

Weight Loss in OSA: Pharmacotherapy Pocket Guide

ONGOING STUDY

Tirzepatide
(GIP/GLP-1 RA
dual agonist)
SURMOUNT-OSA

Approved in T2D (US and EU) and obesity (US), is being globally trialed for its ability to reduce severity of OSA

- Randomized, double-blind, Ph 3 placebo-controlled trial among patients with obesity and OSA
- Results expected in 2024

Effect of weight loss pharmacotherapies on OSA

Liraglutide (GLP-1 RA), plus nutrition and physical activity

Among patients with obesity and moderate or severe OSA, significant improvements in OSA outcomes vs nutrition and physical activity

Phentermine (appetite suppressant) plus topiramate (seizure and migraine treatment)

Among patients with obesity and moderate to severe OSA, significant improvements in OSA outcomes vs placebo

Sibutramine (appetite suppressant)

Among patients with obesity and OSA, improvements in OSA outcomes in single-arm trial

Naltrexone (opioid receptor agonist) plus bupropion (dopamine reuptake inhibitor)

Among patients with sleep apnea, no significant difference in OSA outcomes vs placebo

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