









## Appendix A – Prescription Medication Table for the Treatment of Obesity in Adults

Generic Name (Trade name) <i>dosage form and strength</i>	Adult Oral Dose	Cost per 30 days	PharmaCare Coverage	Therapeutic Considerations
<b>Gastrointestinal Lipase Inhibitor</b>				
Orlistat (Xenical®) 120 mg capsule	120 mg one to three times daily	\$ 49.50 – \$ 148.50	No Coverage	Take with each meal containing fat ( <i>during or up to 1 hour after each meal</i> ). Dose may be omitted if meal is occasionally missed or contains no fat.  <b>Some side effects include:</b> oily spotting, steatorrhea, abdominal bloating, flatulence, fecal incontinence. All worsen with high fat diets. <b>Contraindications:</b> avoid if inflammatory bowel disease, chronic malabsorption, cholestasis, hypersensitivity. <b>Interactions:</b> cyclosporine, amiodarone, levothyroxine, warfarin [i.e. interaction may occur due to reduced vitamin K absorption]. May decrease absorption of vitamins A, D, E, K. <b>Recommendation:</b> daily multivitamin, taken 2 hours before or after orlistat.

**Nb:** Please review product monographs and regularly review current listings of Health Canada advisories, warnings and recalls at: [www.hc-sc.gc.ca/ahc-asc/media/advisories-avis/index\\_e.html](http://www.hc-sc.gc.ca/ahc-asc/media/advisories-avis/index_e.html)  
See [www.health.gov.bc.ca/pharme/](http://www.health.gov.bc.ca/pharme/) for further information

Pricing is approximate as per PharmaNet 2010/07/19 excluding dispensing fees or as per PPS@BCMA: Buyers Guide, Western and Atlantic Edition; Moncton, NB: Total Pricing Systems Inc. July 2010.

### PharmaCare Coverage Definitions

**G:** generic(s) are available.

**regular coverage:** also known as regular benefit; does not require Special Authority; patients may receive full coverage\*

**partial coverage:** Some types of regular benefits are only partially covered\* because they are included in the Low Cost Alternative (LCA) program or Reference Drug Program (RDP) as follows:

**LCA:** When multiple medications contain the same active ingredient (usually generic products), patients receive full coverage\* for the drug with the lowest average PharmaCare claimed price. The remaining products get partial coverage.

**RDP:** When a number of products contain different active ingredients but are in the same therapeutic class, patients receive full coverage\* for the drug that is medically effective and the most cost-effective. This drug is designated as the Reference Drug. The remaining products get partial coverage.

**Special Authority:** requires Special Authority for coverage. Patients may receive full or partial coverage\* depending on LCA or RDP status. These drugs are not normally regarded as first-line therapies or there are drugs for which a more cost-effective alternative exists.

**no coverage:** does not fit any of the above categories;

\*coverage is subject to drug price limits set by PharmaCare and to the patient's PharmaCare plan rules and deductibles. See [www.health.gov.bc.ca/pharmacare/](http://www.health.gov.bc.ca/pharmacare/) for further information.

### References:

Compendium of Pharmaceuticals and Specialties: The Canadian Drug Reference for Health Professionals. Ottawa, Ontario: Canadian Pharmacists Association; 2010

# Appendix B - Body Mass Index Chart (Adults)

**Body Mass Index (BMI) Chart**

Height (ft/in)	Weight																			Kg	Lbs	Height (cm)					
	45	48	50	52	55	57	59	61	64	66	68	70	73	75	77	80	82	84	86				89	91	93	95	98
5'0"	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	152	43
5'1"	19	20	21	22	23	24	25	26	27	28	29	30	31	32	32	32	34	35	36	37	38	39	40	41	42	155	42
5'2"	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	42	157	42	
5'3"	18	19	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	160	39	
5'4"	17	18	19	20	21	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	163	38	
5'5"	17	18	19	20	21	22	22	23	24	25	26	27	28	29	30	31	32	32	33	34	35	36	37	38	165	37	
5'6"	16	17	18	19	20	21	22	23	23	24	25	26	27	28	29	31	32	32	33	34	35	36	37	38	168	37	
5'7"	16	16	17	18	19	20	20	21	22	23	23	24	25	26	27	28	29	30	31	31	32	33	34	34	170	34	
5'8"	15	16	17	18	19	20	21	21	22	23	24	24	25	26	27	28	29	30	30	31	32	33	33	33	173	33	
5'9"	15	16	16	17	18	19	20	21	21	22	23	24	24	25	26	27	28	29	30	30	31	32	32	32	175	32	
5'10"	14	15	16	17	18	19	20	21	21	22	23	24	24	25	26	27	28	29	30	31	31	32	32	32	178	31	
5'11"	14	15	15	16	17	18	19	20	20	21	22	23	24	24	25	26	27	28	29	30	31	31	32	32	180	31	
6'0"	14	14	15	16	16	17	18	19	20	20	21	22	23	24	24	25	26	27	28	29	30	30	31	31	183	30	
6'1"	13	14	15	15	16	16	17	18	19	20	20	21	22	23	24	24	25	26	27	28	29	30	30	31	185	29	
6'2"	13	13	14	15	15	16	17	18	19	20	21	21	22	23	24	24	25	26	27	28	29	30	30	31	188	28	
6'3"	12	13	14	14	15	16	17	18	19	20	21	21	22	23	24	24	25	26	27	28	29	30	30	31	191	27	
6'4"	12	13	13	14	15	16	17	18	19	20	21	21	22	23	24	24	25	26	27	28	29	30	30	31	193	27	

BMI < 18 = underweight    18.5 to 24 = healthy weight    ≥ 25 = overweight    ≥ 27 = increasing risk of hypertension, type 2 diabetes    ≥ 30 obese