



Management: (patients without T2DM)

weight _____

Semaglutide (Wegovy, Ozempic):

STEP trials (8-week VLCD diet, 32 visits/52 weeks, no cost):

Average weight loss: 16% (vs 6% w/ placebo)

16% = _____

Hyper-responders: 55% of people lost \geq 15%

Real-world data (variable visits/cost):

Average weight loss: 7%

7% = _____

Hyper-responders: 18% of patients lost \geq 10%

Tirzepatide (Zepbound, Mounjaro):

SURMOUNT trials (32 visits/72 weeks, 8 EKGs, 10 lab draws, no cost):

Average weight loss: 22.5% (vs 3% w/ placebo)

22.5% = _____

Hyper-responders: 63% lost \geq 20%

Real-world data (variable visits/cost):

Average weight loss: 15%

15% = _____

Hyper-responders: 42% lost \geq 15%

Naltrexone/Bupropion (Contrave):

BMOD trials (28 visits/56 weeks, no cost):

Average weight loss: 11.5% (vs 7.3% w/ placebo)

11.5% = _____

Hyper-responders: 18.5% lost \geq 15%

Real-world data (variable visits/cost):

Average weight loss: 9.5% by week 26

9.5% = _____

Hyper-responders: 12.7% lost \geq 15%

Topiramate XR/Phentermine (Qsymia):

EQUIP trials (56 weeks, calorie deficit recommended, nutritional and lifestyle modification counseling offered, no cost)

Average weight loss: 14.4% (vs 2.1% w/ placebo)

14.4% = _____

Hyper-responders: 47% lost \geq 10%

No real-world data published

Bariatric Surgery:

20-30% = _____ - _____