

What are its Side Effects?

Belviq's most common side effects are:

- ◆ Headache
 - ◆ Dizziness
 - ◆ Fatigue
 - ◆ Nausea
 - ◆ Dry Mouth
 - ◆ Constipation
 - ◆ Back Pain
 - ◆ Cough
 - ◆ Low blood sugar as you lose weight in people with diabetes
- ➔ Be sure to check your blood sugar levels often if you take Belviq and are diabetic!



Other more serious side effects, including vision problems, depression, and memory problems are rare but possible. Talk to your doctor right away if you experience any side effects!

STOP

Belviq could slow your thinking. When you start the medication, make sure you do not drive until you know how it affects you!

Which Other Drugs does Belviq® Interact With?

Belviq can be dangerous when combined with several medications, such as those used for depression, migraine, infection, weight loss, erectile dysfunction, cough, and pain. It is important that your doctor knows everything that you are taking to avoid interactions.



Make sure you tell your doctor about everything you take, including over-the-counter products, herbals, and supplements!



UNIVERSITY OF
FLORIDA
IFAS EXTENSION

*Prepared by: Olivia Pane, UF College of Pharmacy Intern, Mary A. Keith, PhD, LD/N Food, Nutrition and Health Agent
email:mkeith@ufl.edu July, 2012*

Hillsborough County Extension, 5339 County Road 579, Seffner, FL., 33584-3334, (813) 744-5519 FAX (813) 744-5776. <http://hillsborough.extension.ufl.edu>

Hillsborough County Extension is a cooperative service of Hillsborough County Board of County Commissioners and the University of Florida. The Institute of Food and Agricultural Sciences (IFAS) is an Equal Employment Opportunity Institution authorized to provide research, educational information and other services only to individuals and institutions that function with non-discrimination with respect to race, creed, color, religion, age, disability, sex, sexual orientation, marital status, national origin, political opinions or affiliations. U.S. Department of Agriculture, Cooperative Extension Service, University of Florida, IFAS, Florida A. & M., University Cooperative Extension Program, and Boards of County Commissioners Cooperating.

BELVIQ®

The Newest Medication for Weight Loss



What is Belviiq®?

Belviiq is a new medication for weight management approved by the FDA in June 2012. It is a round blue tablet which is usually taken twice a day. Its generic name is lorcaserin hydrochloride. Belviiq is only available with a prescription.

How Does it Work?

Although the exact way it works isn't known, it is believed to work in the brain to help people eat less and feel more satisfied after a meal.



Belviiq is not a miracle diet pill! It is meant to be taken along with a reduced-calorie diet



and lots of exercise. It won't work without these!

Who is it for?

Belviiq is for adults who are considered obese (BMI over 30) OR adults who are considered overweight (BMI over 27) AND who have at least one weight-related health condition, like high blood pressure, high cholesterol, or diabetes.



BMI stands for Body Mass Index. It is a measure of weight relative to height. You can find yours by using this formula:



$$\text{BMI} = \frac{\text{Weight in pounds} \times 703}{\text{Height in inches} \times \text{Height in inches}}$$

Who Shouldn't Take Belviiq®?

Belviiq isn't for everyone. Talk to your doctor if you have congestive heart failure, valvular heart disease, slow heartbeat, kidney problems, or liver problems. Belviiq has not been studied in breast-feeding mothers or children under 18.



Pregnant women should NEVER take Belviiq. It could cause serious harm to the baby!

Does Belviiq® Actually Work?

When it was studied for one year, 47% of people without diabetes who took Belviiq lost 5% or more of their original body weight. In those who had diabetes, only 38% of people lost at least 5% of their body weight. All people who were studied were on a low-calorie diet and an exercise plan. There is no definite way to know if Belviiq will help you lose weight.



© Ron Leishman - www.ClipartOf.com/441741



Once you start taking Belviiq, your doctor will check in 12 weeks to see how much weight you've lost. If it's less than 5% of your starting weight, you will likely be taken off of the medication.