

Managing Obesity in Patients With Psoriatic Arthritis

Why Obesity Management Matters in PsA Care

In the US, ~52% of PsA patients have obesity and ~30% have overweight, meaning over 80% face weight-related factors that may worsen outcomes.¹

Excess adiposity can increase inflammation and reduce treatment response, making weight management an important modifiable component of PsA care.²

Guideline Recommendations for Obesity Management in Active PsA

EULAR

Comorbidities, including obesity, should be considered in the management of PsA³

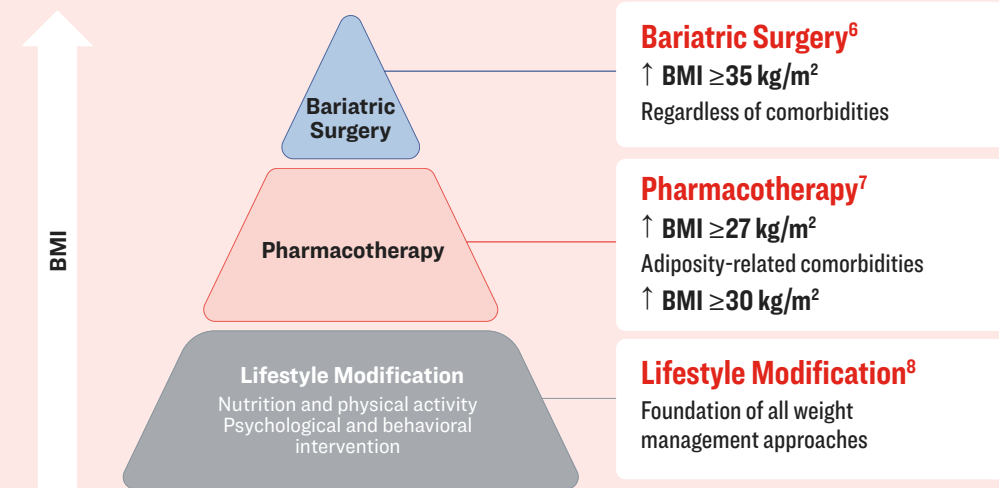
GRAPPA

Maintenance of a healthy weight may improve disease activity and minimize disease impact⁴

ACR/NPF

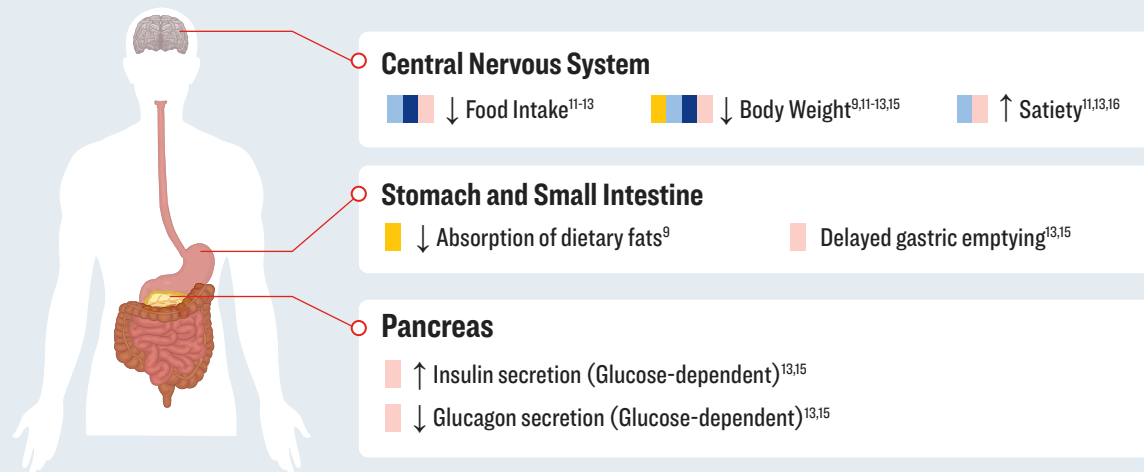
Weight loss is recommended for patients with PsA and overweight or obesity⁵

Treatment Strategies



Common Adverse Reactions of Obesity Management Therapies

Lipase inhibitor ^{a,9,10}	Anorectic/anticonvulsant ^{b,10,11}	Opioid antagonist/antidepressant ^{c,10,12}	Incretin receptor agonist ^{d,10,13,14}
<ul style="list-style-type: none"> Oily spotting Flatulence with discharge Fecal urgency Fatty/oily stool Oily evacuation Increased defecation Fecal incontinence 	<p>In adults:</p> <ul style="list-style-type: none"> Paresthesia Dizziness Dysgeusia Insomnia Constipation Dry mouth 	<ul style="list-style-type: none"> Nausea Constipation Headache Vomiting Dizziness Insomnia Dry mouth Diarrhea 	<ul style="list-style-type: none"> Nausea Diarrhea Vomiting Constipation Abdominal pain



Initial Approval in US

1999

2012

2014

2014

Note: Not a comprehensive list of all physiological actions of the listed therapies, and not all actions have been studied in humans. ^aAdverse reactions occurring at ≥5% and at least 2 times that of placebo. ^bAdverse reactions occurring at ≥5% and at least 1.5 times that of placebo. ^cAdverse reactions occurring at ≥5%. ^dAdverse reactions typically occurring at a rate of >10%.

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ACR=American College of Rheumatology; BMI=body mass index; EULAR=European Alliance of Associations for Rheumatology; GRAPPA=Group for Research and Assessment of Psoriasis and Psoriatic Arthritis; NPF=National Psoriasis Foundation; PsA=psoriatic arthritis; US=United States.

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