

Breakfast Symposium 2

Chairperson

Chul Sik Kim

Yonsei University, Korea

Speaker

Young Sang Lyu

Chosun University, Korea



Young Sang Lyu

Chosun University, Korea

• Education

Period	Affiliation	Position
- 2019-2021	Internal medicine, Chosun University	Ph.D.
- 2017-2019	Internal medicine, Chosun University	M.S.
- 2005-2011	Chosun university College of Medicine	M.D.

• Affiliations / Experience

Period	Affiliation	Position
- 2021-Present	Division of Endocrinology & Metabolism, Chosun University	Assistant Professor

• Publications

- 2024 Efficacy and safety of enavogliflozin vs. dapagliflozin as add-on therapy in patients with type 2 diabetes mellitus based on renal function: a pooled analysis of two randomized controlled trials. *Cardiovasc Diabetol.* 2024 Feb 15;23(1):71
- 2023 Comparison of SGLT2 inhibitors with DPP-4 inhibitors combined with metformin in patients with acute myocardial infarction and diabetes mellitus. *Cardiovasc Diabetol.* 2023 Jul 22;22(1)
- 2021 Clinicopathologic characteristics of papillary thyroid cancer originated from isthmus, *World J Surg*
- 2020 Efficacy and Safety of Treatment with Quadruple Oral Hypoglycemic Agents in Uncontrolled Type 2 Diabetes Mellitus: A Multi-Center, Retrospective, Observational Study. *dmj.*2020.0107
- 2020 Impact of Social Jetlag on Weight Change in Adults: Korean National Health and Nutrition Examination Survey 2016-2017. *Int J Environ Res Public Health* 2020 Jun 18;17(12):4383

Breakfast Symposium 2

Efficacy and Safety of Naltrexone-Bupropion in Korean Adults with Obesity: Post-Marketing Surveillance Study

Young Sang Lyu (Chosun University, Korea)

The combination of naltrexone and bupropion is an FDA-approved medication for long-term use in individuals with obesity. This combination is widely used worldwide and has been demonstrated to have modest weight loss effects through various randomized controlled trials (RCTs). Despite its widespread use, there are few studies analyzing the effects and side effects of naltrexone-bupropion, and none have focused specifically on Asian populations. Our study investigates the efficacy and safety of naltrexone-bupropion in Korean individuals with obesity using post-marketing surveillance. This study is significant as it is the first to analyze the effects of naltrexone-bupropion in a Korean population, providing valuable data that was previously unavailable. The study found that naltrexone-bupropion is both effective and safe for inducing significant weight loss in Korean individuals with obesity. Significant weight loss was observed in Korean individuals with obesity, with the greatest benefits noted in younger individuals without comorbidities. Adverse events were predominantly mild, confirming the need for personalized titration to maximize therapeutic outcomes and manage side effects. The study highlights the importance of personalized titration to maximize the therapeutic outcomes of naltrexone-bupropion. Naltrexone-bupropion can be considered an effective adjunct to obesity management strategies, particularly in a Korean population. In this presentation, I will explain the safety and efficacy of naltrexone-bupropion based on a recently analyzed post-marketing survey.