



DEPARTMENT OF THE NAVY

BUREAU OF MEDICINE AND SURGERY

2300 E STREET NW

WASHINGTON DC 20372-5300

IN REPLY REFER TO

October 22, 2007

MEMORANDUM FOR COMMANDER, NAVY MEDICINE EAST
COMMANDER, NAVY MEDICINE WEST
COMMANDER, NAVY MEDICINE NATIONAL CAPITAL AREA
COMMANDER, NAVY MEDICINE SUPPORT COMMAND

SUBJECT: Anorexiant and Weight Loss Medications Use in Naval Medical
Treatment Facilities (MTFs)

Reference: (a) TRICARE Policy Manual Chapter 3, Section 8.4

This memorandum establishes Navy Medicine policy for the use of anorexiant and weight loss medications in Naval MTFs and provides direction on future dietary drugs approved by the Food and Drug Administration (FDA). Per reference (a), diet drugs are specifically excluded from the TRICARE uniform benefit.

In light of reports of serious complications from the use of various medications prescribed with the intent to promote weight loss, including phentermine, fenfluramine, and dexfenfluramine, and the withdrawal of the latter two drugs from the market, a moratorium is imposed on the use of these drugs.

To protect our beneficiaries from serious sequelae which can occur with the use of diet drugs and to bring medical practice within Navy Medicine into compliance with the TRICARE uniform benefit, the following policy will be effective immediately:

- No prescriptions will be filled for fenfluramine, dexfenfluramine, diethylpropion, benzphetamine, phendimetrazine, phentermine or sibutramine.
- Orlistat may be prescribed to military beneficiaries if the following conditions are met:
 1. Provider, in his/her scope of practice, determines that the benefits outweigh the risks and the patient has been educated on all risks.
 2. Body Mass Index greater than or equal to 30 kg/m^2 or greater than or equal to 27 kg/m^2 with risk factors for type 2 diabetes, hypertension or dyslipidemia.
 3. Patient is followed by an MTF primary care manager.
 4. Patient participates in a weight loss clinic within the MTF for the duration of treatment. The patient is not limited from participating in the weight loss clinic after medication treatment is removed.
 5. Patient will be reevaluated during the course of therapy to determine if pharmacotherapy treatment is still indicated.

- Weight loss clinics will need to be established within each MTF if orlistat treatment is deemed to be appropriate. Weight loss clinics will provide counseling in diet, exercise, behavior modification, and will be a source of support to participants.
- MTF pharmacies will not fill prescriptions written by civilian, non-federal providers for any medication used exclusively for its anorexiant or weight loss effect (e.g., phentermine, sibutramine, diethylpropion, and orlistat). This includes active duty members holding otherwise valid prescriptions.
- Future FDA approved medications for weight loss will be reviewed thoroughly at the Bureau of Medicine and Surgery level; guidance will then be provided to MTFs to assist local Pharmacy and Therapeutics (P&T) Committees in determining whether the medication should be placed on their local formulary. Further, new weight loss medications will be limited to military beneficiaries based on the criteria established for the orlistat treatment.

The point of contact for this matter is CAPT David E. Price at (202) 762-3004 or deprice@med.navy.mil.

A handwritten signature in black ink that reads "A. M. Robinson, Jr." The signature is written in a cursive style with a large, prominent initial "R" for the last name.

A. M. ROBINSON, JR.