

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

Lee YS, Biddle S, Chan MF, Cheng A, Cheong M, Chong YS, Foo LL, Lee CH, Lim SC, Ong WS, Pang J, Pasupathy S, Sloan R, Seow M, Soon G, Tan B, Tan TC, Teo SL, Tham KW, van Dam RM, Wang J

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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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