

**Average weight loss in trials for obesity treatments
(courtesy of www.straighthealthcare.com)**

Treatment	% weight loss from baseline (length of follow-up)
Biliopancreatic diversion with duodenal switch (BPD/DS)	35 - 40% (> 10 years)
Gastric bypass	30 - 35% (> 10 years)
Gastric sleeve	25 - 30% (> 10 years)
Gastric banding	20 - 25% (> 10 years)
Mounjaro (tirzepatide)	21% (72 weeks)
Wegovy (semaglutide)	16% (68 weeks)
Endoscopic sleeve gastroplasty	11.4% (104 weeks)
Intragastric balloon	10% (6 months)
Appetite suppressants (e.g. phentermine)	10% (6 months)
Qsymia (topiramate + phentermine)	10% (56 weeks)
Saxenda (Liraglutide)	8% (56 weeks)
Xenical (orlistat)	7.6% (2 years)
Contrave (naltrexone + bupropion)	6.5% (28 weeks)
Plenity (hydrogel)	6.4% (24 weeks)

- References [PMID: 32202076, 33625476, 28017964, 19564877, 21481449, 26132939, 10678259, 23408728, 30421844, 35658024]