

# DRUG-INDUCED OBESITY

Drug-induced obesity occurs when medications lead to weight gain as a side effect. This can result from changes in appetite, metabolism, or fat distribution. Understanding this condition is crucial for managing and mitigating its effects.

## Common Drugs Associated with Obesity

### Antidepressants

- **Effects:** Can increase appetite and lead to weight gain.

### Antipsychotics

- **Effects:** Can alter metabolism and increase appetite, leading to significant weight gain.

### Corticosteroids

- **Effects:** Can cause fluid retention, increased appetite, and fat redistribution.

### Antidiabetic Medications

- **Effects:** May lead to weight gain as they help regulate blood sugar levels but can increase appetite.

### Mood Stabilizers

- **Effects:** Can lead to increased appetite and weight gain.

### Beta-Blockers

- **Effects:** Can contribute to weight gain by affecting metabolism and reducing physical activity.

## Mechanisms Leading to Weight Gain

### Increased Appetite

- **Description:** Some medications stimulate appetite, leading to increased food intake.



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## Altered Metabolism

- **Description:** Medications can change how the body processes and stores fat.

## Fluid Retention

- **Description:** Certain drugs cause the body to retain water, which can add to body weight.

## Changes in Fat Distribution

- **Description:** Medications can lead to abnormal fat accumulation in specific areas of the body.

## Management Strategies

1. Consult Healthcare Providers
2. Monitor Weight Regularly
3. Increase Physical Activity
4. Seek Support
5. Review Medication Options



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