I'm not robot!

Medically reviewed by Alan Carter, Pharm.D. — Written by Ashley Arroyo on July 25, 2019Share on PinterestYou're in a fitting room working through the assortment of jeans you brought in. You've got the size you think you are, the size you probably are (reality check), and the size you hope to be soon, if you can just make it there! Then you hear about a drug called metformin that may aid in weight loss. Sure, it might sound odd to consider taking a medication usually prescribed for type 2 diabetes just to lose some weight. But does it work, and is it a good option for you? The short answer is maybe. Let's look at how metformin, a drug prescribed to manage blood sugar levels, has earned this reputation. Metformin can help some people lose weight, but the reasons aren't exactly clear. Some researchers believe the drug reduces appetite, while others theorize it changes the way the body stores and uses fat. But researchers believe the drug reduces appetite, while others theorize it changes the way the body stores and uses fat. But researchers believe the drug reduces appetite, while others theorize it changes the way the body stores and uses fat. But researchers believe the drug reduces appetite, while others theorize it changes the way the body stores and uses fat. But researchers believe the drug reduces appetite, while others theorize it changes the way the body stores and uses fat. But researchers believe the drug reduces appetite, while others theorize it changes the way the body stores and uses fat. But researchers believe the drug reduces appetite, while others theorize it changes the way the body stores and uses fat. But researchers believe the drug reduces appetite, while others theorize it changes the way the body stores and uses fat. But researchers believe the drug reduces appetite, while others theorize it changes the way the body stores and uses fat. But researchers believe the drug reduces appetite appendix to the store appendix to gradually over one to two years. And the average amount of weight lost in that time ranged from 4 to 7 pounds. Lifestyle plays a big role as well. Taking the drug without practicing other healthy habits may not lead to weight. This is because metformin is thought to increase the number of calories burned during exercise. So if you aren't exercising, you likely won't reap this benefit. Continued use is also important, as weight loss may last only as long as you're taking the medication. That means if you stop taking metformin, there's a good chance you'll return to your original weight. And even while you're still taking the drug, you may slowly gain back any weight you've lost. Bottom lineMetformin is not a magic diet pill. It has been shown to reduce weight in some people but not others. Regardless, one benefit of metformin is that even if it doesn't cause weight gain, which is not true for many medications used to treat type 2 diabetes. Someone who has type 2 diabetes or prediabetes and has a higher body weight may be prescribed for type 1 diabetes. What if I don't have diabetes? A doctor may prescribe metformin for weight loss even if a patient doesn't have diabetes or prediabetes. This type of use would be classified as "off-label," meaning the FDA has not specifically approved it. Because of this, there's less information available about how effective metformin is for weight loss aren't the only approved it. reasons a doctor might prescribe metformin.Polycystic ovary syndrome, is a common health condition caused by an imbalance of female reproductive hormones. It affects 1 in 10 women of childbearing age.PCOS has been linked to insulin resistance. This connection is especially common in patients who have a family history of diabetes, have higher body weights, or are not very physically active. Over time, insulin resistance can lead to type 2 diabetes. For that reason, metformin has been proposed to help treat PCOS. Use of metformin may not be the only reason a person loses weight. Weight loss can also result from accompanying conditions. These include: depressionstressanxietychronic obstructive pulmonary disease (COPD) cancerAIDSParkinson's disease digestive issues like IBS or stomach infectionsOther medications may also play a role. Chemotherapy drugs often result in weight loss due to reduced appetite, as do certain medications prescribed to treat ADHD (such as Adderall and Concerta). If your doctor prescribes metformin, they will decide what dose is best for you. Usually the dosage starts small and increases gradually over a few weeks to minimize side effects. Dosage also depends on whether the patient has type 2 diabetes and on the specific type of metformin prescribed. Adults initially take 500 milligrams (mg) twice a day or 850 mg once a day. Dosage can be increased in increments of 500 mg per day, and given in divided doses. The drug is taken orally, usually with a meal. Always consult your doctor for the proper use and dosage of medications. As with any medication, it's important to consider the associated risks. The current drug labeling by the FDA strongly recommends against metformin use in people who have abnormal kidney function. For these patients, the use of metformin can increase the risk of developing lactic acidosis, a serious and potentially fatal condition. Lactic acidosis is a result of too much lactic acid buildup in the blood. It's also important to know when to seek help for certain side effects. If you experience the following symptoms while taking metformin, see a doctor ASAP: weakness difficulty breathing tiredness dizziness random muscle painunusual sleepiness tomach painnausea or vomitingslow or irregular heartbeatPeople most at risk of developing lactic acidosis include: those who use or abuse alcohol while taking metforminthose with kidney problemsAnother serious side effect is a low blood sugar reaction. When this happens, your blood sugar drops to dangerous levels. If your blood sugar drops too low, there's a risk of seizures, fainting, brain damage, or even death. A low blood sugar reaction needs to be treated immediately to avoid additional dangerous side effects. Treatment usually consists of taking 15 to 20 grams of glucose. This can be done in several ways, including by drinking sugary drinks or eating candies. Some symptoms of low blood sugar include:drowsinessirritabilityheadacheweaknessconfusionshakinesshungerincreased heart ratesweatingdizzinessOther possible side effects include:gasdiarrheanauseaheartburnstomach painEvery weight-loss journey is different, and the healthiest, most consistent route remains a combination of diet and exercise. If you're curious whether metformin could be a good addition for you, talk to your doctor. They can answer your questions and help find a weight loss goal for you. Some good questions to ask are: Can you recommend a diet and exercise program? Would I benefit from a medication to help me lose weight? What is a reasonable weight loss goal for me?If I lose weight, might I stop taking some of my medications for diabetes, high cholesterol, or high blood pressure?Diabetes-friendly diets Paleolithic (Paleo) diet: The Paleo diet promotes eating whole, unprocessed animal and plant foods like meat, fish, eggs, vegetables, fruits, seeds, and nuts. It avoids processed foods, sugar, dairy, and grains. Gluten-free diet: Celiac disease is more common in people with type 1 diabetes. An estimated 8 percent of people with type 1 diabetes also have celiac. The only way to manage this disease is to avoid all foods containing gluten. Vegetarian or vegan diet: A six-month study of 74 people with type 1 diabetes also have celiac. nearly twice as effective as low-calorie diets at reducing body weight. Mediterranean diet: This diet is based on foods traditionally eaten in countries like Italy and Greece. The cuisine is heavy on veggies, fruits, nuts, seeds, potatoes, whole grains, herbs, spices, seafood, and extra-virgin olive oil.DASH diet: "DASH" stands for Dietary Approaches to Stop Hypertension (aka high blood pressure). The DASH diet encourages you to replace the sodium in your diet with a variety of nutrient-rich foods that help lower blood pressure. Since metformin's main purpose is to control blood sugar levels, it should probably be limited to people with type 2 diabetes. It's unclear whether weight loss experienced while taking metformin is a direct result of the drug or whether it could be due to lifestyle changes, other health conditions, or other medications. People without type 2 diabetes who wish to lose weight would likely benefit more from diet and exercise are the healthiest, most consistent route to weight loss. Last medically reviewed on July 25, 2019 Recall of metformin extended release remove some of their tablets from the U.S. market. This is because an unacceptable level of a probable carcinogen (cancer-causing agent) was found in some extended-release metformin tablets. If you currently take this drug, call your healthcare professional. They'll advise whether you should continue to take your medication or if you need a new prescription. Metformin is a drug for managing blood sugar levels in people with type 2 diabetes. You may have heard that metformin can also help you lose weight. But is it true?Here's what you should know about what metformin can do for weight loss, as well as why a doctor or healthcare professional may prescribe it for you. The FDA doesn't approve metformin as a stand-alone weight loss drug. However, people using metformin for other means may lose weight as a side effect. The exact mechanism of this is unclear. Unlike other diabetes medications, metformin doesn't cause weight gain. Appetite reductionOne theory is that metformin affects appetite aren't clear. Metformin may interfere with the gut microbiota, prompt the release of appetite-suppressing hormones, and affect appetite-regulating parts of the brain. Some people who take metformin may also experience diarrhea, bloating, and nausea. These side effects may reduce how much a person wishes to eat. Long-term weight lossOne long-term study of people with diabetes assessed weight loss over 15 years. Researchers found that in people who lost more than 5% of body weight in the first year, those taking metformin had greater success with maintaining weight loss. Individuals who follow a healthy diet and exercise while taking metformin tend to lose the most weight. In addition, any weight loss you have may only last as long as you take the medication. That means if you stop taking metformin, there's a good chance you'll return to your original weight. And even while taking the drug, you may slowly gain back any weight you've lost. If you have type 2 diabetes or prediabetes and are overweight or have obesity, a doctor may prescribe metformin to help you manage your diabetes or lower your risk of developing it. In fact, a doctor might prescribe metformin for weight loss even if you don't have diabetes. This is an off-label use. Off label means that the FDA hasn't approved a drug for a specific use, which in this instance is as a weight loss aid. As a result, there's less information about how effective it is for this purpose. Metformin for you off label, they'll decide on a dose that's right for you and your medical circumstances. You'll likely start metformin at a low dose and gradually increase it over a few weeks. This can help minimize any side effects. One off-label use of metformin is for antipsychotic drug-induced weight loss. Doses for immediate-release metformin is for antipsychotic drug-induced weight loss. losing weight while taking metformin, it may or may not be the result of the medication. Weight loss can result from other factors as well. Digestive system issues include: Other health conditions Some health conditions may also cause loss of appetite, which can lead to weight loss. These conditions include: Medications Other medications boost your metabolism, which can cause weight loss. For example, chemotherapy drugs may do this by reducing your appetite. Certain thyroid is weight loss. For example, chemotherapy drugs may do this by reducing your metabolism, which can cause weight loss. hormones rebalance. These drugs include levothyroxine, liothyronine, and liotrix. Other drugs that may cause weight loss as a side effect include some attention deficit hyperactivity disorder drugs, such as amphetamine/dextroamphetamine/dextroamphetamine/dextroamphetamine/dextroamphetamine/dextroamphetamine/dextroamphetamine/dextroamphetamine/dextroamphetamine/dextroamphetamine/dextroamphetamine/dextroamphetamine/dextroamphetamine/dextroamphetamine/dextroamphetamine/dextroamphetamine/dextroamphetamine/dextroamphetamine/dextroamphetamine/dextroamphetamine/dextroamphetamine/dextroamphetamine/dextroamphetamine/dextroamphetamine/dextroamphetamine/dextroamphetamine/dextroamphetamine/dextroamphetamine/dextroamphetamine/dextroamphetamine/dextroamphetamine/dextroamphetamine/dextroamphetamine/dextroamphetamine/dextroamphetamine/dextroamphetamine/dextroamphetamine/dextroamphetamine/dextroamphetamine/dextroamphetamine/dextroamphetamine/dextroamphetamine/dextroamphetamine/dextroamphetamine/dextroamphetamine/dextroamphetamine/dextroamphetamine/dextroamphetamine/dextroamphetamine/dextroamphetamine/dextroamphetamine/dextroamphetamine/dextroamphetamine/dextroamphetamine/dextroamphetamine/dextroamphetamine/dextroamphetamine/dextroamphetamine/dextroamphetamine/dextroamphetamine/dextroamphetamine/dextroamphetamine/dextroamphetamine/dextroamphetamine/dextroamphetamine/dextroamphetamine/dextroamphetamine/dextroamphetamine/dextroamphetamine/dextroamphetamine/dextroamphetamine/dextroamphetamine/dextroamphetamine/dextroamphetamine/dextroamphetamine/dextroamphetamine/dextroamphetamine/dextroamphetamine/dextroamphetamine/dextroamphetamine/dextroamphetamine/dextroamphetamine/dextroamphetamine/dextroamphetamine/dextroamphetamine/dextroamphetamine/dextroamphetamine/dextroamphetamine/dextroamphetamine/dextroamphetamine/dextroamphetamine/dextroamphetamine/dextroamphetamine/dextroamphetamine/dextroamphetamine/dextroamphetamine/dextroamphetamine/dextroamphetamine/dextroamphetamine/dextroamphetamine/dextroamphetamine/dextroamphetamine/dextroamp metformin is a relatively safe drug with side effects that usually go away over time. Any weight loss you may have while taking it should be gradual and minimal and not cause alarm. If you're concerned about the amount of weight loss. Whether or not you take metformin, you should call a doctor if you're losing weight rapidly and have no energy or appetite. In general, you should feel free to call any time you may experience unexplained weight loss varies from person to person. Still, the weight loss method doctors typically recommend is a combination of a balanced diet and exercise. For more information, read about diabetes. Talk with a doctor to learn more about metformin and weight loss. They can answer your questions and help you find a weight loss plan that's right for you. Some questions you might ask include: Can you recommend a diet and exercise program to help me lose weight? I lose weight? What's a reasonable weight ask include: Can you recommend a diet and exercise program to help me lose weight? What's a reasonable weight? I lose weight? 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