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# How to Choose Weight Loss Prescription Medication

For those experiencing difficulty losing weight, you may find that taking prescription weight loss medication may work more effectively. In general, your overall health and weight should be within acceptable limits before your physician will deem these treatments appropriate enough to prescribe weight loss medication. Before calling your physician requesting prescription weight loss medication to assist you with weight loss, here is some important information to take into account.

Prescription weight loss medication is not appropriate for everyone. Your physician will need to calculate your BMI (Body Mass Index) before considering writing a prescription for weight loss medication. If your BMI is over 27 and you are presenting with obesity related health issues, then your physician will probably be favorably disposed to approving your request. If you are not presenting with any obesity related health issues you may require a BMI of over 30 before the doctor will recommend weight loss prescription medications.

Depending on your individual case, your physician has two options for weight loss medications. One option is to utilize a medication that acts as an appetite suppressant. As the description implies, this type of weight loss medication helps you feel satisfied with less food. For those who are capable of being active and engaging in exercise activities, an appetite suppressant may be all that is required to help you achieve your weight loss goals.

The second option is referred to as a fat absorption inhibitor (FAI). For patients presenting with obesity related health issues who would find it difficult to be active and engage in exercise activities, this may be the more appropriate option. A fat absorption inhibitor acts by blocking absorption of fats contained in food. So instead of your body absorbing the fat, it progresses through your digestive system and is expelled with other body waste. Because of this, the fat has no chance of being stored in the body.

Another thing to consider is the possibility of side effects related to prescription weight loss medications. Most individuals experience only mild side effects, but other people can experience more severe side effects from prescription weight loss medications. Mild side effects include

- Insomnia (difficulty sleeping)
- Nausea
- Drowsiness
- Constipation

Severe side effects include:

- Individuals becoming addicted to prescription weight loss medication
- Anxiety or panic attacks
- Increased blood pressure
- Severe headaches
- Increased heart rate

Please note: All side effects from this second group should be reported to your doctor IMMEDIATELY.

Keep in mind that your attitude is an important factor in weight loss success. If you view prescription weight loss medication as an easy way out, a way to lose weight without making any effort, then medications will not overcome your lack of commitment to weight loss. Be willing to modify your eating habits and make every attempt to exercise that you are capable of, otherwise, when you achieve your weight loss goals and stop medicating you will simply regain the weight you lost plus more. Remember, maintaining healthy eating and exercise habits will maximize your weight loss results. If you are willing to do this or are already doing it without success then consider consulting your physician regarding prescription weight loss medication today.

You can also find this article published on [How to Choose Weight Loss Prescription Medication](#)