

Recent advances on obesity pharmacotherapy

and

Obesity is a chronic metabolic condition resulting from the excessive accumulation of Adipose Tissue (AT) in the body. It is related with increased mortality and morbidity with associated conditions, like diabetes, cardiovascular diseases and the development of certain types of cancers, including esophageal, pancreatic, colon and breast cancers. The use of approved pharmacotherapy is suggested in obese or overweight adults with at least body weight-related comorbidity (e.g. type 2 diabetes, hypertension or dyslipidaemia). However, very few obese people (Body Mass Index (BMI) of ≥ 30 kg/m²) or overweight (BMI of ≥ 25 kg/m²) can effectively abide by the prescribed drug therapy or follow life style interventions and even fewer can sustain them over a long time. She has co-authored the textbook entitled Pharmaceutical Technology I: Principles of Physical Pharmacy and many book chapters. She has presented her research work in more than seventy (70) International Conferences and published more than sixty five (65) articles in peer-reviewed Journals.