

P-18

Pharmacotherapy for Non-obese people in the Obese Clinics

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Obesity is very hot issue in modern society because of the health or beauty. In order to maintain their non-obese weight, people do diet, exercise, or take the drugs. Drug therapy for obesity should use carefully and not use non-obese people because those drugs can cause many adverse drug reactions. Currently many people on drugs for obesity are not actually non-obese who should not treated by drugs for obesity in Korea and those non-obese patients might be dangerous. The aim of this study is to evaluate the relevance of drug treatments for the non-obese patients. We selected and evaluated 52 patients (age of 23~60 year old, M2, F50) at random who received a prescription(s) after consulting with a doctor at several clinics of C-area, from May thru June, 2007. The 43(82.7%) patients among 52 patients with prescriptions were non-obese (BMI<25) and should not be treated by drug(s). In results, 31(72.1%) patients among 43 non-obese patients misunderstood they are obese. 38(88.4%) patients said obesity should be treated by non-drug therapy (diet or exercise) even they were on drugs. 69.8% patients did not know any information of their medications and also the rest 30.2 % patients know only drug actions not adverse drug reaction. 11.6% patients has co-disease they should not treated by any obese medications because of drug's risks. Many non-obese people were on drug therapy for obesity which were not needed. Treating obesity by prescription is very important for the some obese patients but should not misuse it. Doctors and pharmacist role is very important to inform the patients to right direction for treating obesity.

keywords: obesity treatment, public health, misunderstood, adverse drug reaction