

# Sponsored Session 2

Obesity Management with Combination Phentermine  
Plus Topiramate from Strategy to Practice

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## Chairpersons

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**Ji A Seo**

Korea University, Korea

**Bumjo Oh**

Seoul National University, Korea

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## Speakers

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**Jee-Hyun Kang**

Konyang University, Korea

**Yoon Jeong Cho**

Daegu Catholic University, Korea

**Jong Han Choi**

Konkuk University, Korea



## Jee-Hyun Kang

Konyang University, Korea

### • Education

Period	Affiliation	Position
	Korea University, Department of Medicine	Ph.D.
	Ewha Womans University, Department of Medicine	M.A.
	Ewha Womans University, Department of Medicine	B.A.

### • Affiliations / Experience

Period	Affiliation	Position
	Konyang University Hospital, Department of Family Medicine	Professor
	Ewha Womans University Mokdong Hospital, Department of Family Medicine	Resident & Fellowship

### • Committee Memberships

- Korean Society for the Study of Obesity

### • Publications

- Relationship between Serum Total Testosterone Concentration and Metabolic Syndrome in Premenopausal Obese Women. *Korean J Fam Med.* 2024;45:215-22
- Guidelines for obesity clinic consultations in primary healthcare clinics. *Journal of the Korean Medical Association/Taehan Uisa Hyophoe Chi,* 2024 67(4)
- Evaluation and Treatment of Obesity and Its Comorbidities: 2022 Update of Clinical Practice Guidelines for Obesity by the Korean Society for the Study of Obesity. *J Obes Metab Syndr.* 2023 Mar 30;32(1):1-24
- Impact of biologic agents on body weight and obesity-related disorders in patients with psoriasis: A nationwide population-based cohort study. *Obes Res Clin Pract.* 2023 May-Jun;17(3):210-217
- Updated Meta-Analysis of Studies from 2011 to 2021 Comparing the Effectiveness of Intermittent Energy Restriction and Continuous Energy Restriction. *J Obes Metab Syndr.* 2022 Sep 30;31(3):230-244

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# A FAQ-Based Approach to Prescription of Combination Phentermine Plus Topiramate

Jee-Hyun Kang (Konyang University, Korea)

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This lecture will cover a FAQ-based approach to the prescription of combination Phentermine plus Topiramate. The questions addressed in the lecture include the following:

1. Can patients with weight-related chronic comorbidities take Qsymia® ?
2. Is Qsymia® better than phentermine alone or topiramate alone?
3. Is Qsymia® approved for use in adolescents in Korea?
4. What was the duration of pivotal trials for Qsymia®?
5. How should Qsymia® be discontinued?
6. Can pregnant or breastfeeding women take Qsymia®?
7. Can patients have vision problems with Qsymia® ?
8. Is Qsymia® considered a narcotic drug?
9. Can patients with psychiatric disorders also use Qsymia® ?
10. Interactions with other drugs



## Yoon Jeong Cho

Daegu Catholic University, Korea

### • Education

Period	Affiliation	Position
– 2017	Kyungpook National University Graduate School, School of Medicine	Ph.D.
– 2011	Kyungpook National University Graduate School, School of Medicine	M.S.
– 2006	Kyungpook National University Graduate School, School of Medicine	B.S.

### • Affiliations / Experience

Period	Affiliation	Position
– 2020-Present	Department of Family Medicine, Daegu Catholic University School of Medicine	Associate professor
– 2020	University of California, Irvine, School of Medicine	Visiting scholarship

### • Committee Memberships

- Information Committee, Korean Society for the Study of Obesity

### • Publications

- Smoking cessation and risk of metabolic syndrome A meta-analysis. *Medicine* 2024;103:22(e38328)
- Age-specific association of physical activity on visceral obesity: Cross-sectional study. *Obesity Medicine* 48 (2024) 100542
- Association between Smoking and Symptoms of Late-Onset Hypogonadism in Korean Men. *Korean J Fam Pract.* 2024;14(1):11-18
- Effect of Carbohydrate-Restricted Diets and Intermittent Fasting on Obesity, Type 2 Diabetes Mellitus, and Hypertension Management: Consensus Statement of the Korean Society for the Study of Obesity, Korean Diabetes Association, and Korean Society of Hypertension. *Diabetes Metab J* 2022;46:355-376
- Pharmacotherapy in obesity: the current state and the near future. *J Korean Med Assoc* 2022 August; 65(8):514-531

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## Weight Maintenance Strategy for Obesity Drug Therapy; Combination Phentermine Plus Topiramate

Yoon Jeong Cho (Daegu Catholic University, Korea)

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Obesity is increasing significant social burden worldwide. Therefore, effective long term management and treatment for obesity are crucial.

For the treatment of obesity, foundational approaches typically involve dietary, exercise and behavior interventions. Additionally, pharmacotherapy can be employed as adjunctive treatment, and in cases of severe obesity with comorbidities, bariatric surgery might be considered. Even after successful weight loss through obesity treatment, maintaining the reduced weight requires consideration of various factors. Key among these is the management of lifestyle habits including diet and exercise, along with the maintenance of appropriate behavioral therapies. Depending on the patient, continued pharmacotherapy may also be necessary. In this lecture, I aim to discuss the maintenance of weight loss achieved through the use of phentermine-topiramate combination therapy.



## Jong Han Choi

Konkuk University, Korea

### • Education

Period	Affiliation	Position
– 2024	Konkuk University School of Medicine	Ph.D.
– 2019	University of Ulsan College of Medicine	M.A.
– 2010	Chonnam National University Medical School	M.D.

### • Affiliations / Experience

Period	Affiliation	Position
– 2020-Present	Konkuk University Medical Center	Assistant Professor
– 2018-2020	Asan Medical Center, Division of Endocrinology and Metabolism	Clinical Instructor
– 2011-2014	Asan Medical Center, Department of Internal Medicine	Residency
– 2010-2011	Asan Medical Center	Intern

### • Committee Memberships

- Committee of Training and the Committee of Training in the Korean Society for the Study of Obesity
- Committee of Clinical Practice Guideline, the Committee of Health Insurance, and the Committee of Food and Nutrition in the Korean Diabetes Association
- Committee of Clinical Practice Guideline, the Committee of Legislation in the Korean Endocrine Society

### • Publications

- JH Choi, MK Moon *et al.*, 2023 Clinical Practice Guidelines for Diabetes Mellitus of the Korean Diabetes Association. *Diabetes Metab J.* 2023; 47(5): 575-594
- JH Choi, KM Kim, KH Song, GH Seo, Risk for Newly Diagnosed Type 2 Diabetes Mellitus after COVID-19 among Korean Adults: A Nationwide Matched Cohort Study, *Endocrinol Metab.* 2023
- JH Choi, M-S Kim, Homeostatic Regulation of Glucose Metabolism by the Central Nervous System, *Endocrinol Metab.* 2022;37(1):9-25
- JH Choi, YJ Cho, H-J Kim, *et al.*, Effect of Carbohydrate-Restricted Diets and Intermittent Fasting on Obesity, Type 2 Diabetes Mellitus, and Hypertension Management: Consensus Statement of the Korean Society for the Study of Obesity, Korean Diabetes Association, and Korean Society of Hypertension, *Diabetes Metab J.* 2022;46(3):355-376
- JH Choi, HR Kim, KH Song, Musculoskeletal Complication in Patients with Diabetes Mellitus, *Korean J Int Med.* 2022; 37(6): 1099-1110

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# The Role of Combination Phentermine Plus Topiramate in Obese Patients with T2DM

Jong Han Choi (Konkuk University, Korea)

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The prevalence of type 2 diabetes mellitus (T2DM) has been rapidly increasing globally, and the prevalence among adults aged 30 and above reached 16.7% in Korea in 2021. This surge is closely linked to the rising incidence of obesity, particularly among young males. Weight reduction is crucial for the management of T2DM. However, while dietary and exercise interventions are essential, their effects are often insufficient and difficult to maintain. Thus, the appropriate use of effective anti-obesity medications can significantly aid in weight loss, improve glycemic control, and potentially lead to diabetes remission.

In Korea, there are only four long-term anti-obesity medications available, with phentermine/topiramate and liraglutide being the most commonly used. Liraglutide, originally developed as an anti-diabetic medication, is highly effective in glycemic control and has proven cardiovascular benefits. However, its use is limited by its administration route (injection), higher cost, and common gastrointestinal side effects such as nausea, vomiting, and diarrhea. Conversely, phentermine/topiramate, despite its contraindications in patients with cardiovascular diseases, hyperthyroidism, glaucoma, and neuropsychiatric disorders due to its sympathomimetic and central nervous system effects, is an oral medication that is relatively affordable and has a slightly higher weight loss efficacy. Therefore, it can be safely attempted in patients without these underlying conditions.

This presentation aims to explore the mechanisms of action, efficacy, and safety of phentermine/topiramate, and to review case studies where this combination has been utilized in the treatment of patients with T2DM.