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Use of Naltrexone/Bupropion in Adults with Class III Obesity: A Case Series of Two Patients

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Introduction:

Obesity is a chronic, multifactorial disease. Lifestyle modification remains the cornerstone of obesity management, but pharmacological therapy is often required to achieve clinically meaningful weight loss. Naltrexone/bupropion is an approved anti-obesity medication that acts centrally to reduce appetite and food cravings. This case series described weight loss outcomes in two patients treated with Naltrexone/bupropion in combination with lifestyle interventions.

Methods:

This case series included two adult patients with obesity managed in a weight management clinic. Both patients were prescribed Naltrexone/bupropion and titrated to the maximum dose of 2 tablets twice daily (BD). Patients were provided with dietary advice focused on portion control and were advised to increase physical activity according to their individual ability. Body weight and body mass index (BMI) were recorded at baseline and during follow-up visits.

Results:

The first patient was a 47-year-old man with type 2 diabetes mellitus and hypertension. His baseline BMI was 47 kg/m², with a body weight of 130.90 kg. After six months of treatment with Naltrexone/bupropion, his weight decreased to 123.35 kg, representing a total weight loss of 7.5 kg (5.7% reduction). He reported reduced appetite, which supported better control of food intake.

The second patient was a 36-year-old woman with no known medical illness, with a baseline BMI of 39 kg/m² and body weight of 96.10 kg. After three months of Naltrexone/bupropion therapy, her weight reduced to 89.0 kg, achieving a total weight loss of 7.1 kg (7.3% reduction). She similarly reported appetite suppression and improved control over eating. Both patients tolerated maximum dose of Naltrexone/bupropion with minimal side effects.

Conclusion:

This case series showed that Naltrexone/bupropion as anti-obesity medication as an adjunct together with lifestyle interventions is beneficial for weight reduction. Patient adherence and tolerability to medications can be a factor in medication efficacy.