

TOPIRAMATE

HELPS WITH WEIGHT LOSS

Topiramate is an antiepileptic medication. It was FDA approved to treat seizures in 1996 and migraines in 2004. It is used off-label to treat several medical conditions, including mood, eating, and substance use disorders. In clinical trials, topiramate induced weight loss and improved blood sugar control in adults with type 2 diabetes and obesity. Some users report that topiramate altered their sense of taste, which may help with appetite control. In one study, participants taking topiramate lost a mean of 9.1% of their body weight compared to the control group who lost 1.7% of their body weight.

HOW DOES TOPIRAMATE WORK?

Topiramate's exact mechanism of action is not known. It blocks voltage-gated sodium channels in the brain and enhances GABA receptor activity. Both effects exert an inhibitory effect on nerves, which slows the brain's ability to send electrical signals and explains its efficacy in treating seizure disorders. It also seems to block calcium channels which may also explain its antiepileptic properties. In animal studies, topiramate was found to cause weight loss and improve insulin sensitivity.

BENEFITS OF TOPIRAMATE

- Topiramate may have the following potential benefits:
- Reduce the incidence of migraines and seizures
- Support weight loss efforts

INDICATIONS

WHAT IS TOPIRAMATE USED FOR?

- Alcohol dependency
- Depression
- Post-traumatic stress disorder
- Tourette syndrome
- Bipolar disorder
- Eating disorders

CONTRAINDICATIONS

WHEN SHOULD YOU AVOID TOPIRAMATE?

- Glaucoma or eye problems
- Metabolic acidosis
- Kidney disease
- Lung disease
- Mood disorders, depression, suicidal thoughts or actions
- Liver disease
- A growth disorder
- Osteoporosis or osteomalacia
- Are pregnant or breastfeeding

COMMON TOPIRAMATE SIDE EFFECTS

- Cold symptoms
- Fever
- Appetite loss
- Stomach pain
- Diarrhea
- Nausea
- Nervousness
- Drowsiness
- Dizziness
- Changes in the sense of taste
- Numbness and tingling in arms or legs
- Abnormal vision

RARE TOPIRAMATE SIDE EFFECTS

- Vision problems that may be permanent if not rapidly treated
- Birth defects
- Life-threatening dehydration due to increased body temperature and decreased sweating
- Increased blood lactic acid levels
- Suicidal ideation
- Skin rashes which can be serious
- Confusion and problems thinking
- Kidney stones
- Problems with speech or memory