

DRUG-ASSOCIATED WEIGHT CHANGE REFERENCE

Therapeutic Category	Drug Class	May Cause Weight Gain	Alternatives That Cause Less Weight Gain, Weight Loss, or are Weight Neutral
Psychiatry	Antipsychotic	<ul style="list-style-type: none"> • Clozapine ¹⁻⁵ • Risperidone ^{1, 4, 5} • Olanzapine ¹⁻⁵ • Quetiapine ² • Other ^{1-3, 5, 7} 	<ul style="list-style-type: none"> • Ziprasidone ^{1, 4} • Aripiprazole ⁶
	Antidepressants and Mood Stabilizers	<ul style="list-style-type: none"> • Citalopram ⁸ • Escitalopram ⁸ • Fluvoxamine ⁸ • Lithium ^{3, 5, 9} • MAOIs ^{5, 9} • Mirtazapine ⁸ • Paroxetine ¹¹ • TCAs ^{3, 5, 9} • Venlafaxine ⁸ 	<ul style="list-style-type: none"> • Bupropion ¹⁰ • Nefazodone ^{4, 10} • Fluoxetine (short term: <1 year) ^{12, 13} • Sertraline (short term: <1 year) ¹³
Neurology	Anticonvulsants	<ul style="list-style-type: none"> • Carbamazepine ^{10, 14} • Gabapentin ^{10, 15, 16} • Valproate ^{10, 14} 	<ul style="list-style-type: none"> • Lamotrigine ¹⁰ • Topiramate ¹⁷⁻²⁰ • Zonisamide ²¹
Endocrinology	Diabetes Treatments	<ul style="list-style-type: none"> • Insulin ^{3, 22} • Sulfonylureas ^{3, 22} • Thiazolidinedione ²⁴ 	<ul style="list-style-type: none"> • Metformin ^{3, 23} • Acarbose ³ • Miglitol ²⁵ • Pramlintide ²⁶ • Exenatide ²⁷ • Sitagliptin ²⁸
Obstetrics & Gynecology	Oral Contraceptives	<ul style="list-style-type: none"> • Progestational steroids ³ • Hormonal contraceptives containing progestational steroids ^{9, 29} 	<ul style="list-style-type: none"> • Barrier methods • IUDs
	Endometriosis Treatment	<ul style="list-style-type: none"> • Depot leuprolide acetate ³⁰ 	<ul style="list-style-type: none"> • Surgical methods
Cardiology	Antihypertensives	<ul style="list-style-type: none"> • α-blocker ³ • β-blocker ³ 	<ul style="list-style-type: none"> • ACE inhibitors • Calcium channel blockers
Infectious Disease	Antiretroviral Therapy	<ul style="list-style-type: none"> • Protease inhibitors ^{31, 32} 	<ul style="list-style-type: none"> • None
General	Steroid Hormones	<ul style="list-style-type: none"> • Corticosteroids ³ • Progestational steroids ³ 	<ul style="list-style-type: none"> • NSAIDs
	Antihistamines/ Anticholinergics	<ul style="list-style-type: none"> • Diphenhydramine • Doxepin • Cyproheptadine ^{33, 34} • Other potent antihistamines ^{35, 36} 	<ul style="list-style-type: none"> • Decongestants • Steroid inhalers

RESOURCES

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