

**Supplemental Table 1: Drugs Associated with Weight Gain and Suggested Alternatives  
(Where evidence is mixed or reports are of a few cases, the “?” has been added.)**

Category	Drug Class	Weight Gain	Alternatives – weight reducing in parentheses
Psychiatric Agents	Antipsychotic	Clozapine Risperidone Olanzapine Quetiapine Haloperidol Perphenazine Quetiapine	Ziprasidone Aripiprazole
	Antidepressants/mood stabilizers: tricyclic antidepressants	Amytriptyline Doxepin Imipramine Nortriptyline Trimipramine Mirtazapine	(Bupropion) Nefazodone Fluoxetine (short term) Sertraline (< 1 yr)
	Antidepressants/mood stabilizers: SSRIs	Fluoxetine? Sertraline? Paroxetine Fluvoxamine	Same as above
	Antidepressants/mood stabilizers: MAO Inhibitors	Phenylzine Tranlycypromine	Same as above
	Lithium		Same as above
Neurologic Agents	Anticonvulsants	Carbamazepine Gabapentin Valproate	Lamotrigine? (Topiramate) (Zonisamide)
Endocrinologic Agents	Diabetes drugs	Insulin (weight gain differs with type and regimen used) Sulfonylureas Thiazolidinediones Sitagliptin? Metiglinide	(Metformin) (Acarbose) (Miglitol) (Pramlintide) (Exenatide) (Liraglutide)
Gynecologic Agents	Oral contraceptives	Progestational steroids Hormonal contraceptives containing progestational steroids	Barrier methods IUDs
	Endometriosis treatment	Depot leuprolide acetate	Surgical methods
Cardiologic Agents	Antihypertensives	$\alpha$ -blocker? $\beta$ -blocker?	ACE inhibitors? Calcium channel? Blockers Angiotensin-2 receptor antagonists

Infectious Disease Agents	Antiretroviral therapy	Protease inhibitors	None
General	Steroid hormones	Corticosteroids Progestational Steroids	NSAIDs
	Antihistamines/anticholinergics	Diphenhydramine? Doxepin? Cyproheptadine?	Decongestants Steroid inhalers