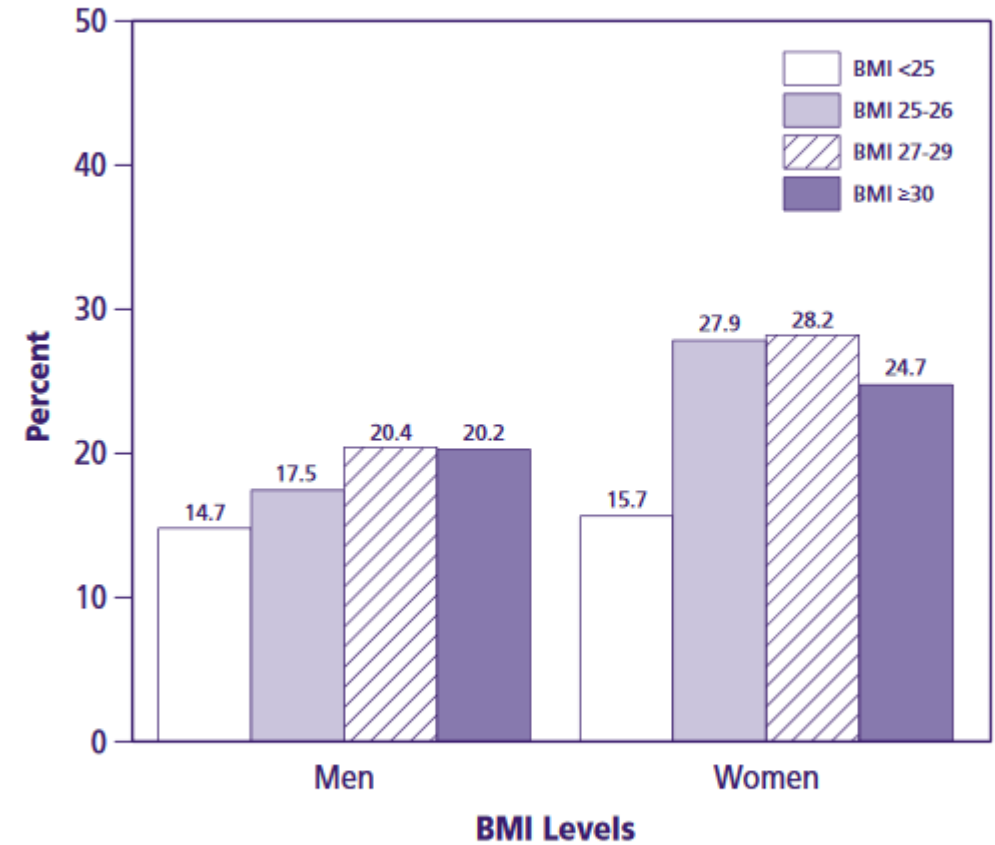


Figure 3. NHANES III Age-Adjusted Prevalence of High Blood Cholesterol* According to Body Mass Index



* Defined as mean systolic blood pressure ≥ 140 mm Hg, mean diastolic as ≥ 90 mm Hg, or currently taking antihypertensive medication.

*Defined as ≥ 240 mg/dL

Source: Brown C. et al. Body Mass Index and the Prevalence of Risk Factors for Cardiovascular Disease (submitted for publication).

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National Institute of Health, 1998.

https://www.nhlbi.nih.gov/files/docs/guidelines/ob_gdlns.pdf

Obesity: When is Treatment Recommended?

Body Mass Index (kg/m ²)	Lifestyle Modification (2-4%)	Drug Therapy (5-10%)	Bariatric Surgery (20-35%)
25-29.9	✗ <input type="checkbox"/>		
30-39 or 27- 34.9 with comorbidities*	✗ <input type="checkbox"/>	✗ <input type="checkbox"/>	
>40 or ≥ 35 with comorbidities*	✗ <input type="checkbox"/>	✗ <input type="checkbox"/>	✗ <input type="checkbox"/>

*Comorbidities include diabetes, high blood pressure, sleep apnea

AHA/ACC/TOS, 2013.

circ.ahajournals.org/content/early/2013/11/11/01.cir.0000437739.71477.ee

Obesity Management: Lifestyle Modifications

- Reduce calorie intake
- Increase physical activity
- Employ behavior therapy
 - Diet, exercise, education, support
 - Long term weight maintenance programs
- Educate and engage patients



PL Detail-Document, Weight Loss: Helping Your Overweight and Obese Patients. Pharmacist's Letter/Prescriber's Letter. May 2015.

Obesity Management: Drug Therapy Considerations



- Medications
 - Prior authorization
 - Monitor
 - Duration
- Avoid supplements
 - Garginia, raspberry ketones, green coffee extract
- Avoid drugs that cause weight gain
- Support patients who have had bariatric surgery

PL Detail-Document, Weight Loss: Helping Your Overweight and Obese Patients. Pharmacist's Letter/Prescriber's Letter. May 2015.

Oral Treatment Options

Drug Name	Mechanism	Controlled Status	Effectiveness	Cost
Diethylpropion	Appetite reduction	C-IV	6.6 lbs, over 6-12 months	\$1/day
Phentermine	Appetite reduction	C-IV	8 lbs, over 2-24 weeks	<\$1/day
Qsymia® (phentermine/topiramate extended release)	Appetite reduction	C-IV	9 lbs over 12 months; 70% of patients meet weight loss goal	\$7/day



Clinical Resource, Drugs for Weight Loss. Pharmacist's Letter/Prescriber's Letter. January 2017.

Oral Treatment Options, cont.

Drug Name	Mechanism	Controlled Status	Effectiveness	Cost
Contrave [®] (naltrexone/bupropion extended release)	Appetite reduction		≤ 9lbs at 56 weeks; less than half reached 5% weight loss goal	\$7/day
Belviq [®] , Belviq XR [®] (lorcaserin)	Promotes fullness	C-IV	7.24lbs, over 12 months; less than half reached 5% weight loss goal	\$8/day
Xenical [®] , Alli [®] (orlistat)	Prevents fat absorption from food		7.6 lbs, over 12 months; up to half reached 5% weight loss goal	\$19/day, \$1.5/day



Clinical Resource, Drugs for Weight Loss. Pharmacist's Letter/Prescriber's Letter. January 2017.

Injectable Treatment Option

Drug Name	Mechanism	Effectiveness	Cost
Saxenda® (Liraglutide)	Reduces appetite	8.1-11.4 lbs over 56 weeks; 44-62% reached weight loss goal	\$38/day



Clinical Resource, Drugs for Weight Loss. Pharmacist's Letter/Prescriber's Letter. January 2017.

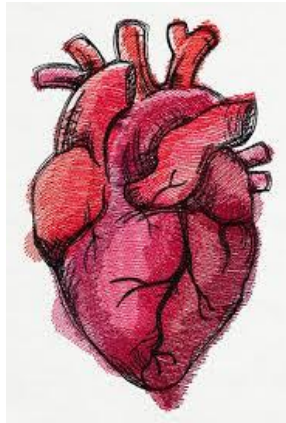
Obesity Management: Small Losses = Big Gains

5-10% weight loss

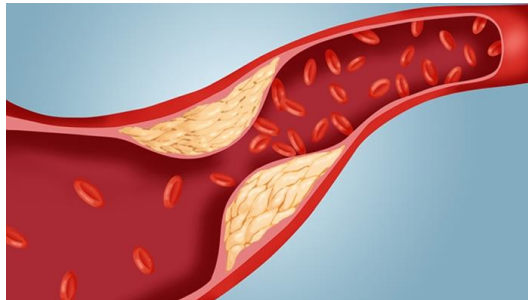
Reduced
Risk of Type
2 Diabetes



Reduced risk
of heart
disease



Improved
cholesterol



Improved blood
pressure



Improved
severity of sleep
apnea



Yanovski SZ, Yanoski JA. Long-term drug treatment for obesity. *JAMA*. 2014;311(1): 74-86.

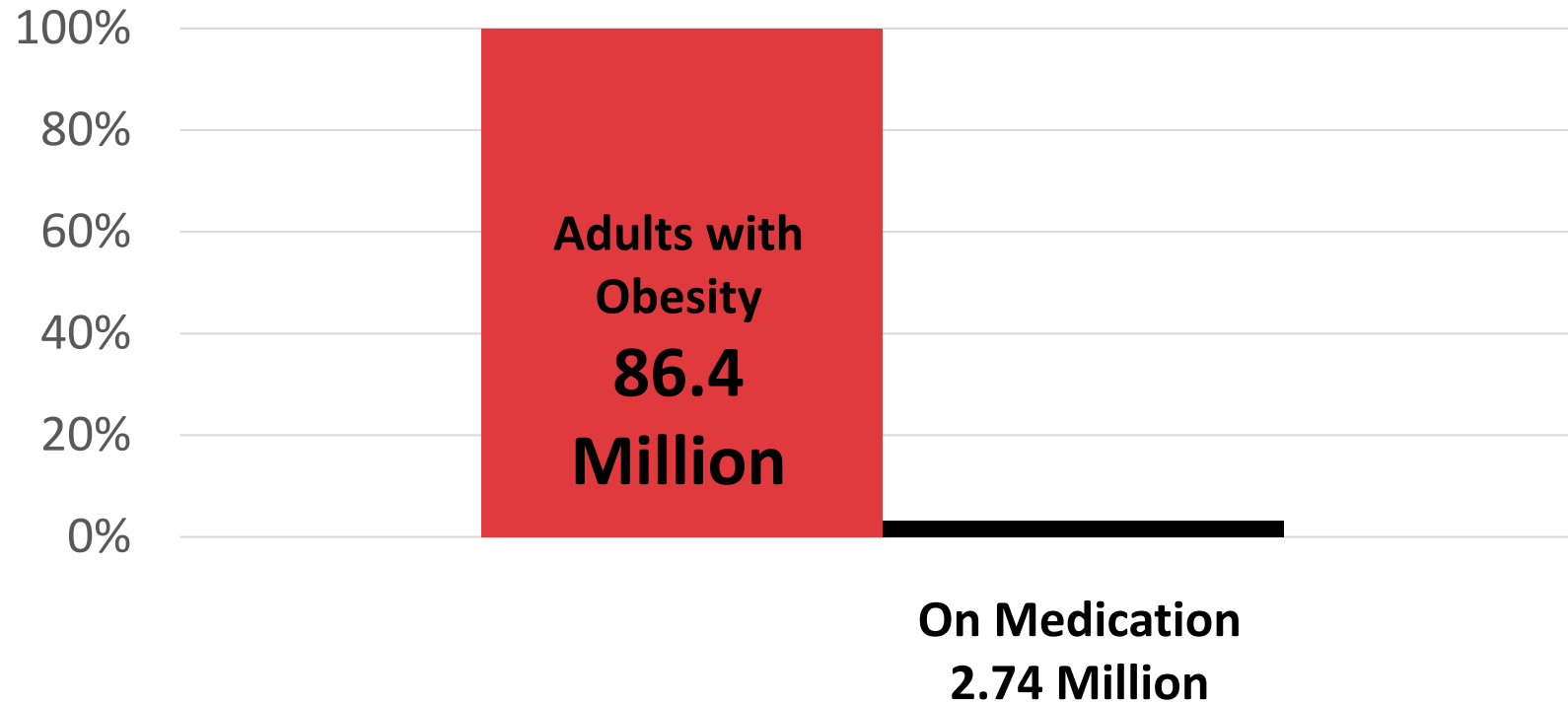
Obesity Management: Marketplace Perspective

- Not-for-profit pharmacy benefits purchasing coalition
 - 180 employer groups, 285,000 covered lives
 - 26% paid for anti-obesity drug treatments in 2017
 - 80% paid for topical acne medications in 2017

National Cooperative 



Obesity Management: Unmet Need



Hamp C, et al. Use of prescription antiobesity drug in the United States. *Pharmacotherapy*.2013; 33(12): 1299-1307.



Questions?



Thank You

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