









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

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

**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® PHARMA: 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<br>(ft/in) | Weight |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     | Kg | Lbs | Height<br>(cm) |     |     |     |     |     |     |
|-------------------|--------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|----|-----|----------------|-----|-----|-----|-----|-----|-----|
|                   | 100    | 105 | 110 | 115 | 120 | 125 | 130 | 135 | 140 | 145 | 150 | 155 | 160 | 165 | 170 | 175 | 180 | 185 |    |     |                | 190 | 195 | 200 | 205 | 210 | 215 |
| 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  | 26  | 27  | 28  | 29  | 30  | 31  | 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  | 27  | 28  | 29  | 30  | 31  | 32  | 33  | 34  | 36 | 37  | 38             | 39  | 40  | 40  | 42  | 157 | 42  |
| 5'3"              | 18     | 19  | 19  | 20  | 21  | 22  | 23  | 24  | 25  | 26  | 27  | 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  | 27  | 28  | 29  | 30  | 31  | 32  | 33 | 34  | 35             | 36  | 37  | 38  | 39  | 163 | 38  |
| 5'5"              | 17     | 17  | 18  | 19  | 20  | 21  | 22  | 22  | 23  | 24  | 25  | 26  | 27  | 27  | 28  | 29  | 30  | 31  | 32 | 32  | 33             | 34  | 35  | 36  | 37  | 165 | 37  |
| 5'6"              | 16     | 17  | 18  | 19  | 19  | 20  | 21  | 22  | 23  | 23  | 24  | 25  | 26  | 27  | 27  | 28  | 29  | 31  | 32 | 32  | 33             | 34  | 35  | 36  | 37  | 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  | 34  | 170 | 34  |
| 5'8"              | 15     | 16  | 17  | 18  | 19  | 20  | 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  | 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  | 17  | 18  | 19  | 19  | 20  | 21  | 22  | 22  | 23  | 24  | 24  | 25  | 26  | 27  | 28 | 29  | 29             | 30  | 31  | 31  | 32  | 178 | 31  |
| 5'11"             | 14     | 15  | 15  | 16  | 17  | 17  | 18  | 19  | 20  | 20  | 21  | 22  | 22  | 23  | 24  | 25  | 26  | 27  | 28 | 29  | 29             | 30  | 31  | 31  | 32  | 180 | 31  |
| 6'0"              | 14     | 14  | 15  | 16  | 16  | 17  | 18  | 18  | 19  | 20  | 20  | 21  | 22  | 22  | 23  | 24  | 25  | 26  | 26 | 27  | 28             | 28  | 29  | 30  | 30  | 183 | 30  |
| 6'1"              | 13     | 14  | 15  | 15  | 16  | 16  | 17  | 18  | 18  | 19  | 20  | 20  | 21  | 22  | 22  | 23  | 24  | 25  | 26 | 26  | 27             | 28  | 28  | 29  | 29  | 185 | 29  |
| 6'2"              | 13     | 13  | 14  | 15  | 15  | 16  | 17  | 18  | 18  | 19  | 19  | 20  | 21  | 21  | 22  | 23  | 24  | 25  | 26 | 26  | 27             | 28  | 28  | 29  | 29  | 188 | 28  |
| 6'3"              | 12     | 13  | 14  | 14  | 15  | 16  | 16  | 17  | 17  | 18  | 19  | 20  | 21  | 21  | 22  | 23  | 24  | 25  | 26 | 26  | 27             | 28  | 28  | 29  | 29  | 191 | 27  |
| 6'4"              | 12     | 13  | 13  | 14  | 15  | 15  | 16  | 16  | 17  | 18  | 19  | 20  | 21  | 21  | 22  | 23  | 24  | 25  | 26 | 26  | 27             | 28  | 28  | 29  | 29  | 193 | 27  |

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