

## SETTING

Suburban Pharmacy

## CLIENT

You quit smoking recently and are shocked to see that you have put on 5kg since then. You are seeking an effective remedy to help you to get rid of this weight quickly. A colleague told you about a weight-loss drug called Xenical (orlistat) that might help you, and you want to know more about it.

## TASK

- When asked, say you're concerned about your recent weight increase and you really want to lose weight quickly. You have a friend's wedding to attend in a fortnight but you cannot fit into your clothes. You don't want to start smoking again just to get your weight back down.
- Ask the pharmacist to tell you about Xenical and any other products which could help with quick weight loss.
- Ask if there are any side effects of phentermine.
- Say that it sounds like phentermine will be a good option for you, as you just want to lose weight for the wedding.
- Agree to see your GP to discuss phentermine and long-term weight-loss solutions.

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## PHARMACIST

Your client quit smoking recently and since then has put on 5kg in weight. He/she is interested in Xenical (orlistat), a medication for quick weight loss.

## TASK

- Find out about the client's reasons for wanting to try Xenical.
- Caution against rapid weight loss (not recommended, rarely sustainable, dietary modification/increased exercise most effective, etc.).
- Give information about weight-loss products (e.g., orlistat: effective for BMI 30+, blocks absorption of some fats; most other weight-loss medications, e.g., phentermine, only used for a short period, suppresses appetite, etc.). Stress that most non-prescription products do not have evidence to support their efficacy.
- Outline possible side effects of phentermine (e.g., dry mouth, dizziness, constipation, etc.). Stress the importance of short-term use only.
- Advise the need for the patient to consult his/her GP about phentermine and long-term weight loss solutions as necessary.