

## Introduction

Obesity is a multifactorial, chronic condition that continues to be a global public health issue. It is linked to a host of comorbidities, including cardiovascular disease, type 2 diabetes, and certain cancers. Traditional approaches to weight loss, such as diet and exercise, have proven inefficient for many individuals, leading to a growing interest in pharmacotherapy as a viable treatment option.

bo ed arning for he ri k of hroid mor in animal , ho gh hi ri k ha no been de ni i el demon ra ed in h man [6].

Nal re one/b propion ma ca e ide e ec ch a na ea, in omnia, and ele a ed blood pre re. I i con ra ndica ed in indi id al i h a hi or of ei re , ea ing di order , or alcohol/ b ance ab e d e o he ri k of he e condi ion or ening.

Phen ermine/ opirama e i general ell- olera ed, b ide e ec ma incl de dr mo h, con ipa ion, in omnia, and cog ni i e e ec like memor problem e e of hi medica ion i al o a ocia ed i h a mall ri k of bir h defec and ho ld be a oided d ring pregnanc

Orli a , hile general con idered afe, ma ca e ga roin e inal ide e ec like diarrhea, bloa ing, and faool , e pecial hen high-fa food are con med.

**The role of pharmacotherapy in long-term obesity management**

Al ho gh pharmaco herap can pla a cri cal role in achie ing eigh lo , i i impor an o empha i e ha medica ion ho ld be ed a par of a broader, long- erm eigh managemen ra eg. Weigh lo medica ion are mo e ec i e hen combined i h life le change , ch a die ar modi ca ion , increa ed phical ac i i and beha ioral herap [7].

Pa ien ing he e medica ion ho ld be clo el moni ored b heal hcare profe ional o a e e cac and iden i po en ial ide e ec [8]. Addi onal, medica ion are general in ended for long- erm e and can help pa ien main ain eigh lo o er ime, pre en ing he eigh regain ha i o en een i h more radi onal eigh lo ra egie .

**Conclusion**

The land cape of obe i rea men ha e ol ed igni can i h he de lopmen of ne pharmaco herapie . Medica ion like GLP-1 recep or agoni , nal re one/b propion, and phen ermine/ opirama e o er ne hope for indi id al ho r ggle i h obe i and i rela ed heal h condi ion . While he e medica ion ha e ho n rong e cac

in clinical rial , he come i h po en ial ide e ec ha m be caref ll managed. Pharmaco herap for obe i i no a one- i e- - all ol ion, b hen ed in conj nc ion i h life le modi ca ion , i ha he po en ial o be a po erf l ool in he gh again obe i . A re arch con in e , ne medica ion and combina ion ma o er e en more e ec i e and afer op ion for pa ien eeking o manage heir eigh and impro e heir o erall heal h. Ul ima el, cce f l long- erm eigh managemen ill req ire a holi ic approach, i h pharmaco herap pla ing an impor an b complemen ar role in a comprehen i e rea men plan. rde (lgs)(ms)(o) (ds) (e of N) (sp