

■ Satellite symposium

Post - marketing evaluation of the efficacy and tolerability of Orlistat in Korean obese patients

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The prevalence of obesity in Korea has increased substantially over the past decades due to improvement of socioeconomic status and influence of Westernized diet pattern. The prevalence of obesity (BMI $\geq 25\text{kg/m}^2$) is 26.3 % according to the 1998 Korean NHANES (National Health and Nutrition Examination Survey) The rising prevalence of obesity in Korea has been accompanied by an increasing proportion of energy derived from fat. Dietary fat intake in Korea increased to 19% of total energy in 1998 from 7% in 1969.

Asian populations appear to be particularly susceptible to the metabolic syndrome linked with visceral adiposity which is markedly higher for a given level of BMI compared to Europeans. Recent studies suggested that adjunctive pharmacotherapy in combination with conventional therapy improves long-term efficacy of management of obesity. Orlistat, an inhibitor of gastrointestinal lipases preventing the absorption of approximately 30% of dietary fat has been prescribed and dispensed in Korea since February, 2001.

Post-marketing evaluation of the efficacy and tolerability of orlistat in Korean obese patients was conducted over a 24-week period. Data were analyzed from 7 obesity clinics located in or near Seoul for 335 obese patients

(107 males and 228 females) taking orlistat from Mar. 2001 to Feb. 2002. The mean age of all patients was 42.7 years and the mean body weight was 81.7 kg and the mean BMI was 30.9 kg/m².

The percentage of patients continuing medication after 12 weeks and 24 weeks was 50.0% and 31.1%, respectively. Based on an intent-to-treat analysis, body weight significantly decreased from 81.7 kg at baseline to 78.6 kg after 24-week treatment. Waist circumference also significantly decreased from 97.7 cm at baseline to 95.1 cm after 24 week treatment. Based on per-protocol analysis, the mean reduction of body weight and waist circumference was 5.2 kg and 5.1 cm, respectively. The 24-week treatment with orlistat induced >5 % decrease of baseline body weight in 48.1% and >10 % decrease in 14.4 % of patients. Systolic and diastolic blood pressure, fasting plasma glucose level, and total cholesterol level decreased significantly after 12 week treatment. The adverse reactions in order of frequency were: fatty/oily stool (38.0%), oily evacuation (17.1%), flatulence (11.8%), frequent defecation (9.6%), abdominal discomfort (8.6%), and fecal incontinence (6.4%).

These interim results have demonstrated that orlistat was effective and tolerable in treatment of obesity in Korean obese patients. This study

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is still ongoing and further evaluation and nt population.
analysis should be conducted in a larger patie-