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Efficacy of Orlistat Plus Diet Compared to Diet Alone in Reducing Body Weight and Body Mass Index

Abstract

Obesity and overweight play an important role in the increasing incidence of metabolic syndrome. The incidence and prevalence continue to rise in Indonesia. Management of obesity and overweight comprises diet, lifestyle, pharmacotherapy, and surgery. Excess of calorie intake is the most significant component, so diet therapy has the important role. Orlistat is a potent and selective inhibitor of gastrointestinal lipases thereby prevents the digestion and absorption up to 30% of ingested dietary fat. The study enrolled overweight and obese subjects without risk factor for cardiovascular diseases for 12 weeks follow up. The objective of this study was to investigate the efficacy of orlistat 120 mg tid plus diet compared with diet alone in reducing body weight and body mass index among subjects with BMI ≥ 25 kg/m², male 21-45 years, female 21-55 years without cardiovascular risk factors (DM, BP > 140/90, HDL < 40 mg/dl, CHD, smoker) will be randomized to receive diet alone (control group) or orlistat plus diet (treatment group) for 12 weeks. It was found that during 12 weeks period, treatment group lost body weight (mean) 3.750 ± 1.997 kg and body mass index (mean) 1.535 ± 0.857 kg/m². Control group lost body weight (mean) 1.795 ± 2.212 kg and body mass index mean 0.526 ± 1.127 kg/m². There was significant difference in body weight (p= 0.006) and BMI (p=0.04) between two groups. Diet compliance of control group and treatment group was poor. Side effects of orlistat were fatty/oily stool, flatus with discharge and oily evacuation but they are tolerable. In conclusion, orlistat is effective in reducing body weight and body mass index as conjunction with diet therapy in overweight and obese management.

Keyword : orlistat, body, weight, body, mass, index,

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