Health Promotion Board–Ministry of Health Clinical Practice Guidelines: Obesity

This addendum follows an update of the recommendation statement on page 70 of the Health Promotion Board–Ministry of Health’s Clinical Practice Guidelines on obesity and page 9 of its Key Guideline Recommendations.

A Phentermine and mazindol may be used for weight management for the short-term (6–12 months). Liraglutide may be used for weight management up to two years while orlistat may be used as an anti-obesity drug for long-term therapy (up to four years).

Grade A, Level 1+

Mazindol has been recently discontinued, although the United States Food and Drug Administration (FDA) did not revoke its approval. Higher-dose liraglutide at 3 mg daily is also FDA-approved but is currently not available in Singapore.

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