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Medicine Induced Weight Gain During Health Recovery: A Short Note

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ABSTRACT

Health has become a major outbreak to overcome and survive. Medication plays a major role in our lives for making into a lively form. Though the medicines last with the several side effects, the use of medicine cannot be minimized with the present generation increasing diseases. On other note, the quality of life and the health is not as good as the before generations with the higher note of the pollution into the environment, adulterants in the naturally occurring foods etc, body is failing to grab the good source of fibres, proteins and nutrients etc. This short communication will give a brief note on the side effects and most importantly the dangerous, life-threatening weight gain.

Keywords: Weight gain; Medication course; Side effects

INTRODUCTION

Weight gain is linked to the use of psychotropic medications, and while atypical antipsychotics have received the most attention, other medications such as mood stabilisers, tricyclic antidepressants (TCAs), certain serotonin selective reuptake inhibitors (SSRIs), and serotonin norepinephrine reuptake inhibitors (SNRIs) can also cause weight gain. Because weight increase and obesity are frequently disregarded in patients, there is often a lack of follow-up to monitor for co-morbidities connected to weight gain. An expert consensus panel on adherence problems in serious and chronic mental illness recognised psychotropic-induced weight gain as a major cause of non-adherence to pharmacotherapy for antidepressants, antipsychotic medicines, and lithium. Patients who do not take their medications as recommended are at a much higher risk of sickness worsening and re-hospitalization. Weight gain caused by psychotropics carries a substantial danger [1,2]. As a result, the weight-related co-morbidities linked with these drugs have received the greatest attention, and we now have a wealth of information on glucose dysregulation, triglyceride and total cholesterol rises, and hypertension. Weight gain associated with this class of medicines, according to Fontaine, contributed to an increase in mortality that outweighed the reduced risk of suicide associated with their usage. The negative consequences of long-term weight growth have not escaped the attention of regulatory organisations. Several clinical practise guidelines and other studies all advises choosing psychotropics that are least likely to cause weight gain, or switching to ones that are less likely to cause weight gain if weight gain happens.

Many commonly used medicines cause drug-induced weight gain, which leads to noncompliance with therapy and worsening of obesity-related comorbid illnesses. Weight gain is usually associated with improved glycemic control obtained by insulin, insulin secretagogues, or thiazolidinedione therapy. Due to the documented negative effects of weight gain on glucose management, blood pressure, and lipid profile deterioration, it is a serious side effect of medication. Diet and exercise adherence, as well as metformin combo therapy, can help to reduce or avoid weight gain. Weight gain is also a common side effect of psychiatric medication [3]. There are a many different of reasons for weight gain caused by medications. Some medications may increase patient appetite. Patient will eat more and gain weight as a result of this. Some medications may have an impact on patient body's metabolism. Patient body will burn calories at a slower rate as a result of this. Some medications can make patient retain water. Even if patient doesn't gain weight, patient will gain weight as a result of this. Other medications

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may have an impact on how patient body stores and absorbs sugar and other nutrients. If a drug makes patient weary or short of breath, patient may find it difficult to exercise [4]. Patient may gain weight as a result of this. Even researchers are not clear what causes weight gain in people who take certain medications. Weight gain can be caused by a variety of medications.

Causatives of weight gain through medicine

- Insulin, thiazolidinediones, and sulfonylureas are examples of diabetic medications.
- Haloperidol, clozapine, risperidone, olanzapine, quetiapine, and lithium are antipsychotic medications.
- Amitriptyline, imipramine, paroxetine, escitalopram, citalopram, mirtazapine, and sertraline are antidepressants.
- Medications for epilepsy, such as valproate, divalproex, carbamazepine, and gabapentin
- Prednisone or birth control tablets are steroid hormone medications.
- Beta-blockers such as propranolol and metoprolol are blood pressure-lowering medications.
- It's crucial to keep in mind that not all of these medications promote weight gain. The diabetes medication metformin, for example, may cause patient to lose weight rather than gain it. Topiramate (a medication used to treat seizures and migraines) can also aid weight loss.

Medicine related weight gain treatment

Treatment will be determined by the circumstances. In some circumstances, patient doctor may suggest switching to a different medication that is less likely to induce weight gain. This is especially true if the patient has gained a significant amount of weight and their health has suffered as a result. It may not be possible to quit taking the medicine that is causing the weight gain in some circumstances. It's possible that no other medication will be able to successfully treat the patient's symptoms. People with some mental health issues, for example, may benefit from only one or two medications. In that situation, patient might be able to reduce patient medicine dosage.

The worse possible complications due to medicine related over-weight

Over weight may lead to several worse conditions, such as;

- Diabetes or impaired glucose tolerance
- Arthritis
- High blood pressure
- Heart disease
- Stroke
- Sleep apnea
- Liver disease
- Certain lung diseases
- Infertility
- Certain cancers
- Psychological problems

CONCLUSION

Though there are many side effects with the medication intake, there must be a path to minimize them with the proper doses, proper medicine relevant to the disease or symptom etc. The doctor as well as patient should be able to understand what they say. In terms of doctor, he should ask the patient with previous health history and on-going medicine course, and then prescribe the medicine which does not cause drug-drug interactions etc. In terms of patient, he should be able to convey his medical as well as previous health history such that medication changes take place for betterment. These weight gain issues are seen during and after the medicine course but people are failing to notice it as side effect of medicine. Physical activities may improve and minimize this side effect.

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CONFLICT OF INTEREST

The author has nothing to disclose and also state no conflict of interest in the submission of this manuscript.

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