

S.I.C.O.B.  
EVENTI

S.I.C.O.B.

SICOB - EVENTO REGIONALE - ASL CUNEO 1

**SALUZZO** Venerdì, 22 Marzo 2024

RESP. SCIENTIFICI: ANDREA GATTOLIN, LAURA GIANOTTI

**L'OBESITÀ NEL 2024:  
NUOVI MODELLI  
E TRAGUARDI DI CURA**

sie  
**EnGiol**  
Endocrinologia Giovane in Italia

**L'OBESITÀ: I NUMERI, LA FISIOPATOLOGIA, LA  
TERAPIA OGGI E DOMANI**

# I farmaci: quali, quando e per quanto tempo

**MIRKO PARASILITI-CAPRINO MD, PHD**

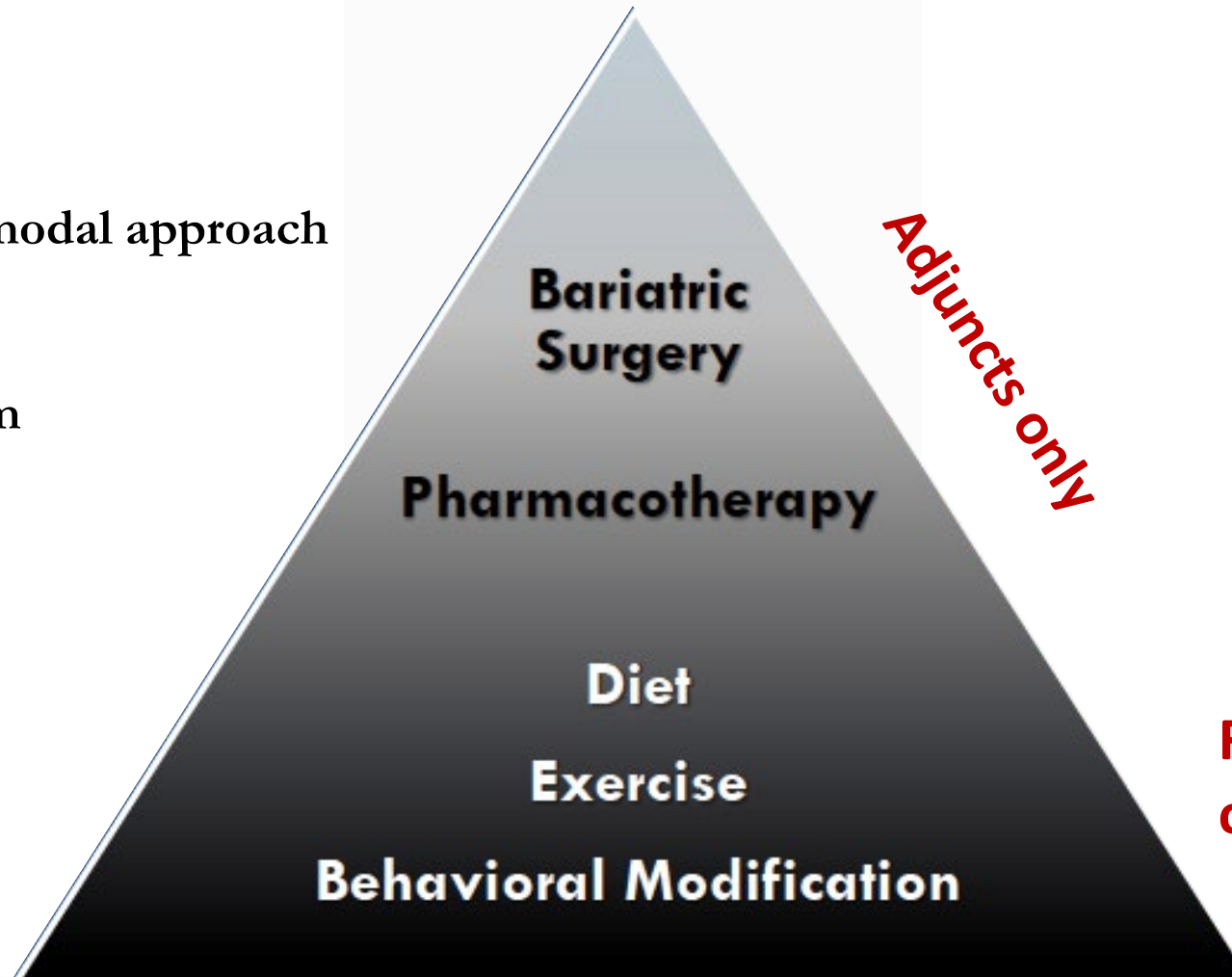
ENDOCRINOLOGIA, DIABETOLOGIA E METABOLISMO  
DIPARTIMENTO DI SCIENZE MEDICHE  
UNIVERSITÀ DI TORINO



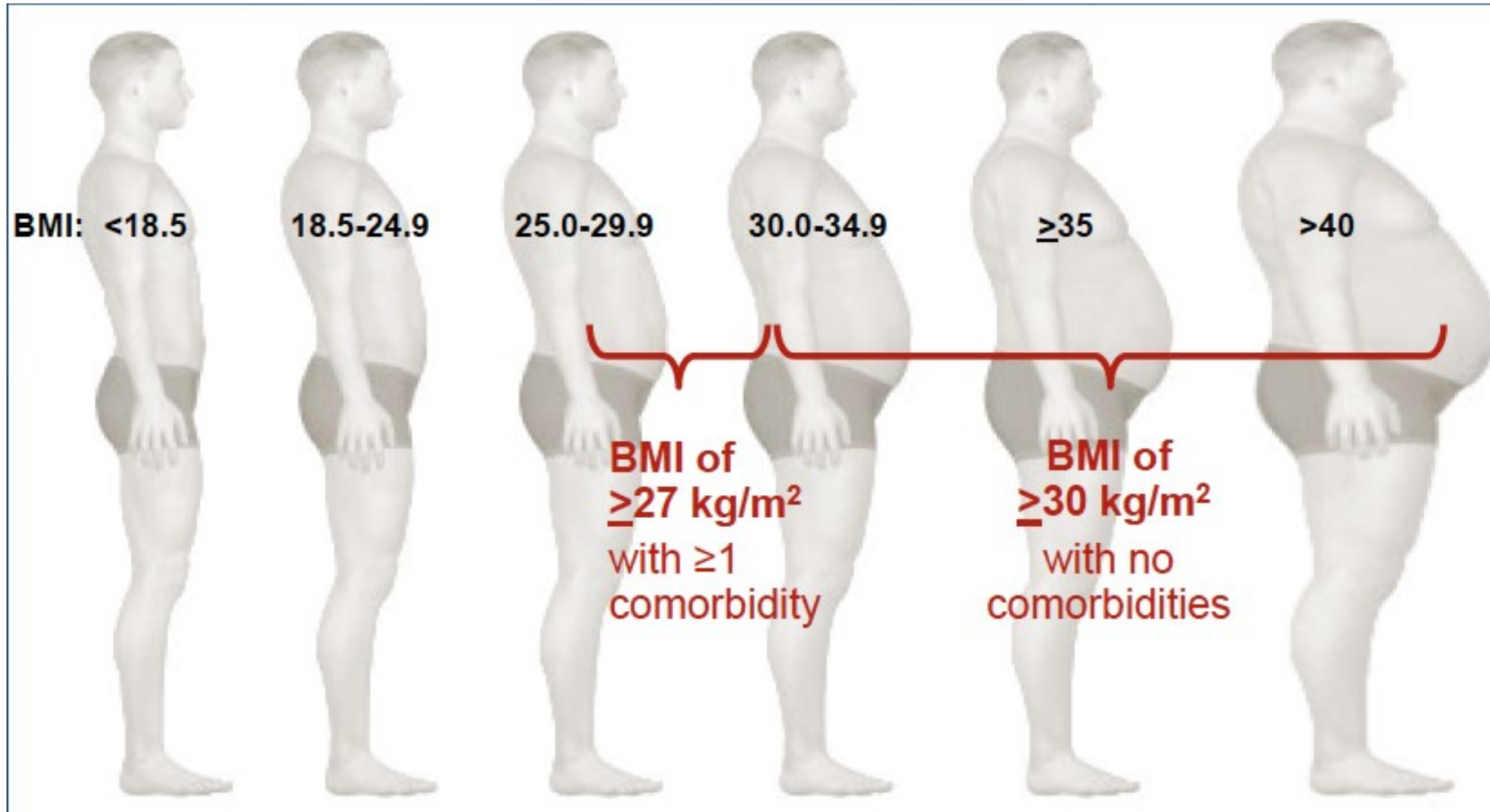
# Fundamentals of care in obesity

Integrated and multi-modal approach

Multi-disciplinary team



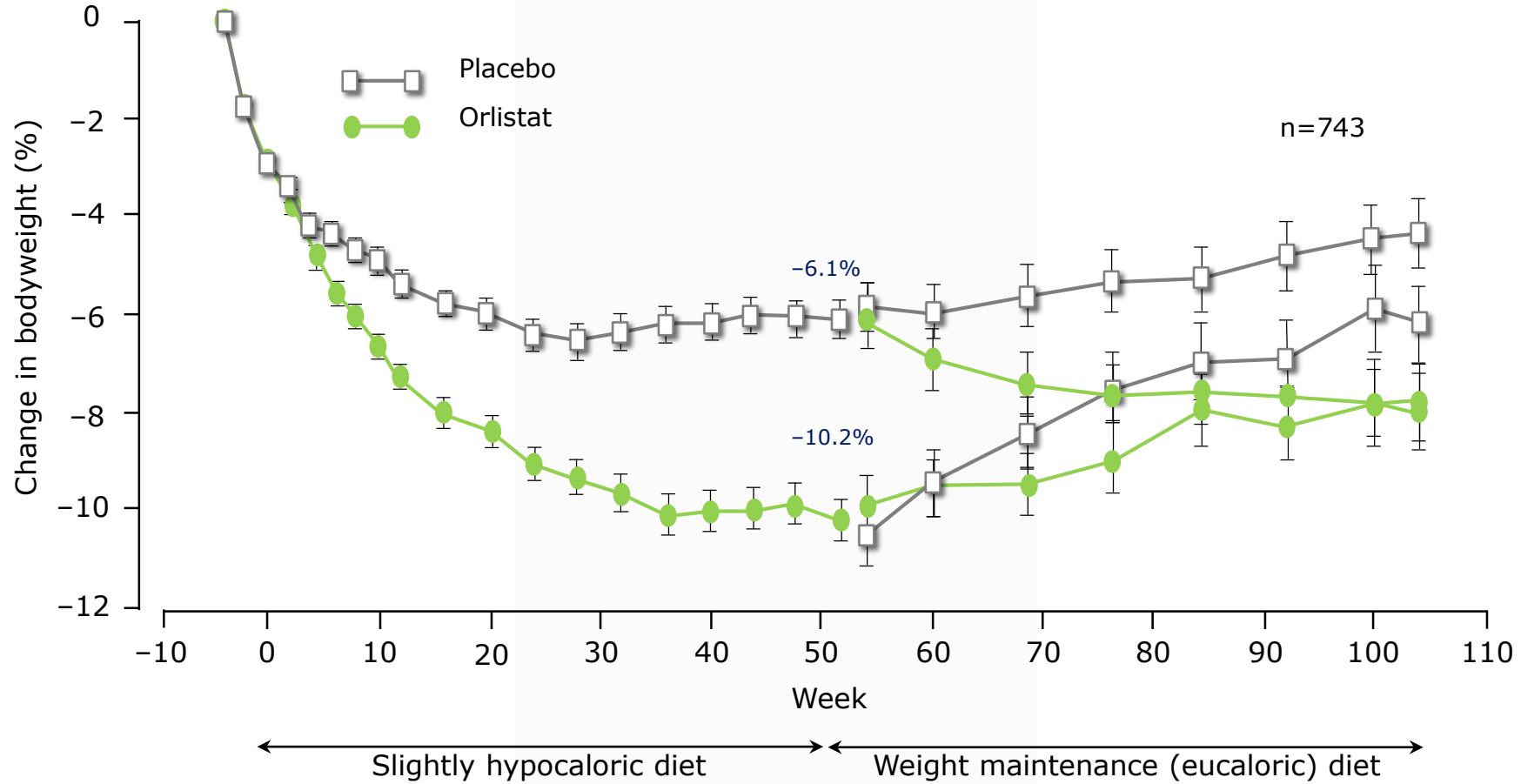
# Criteria for using approved medication





# ***Actual Medical treatment for obesity***

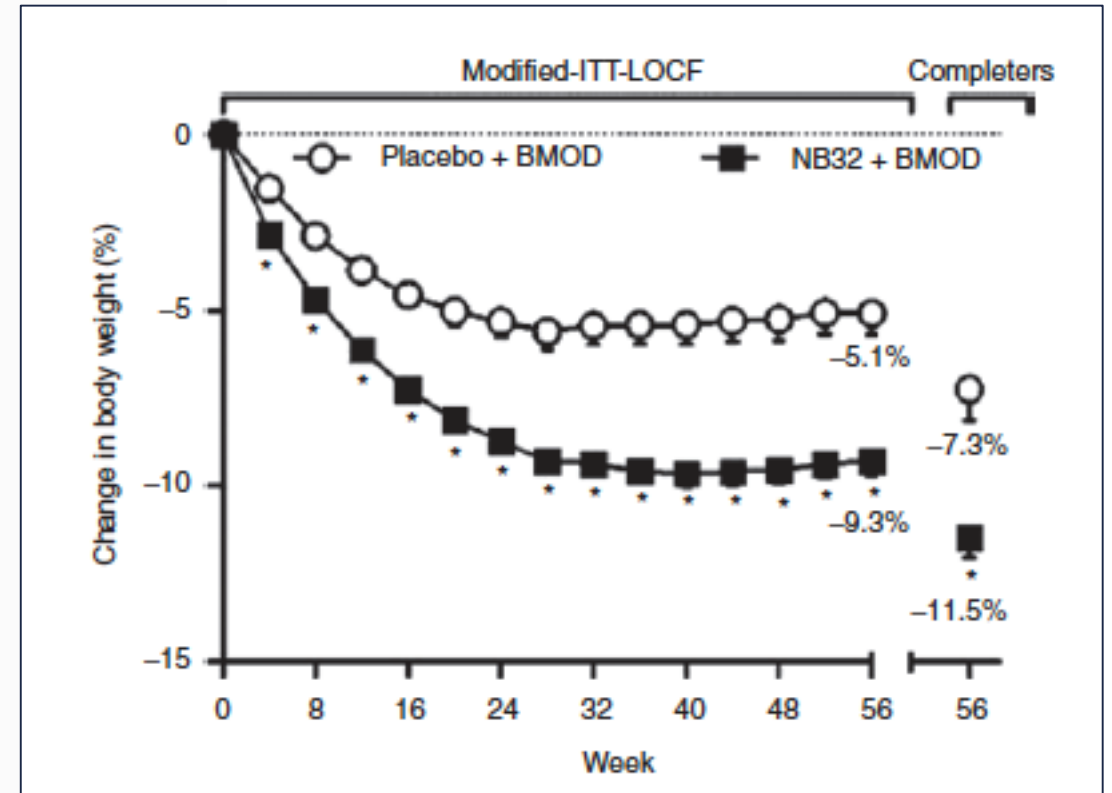
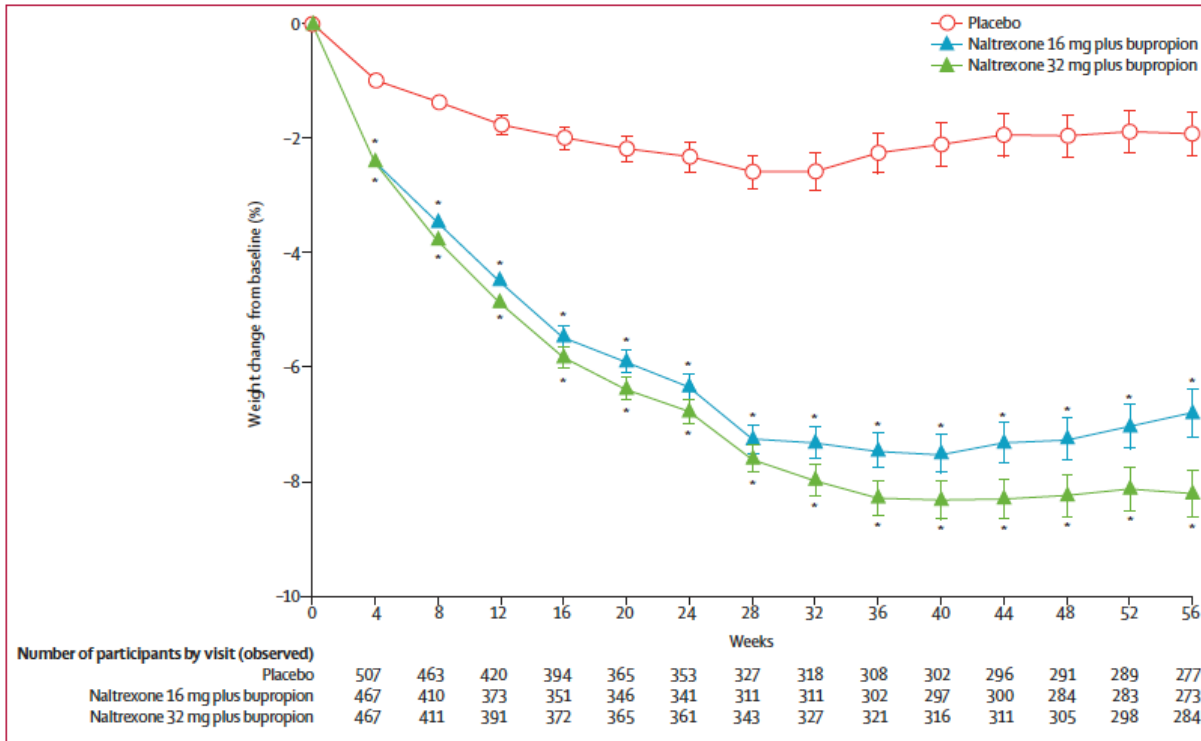
# Orlistat 60-120 mg (oral)



At the end of Year 1, subjects on orlistat 120 mg TID lost more body weight than those in the placebo group (10.3 kg vs 6.1 kg;  $p < 0.001$ )

During Year 2, patients who continued with orlistat regained half as much weight as those patients switched to placebo (2.4 kg mean difference;  $p < 0.001$ )

# Naltrexone/Bupropion (oral)



Greenway FK et al. Lancet 2010; 376: 595–605

Wadden T et al. Obesity (Silver Spring). 2011 Jan;19(1):110-20



# Naltrexone/Bupropion (oral)

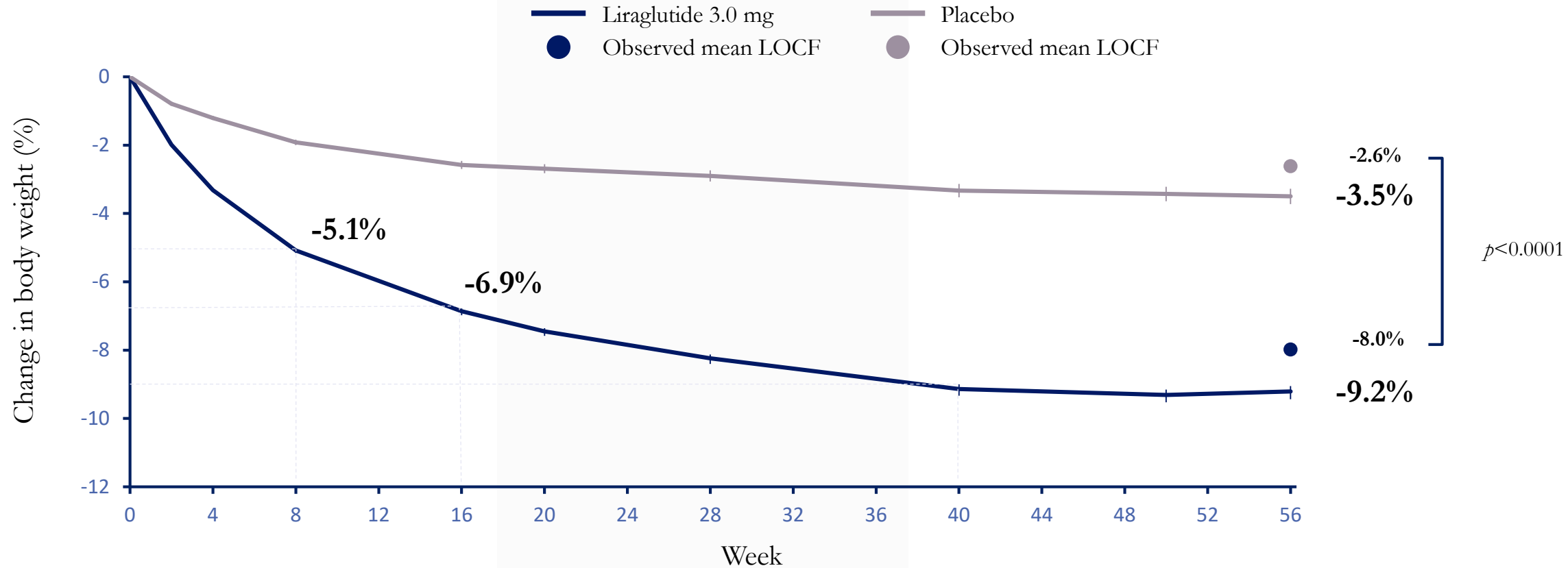
You increase your dose as follows:

	Week 1	Week 2	Week 3	Week 4+
 Morning dose	1 tablet  each day	1 tablet  each day	2 tablets  each day	2 tablets  each day
 Evening dose	None ---	1 tablet  each day	1 tablet  each day	2 tablets  each day

Once you're past the 4-week dose-escalation period and have achieved the maintenance dose, a single pack of 112 tablets lasts **4 weeks**.

# High-dose Liraglutide (daily subcutaneous)

Mean baseline weight: 106 kg

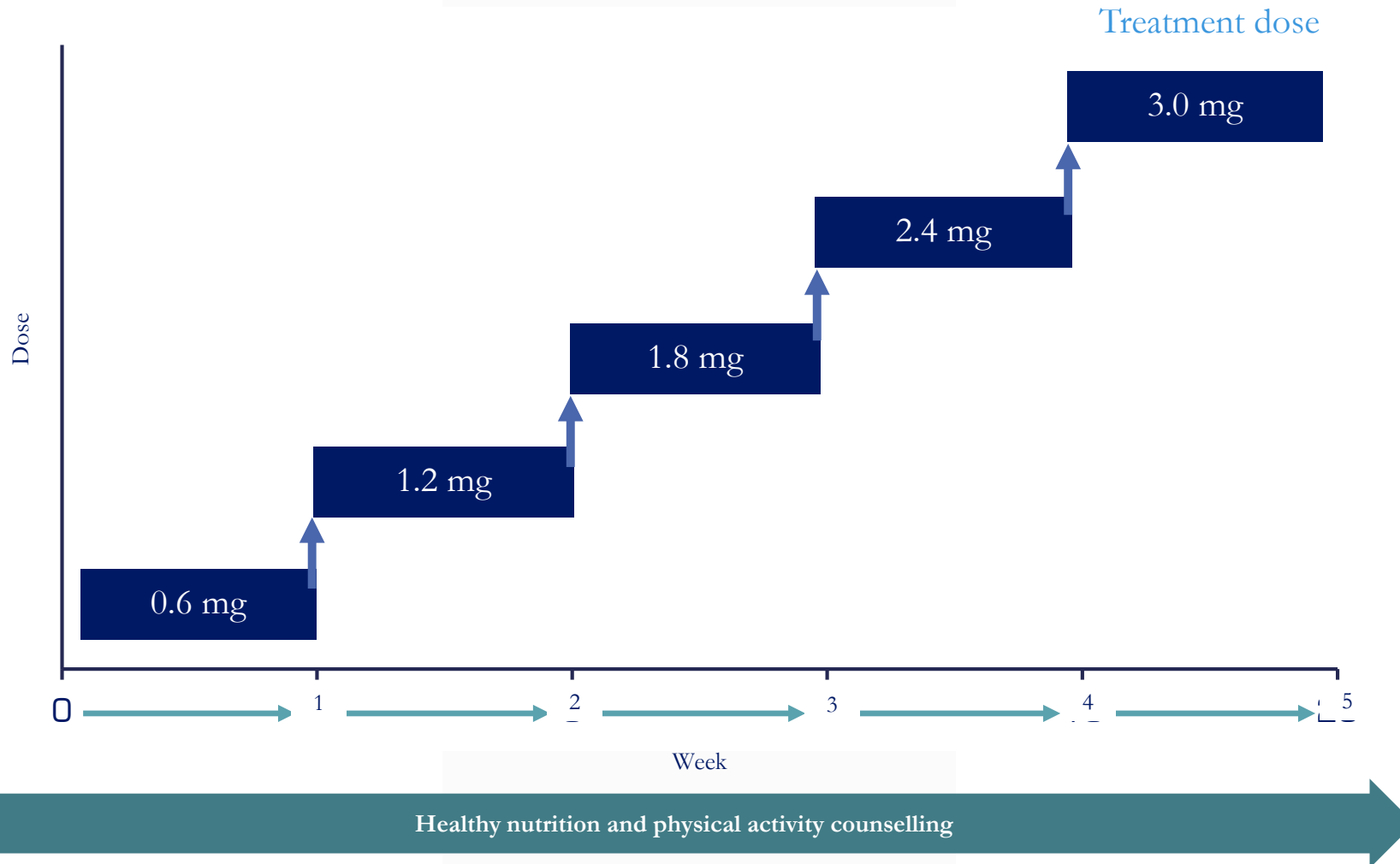


Lifestyle intervention: -500 kcal/day diet + 150 min/week physical activity

FAS, fasting visit data only. Line graphs are observed means ( $\pm$ SE). Statistical analysis is ANCOVA. FAS, full analysis set; LOCF, last observation carried forward; SE, standard error



# High-dose Liraglutide (daily subcutaneous)



The dose escalation schedule should be used to reduce the GI symptoms

# Drug Tolerability

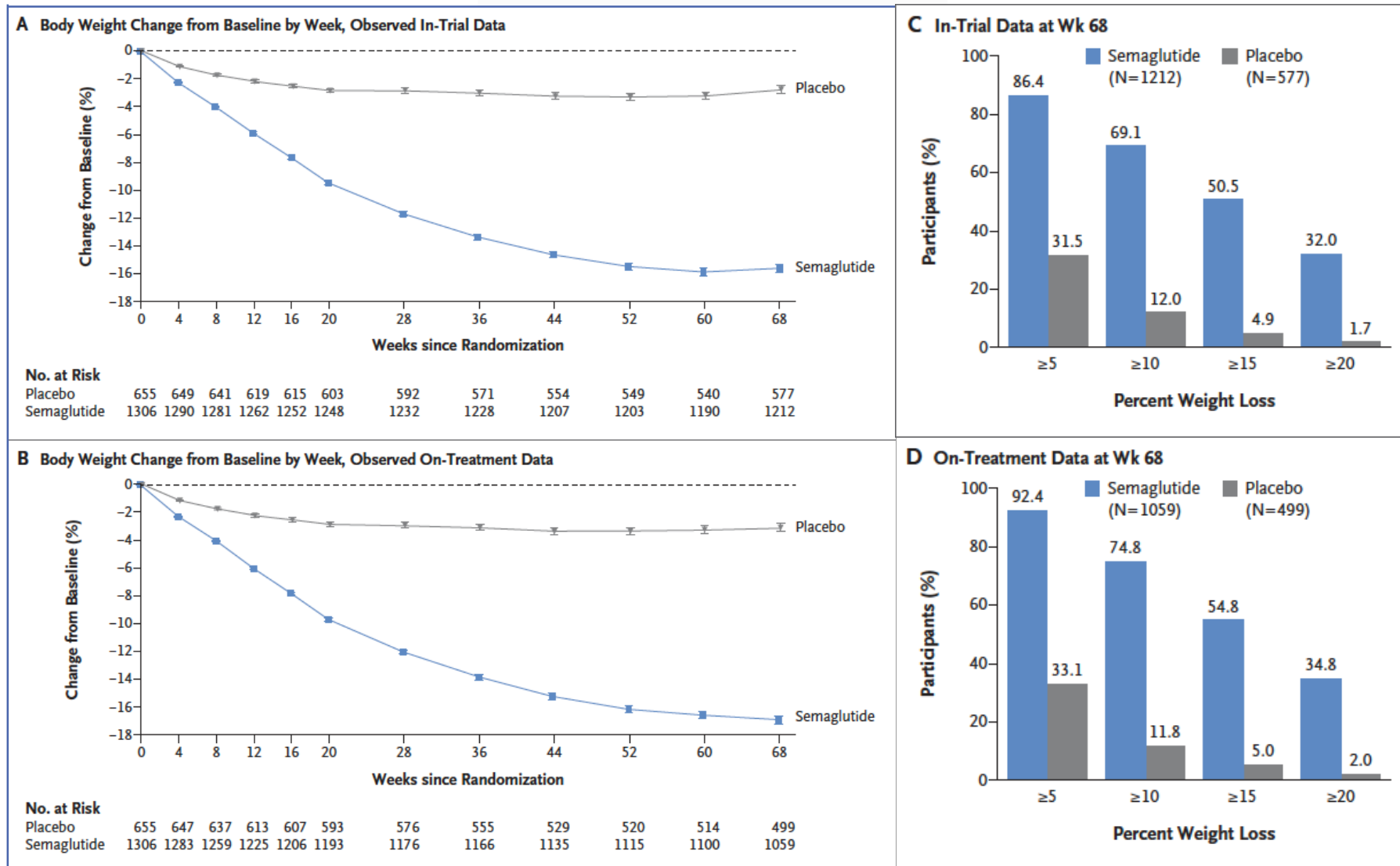
Orlistat <sup>a</sup>	Naltrexone SR/ Bupropion SR <sup>d</sup>	Liraglutide 3.0 mg <sup>e</sup>
<ul style="list-style-type: none"><li>• Steatorrhea symptoms</li></ul>	<ul style="list-style-type: none"><li>• Nausea</li><li>• Vomiting</li><li>• Headache</li><li>• Dizziness</li><li>• Insomnia</li></ul>	<ul style="list-style-type: none"><li>• Nausea</li><li>• Vomiting</li><li>• Diarrhea</li><li>• Constipation</li><li>• Dyspepsia</li><li>• Abdominal pain</li></ul>



**COMING  
SOON**

**???**

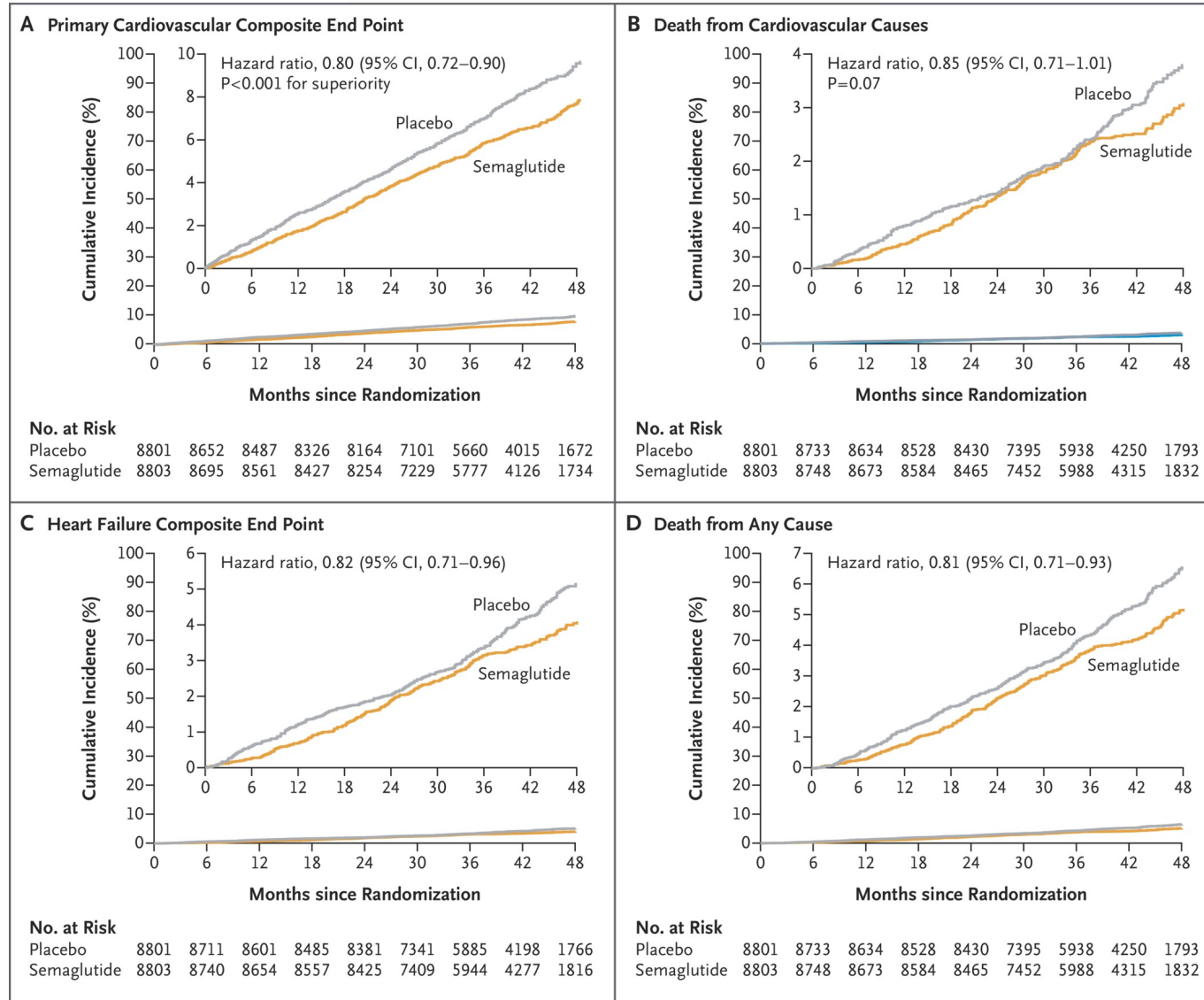
# Semaglutide 2.4 mg (weekly subcutaneous)



# Semaglutide 2.4 mg (weekly subcutaneous)

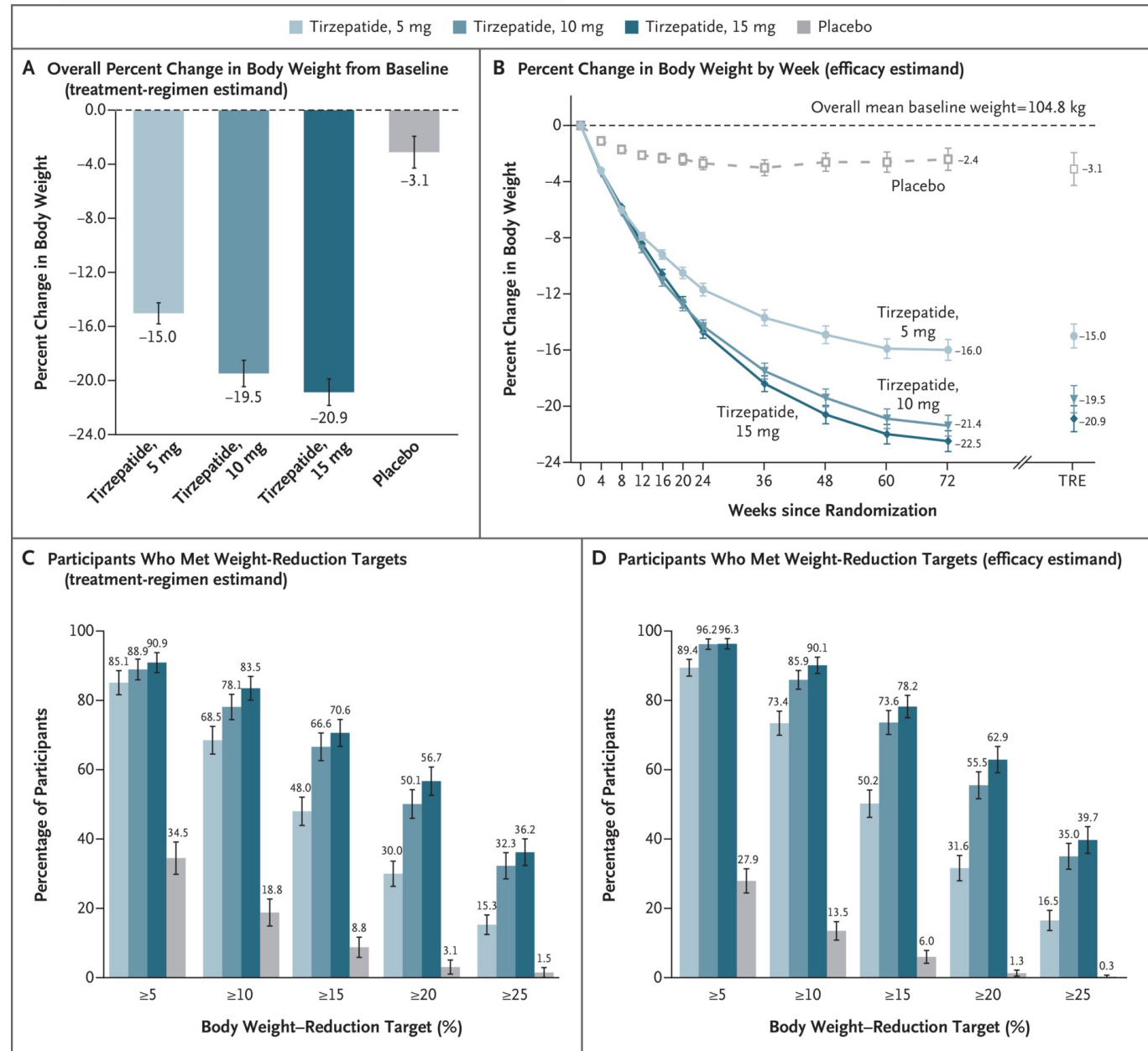
# Semaglutide and Cardiovascular Outcomes in Obesity without Diabetes

**CVOT**



# Tirzepatide

(weekly subcutaneous)





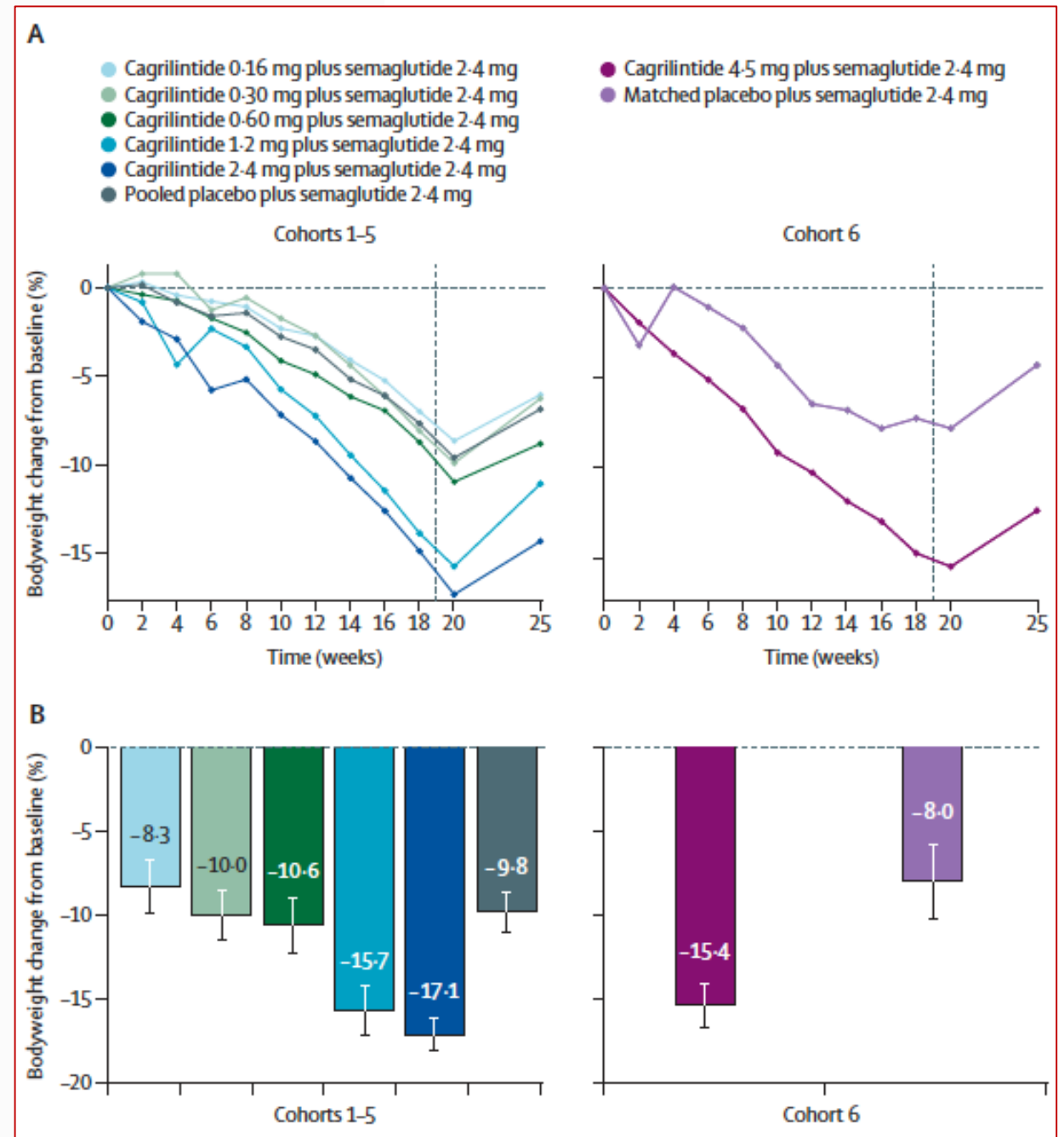


What is far from us  
but still  
extremely fascinating...



# Cagrilintide/Semaglutide (weekly subcutaneous)

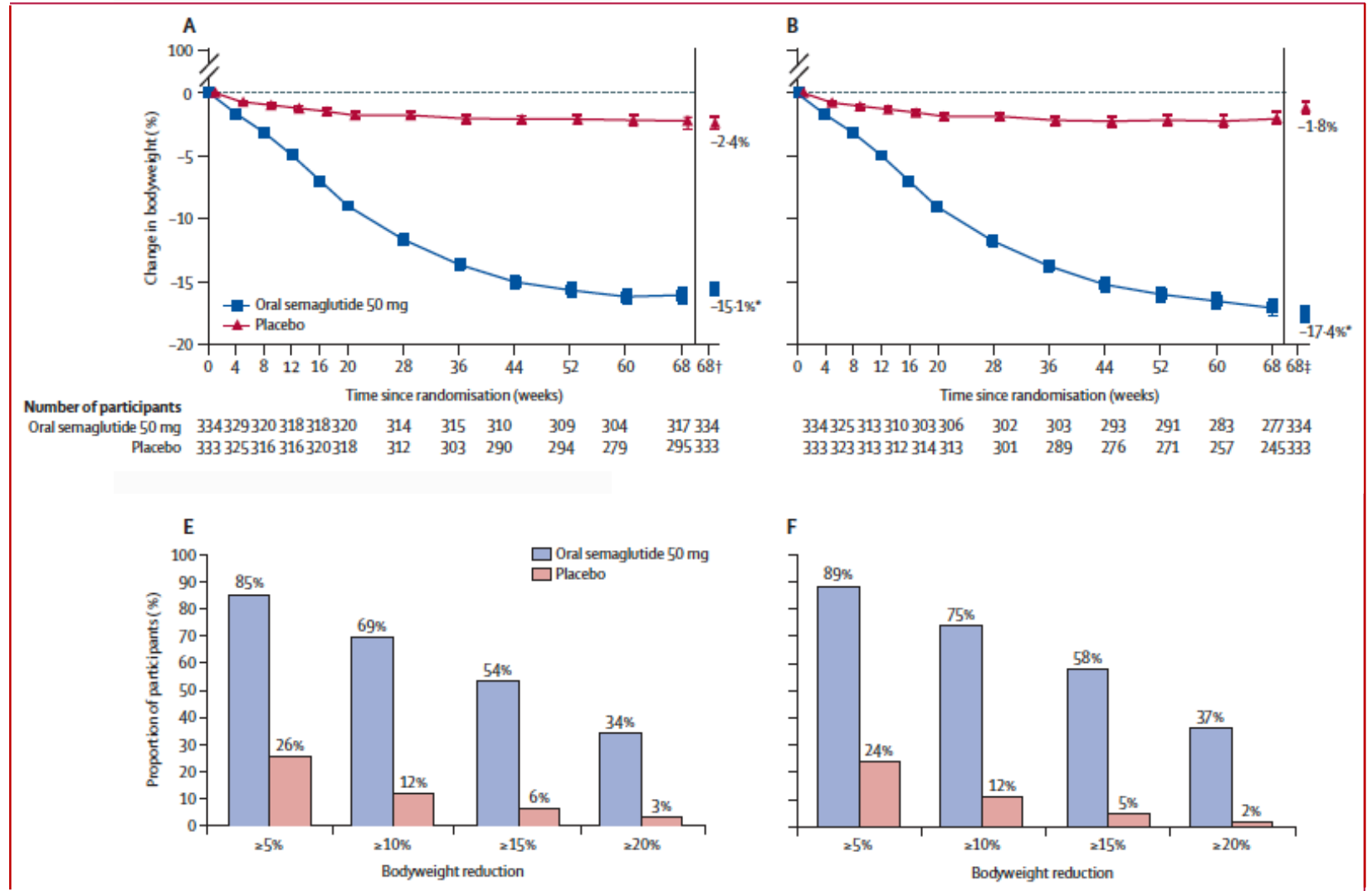
Phase 1b trial  
in patients with  
**Overweight or Obesity**



# Oral Semaglutide 50 mg

## OASIS 1

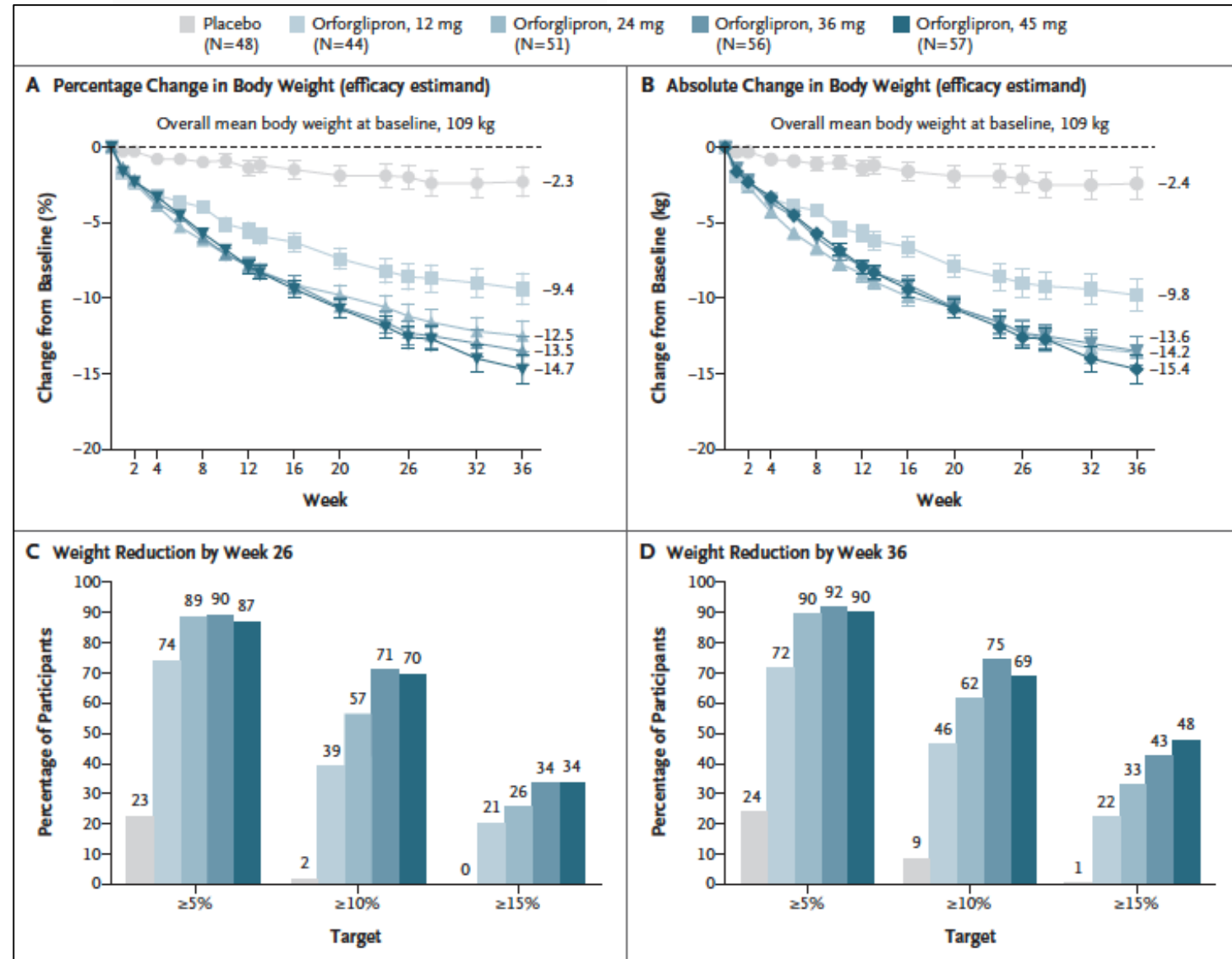
### Phase 3 trial in patients with Overweight or Obesity



# Orforglipron (oral)

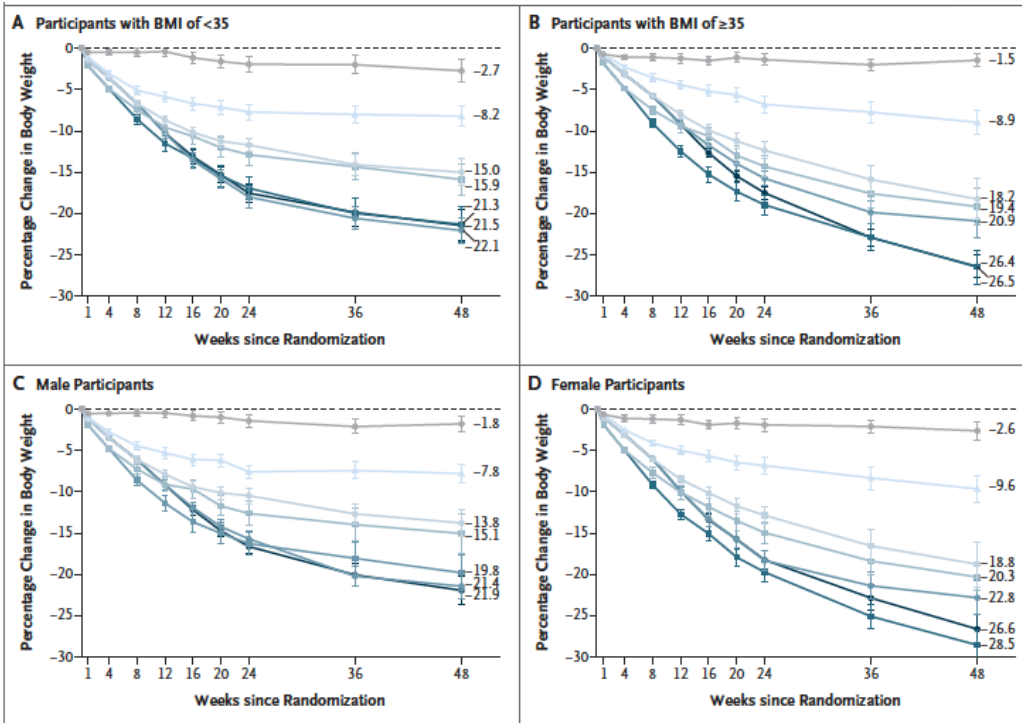
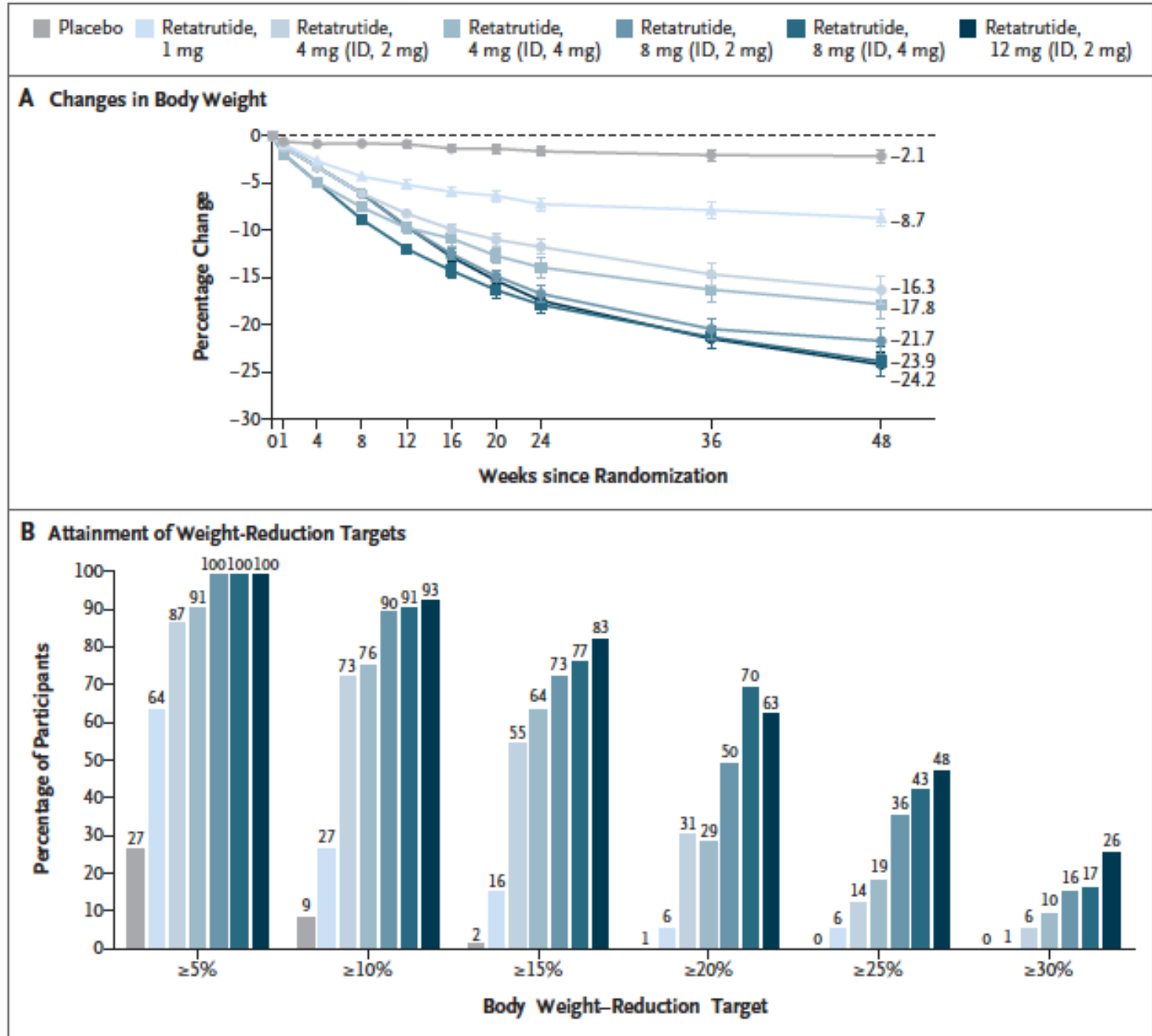
GZGI

Phase 2 trial  
in patients with  
Overweight or Obesity



# Retatrutide

(weekly subcutaneous)



# Dual agonists GLP-1 and GCGr

Bamadutide (SAR425899)

Cotadutide

Pemvutide

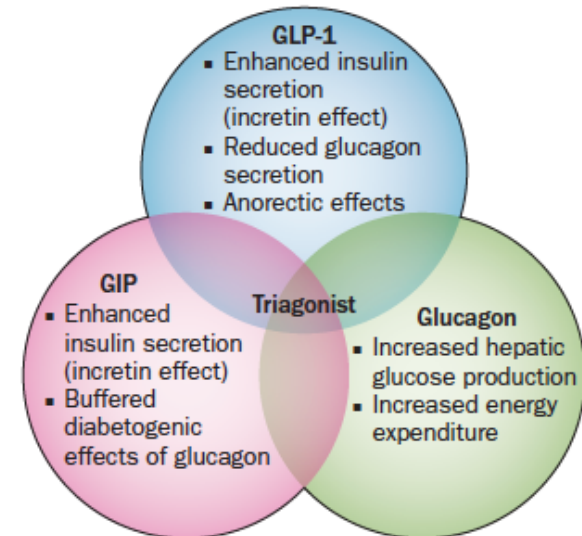
Mazdutide

Survodutide (BI456906)

# Triple agonists GIP, GLP-1, and GCGr

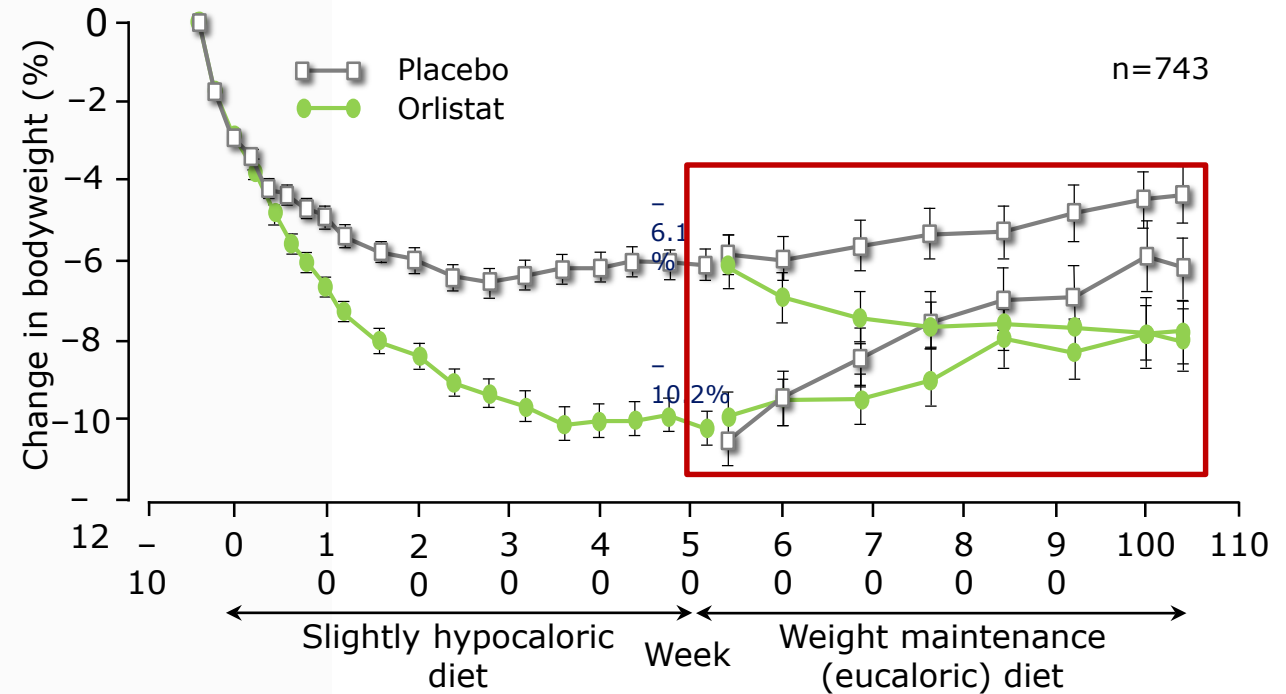
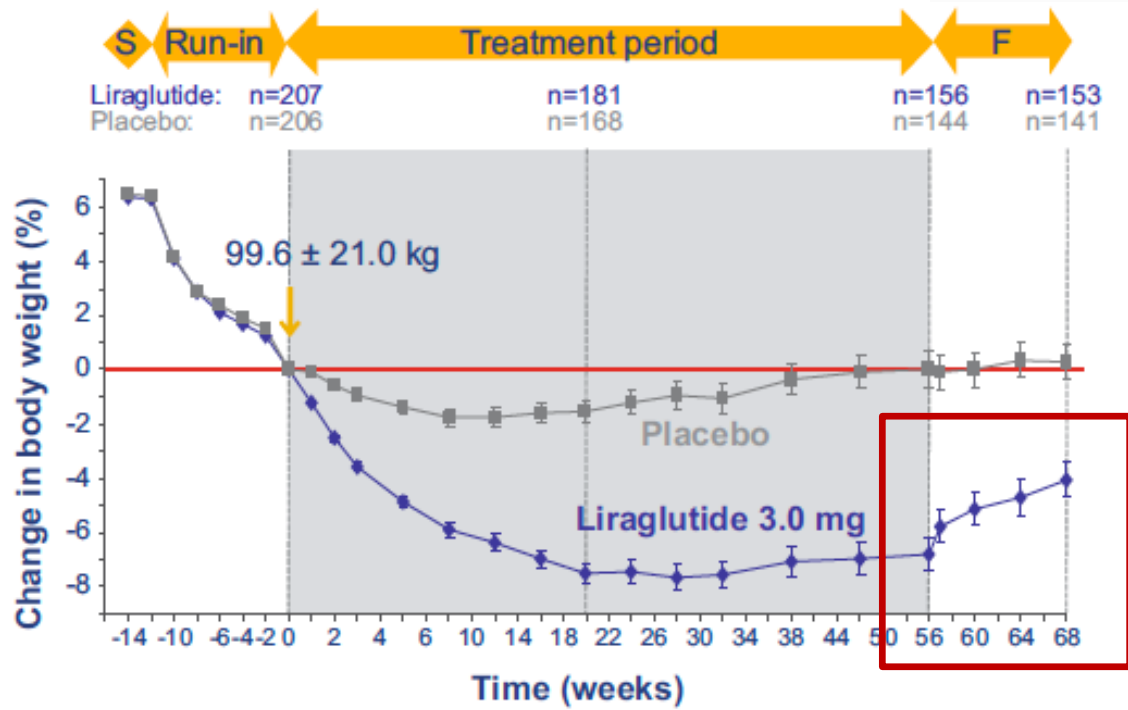
Efocipegtrutide (HM15211)

SAR441255





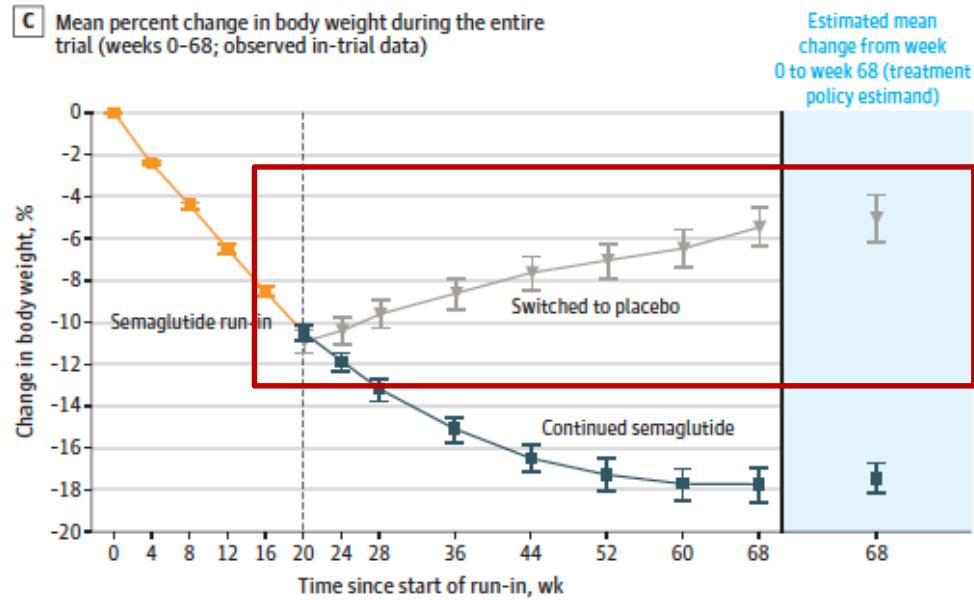
# ..and if we stop the treatment?



Wadden TA et al. Int J Obes (Lond). 2013 Nov;37(11):1443-51

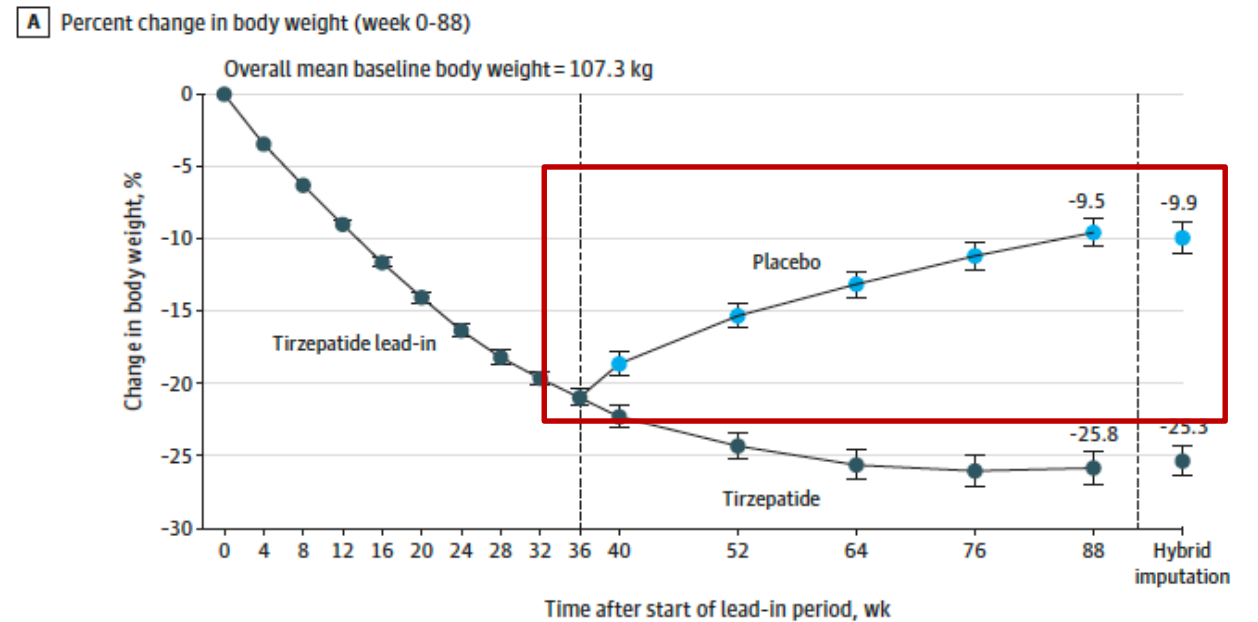
Sjöström L et al. Lancet. 1998 Jul 18;352(9123):167-72

# ..and if we stop the treatment?



No. of participants

Time since start of run-in, wk	0	4	8	12	16	20	24	28	36	44	52	60	68
Semaglutide run-in	803	803	803	802	801								
Continued semaglutide						535	527	531	525	523	521	516	520
Switched to placebo						268	267	265	258	260	254	246	250



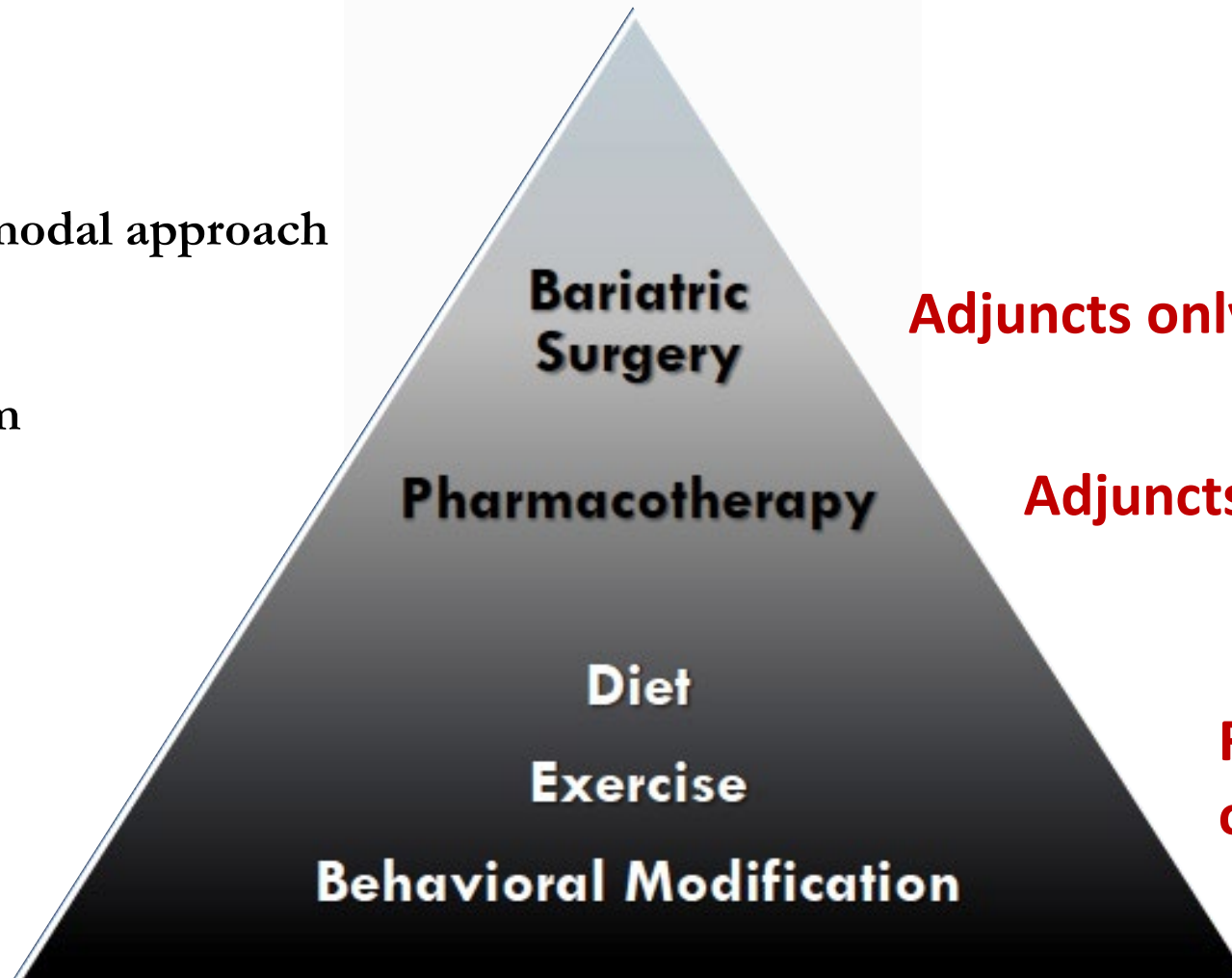
No. at risk

Time after start of lead-in period, wk	0	4	8	12	16	20	24	28	32	36	40	52	64	76	88
Tirzepatide lead-in	670	666	669	668	667	667	669	663	659	670					
Tirzepatide										335	333	328	317	310	310
Placebo										335	330	317	303	292	289

# Fundamentals of care in obesity

Integrated and multi-modal approach

Multi-disciplinary team

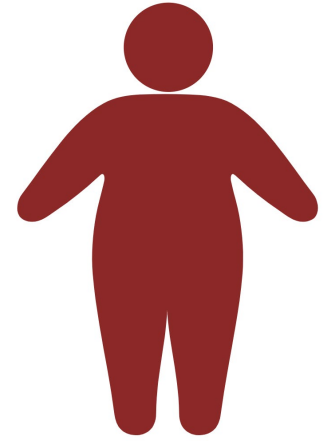


**Adjuncts only**

**Adjuncts only ?**

**Fundamental to all  
obesity management**

# Taking care of patients with obesity



Integrated and multi-modal approach

Multi-disciplinary team

Expected weight loss:  
15% to more than 30%

Decreased CV events  
and mortality

Adjuncts only

Expected weight loss:  
5-15%



Fundamental to all  
obesity management

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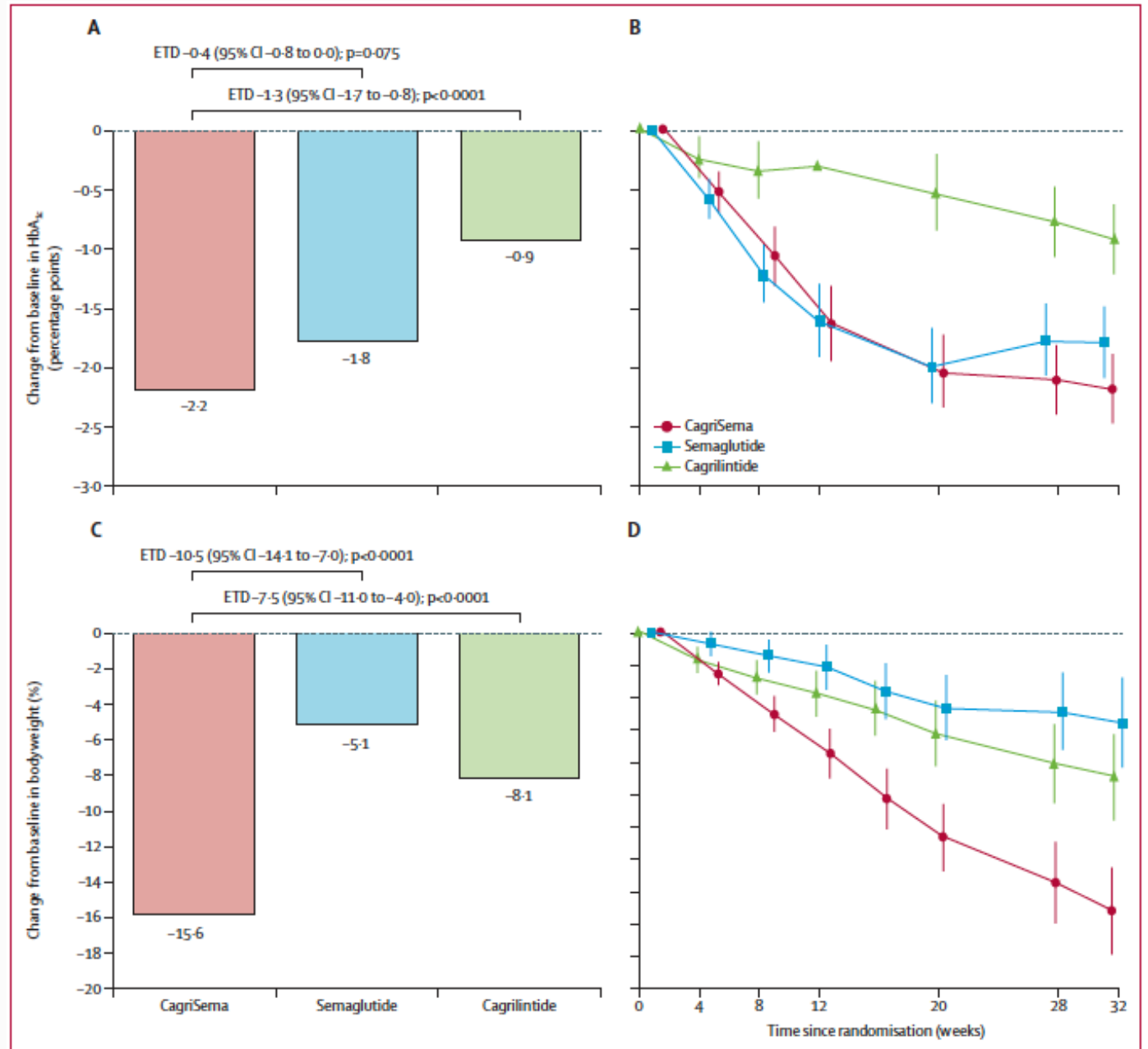
**UNIVERSITÀ  
DI TORINO**

Dipartimento di  
Scienze Mediche

**Grazie**

# Cagrilintide/Semaglutide (weekly subcutaneous)

**Phase 2 trial**  
in patients with  
**type 2 Diabetes Mellitus**

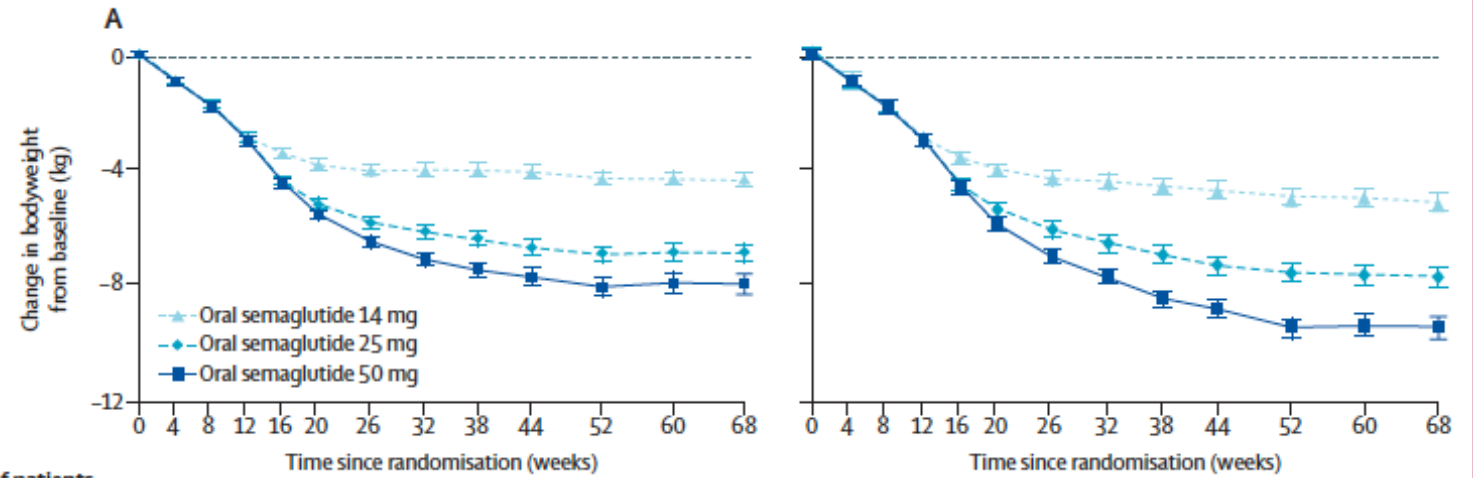




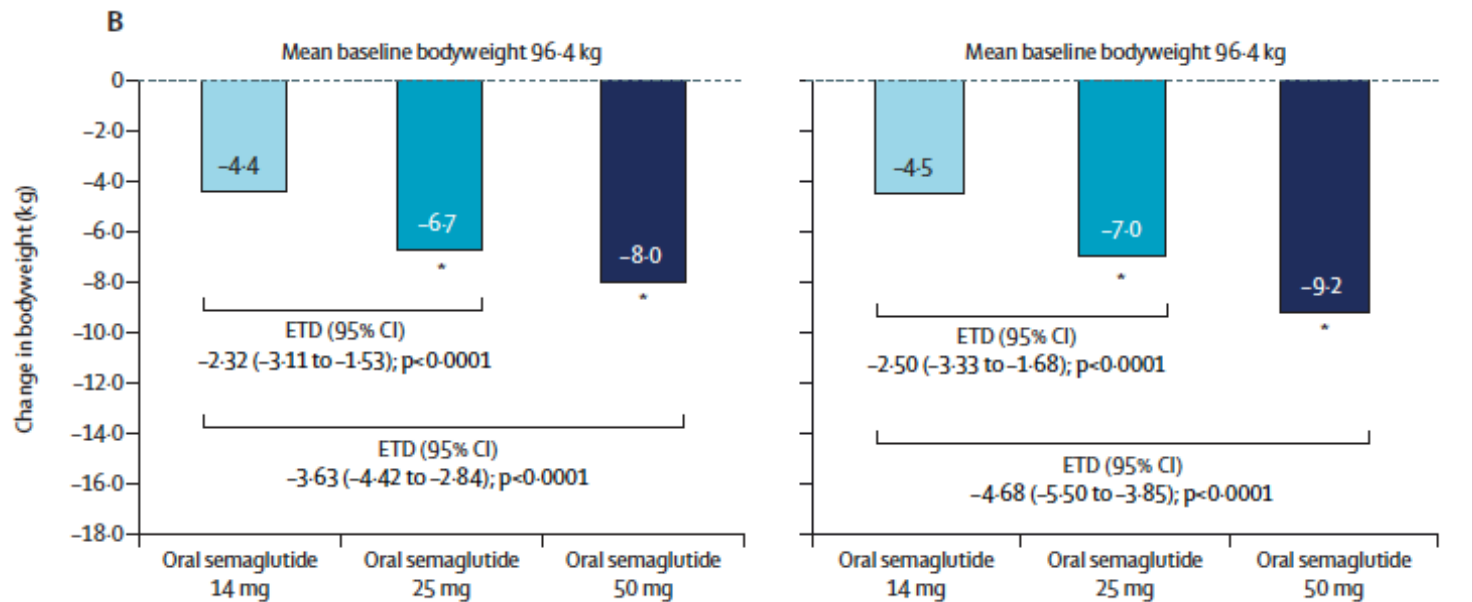
# Oral Semaglutide 50 mg

## PIONEER PLUS

Phase 3b trial  
in patients with  
type 2 Diabetes Mellitus

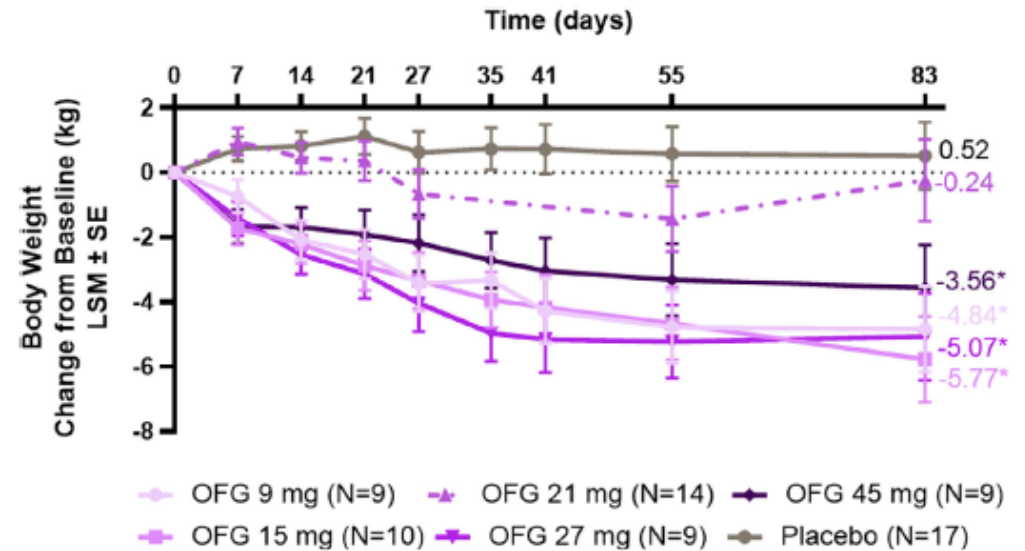
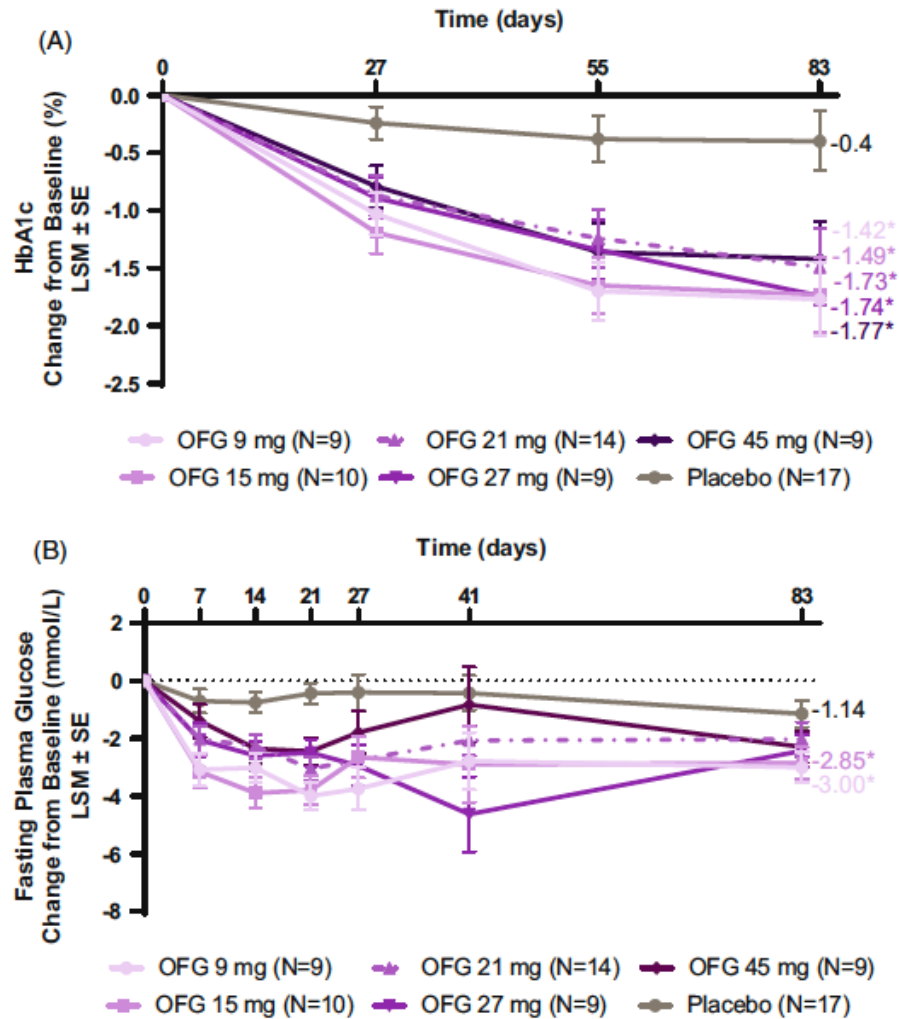


	Number of patients																									
Oral semaglutide 14 mg	536	526	524	520	509	505	508	499	495	498	503	490	495	536	511	506	488	476	467	459	432	406	392	381	358	351
Oral semaglutide 25 mg	535	526	515	513	504	499	494	485	481	478	480	474	477	535	514	501	488	468	456	445	423	401	388	383	370	364
Oral semaglutide 50 mg	535	528	523	520	510	511	509	508	499	499	495	494	495	535	519	508	494	473	468	458	443	425	414	399	396	388



# Orforglipron (oral)

Phase 1b trial  
in patients with  
type 2 Diabetes Mellitus



# Retatrutide

(weekly subcutaneous)

Phase 2 trial  
in patients with  
type 2 Diabetes Mellitus

