# Article information:

超重和肥胖成人的药物治疗：随机对照试验的系统评价和网状meta分析-柳叶刀  
<https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(21)01640-8/fulltext>

# Article summary:

1. This systematic review and network meta-analysis evaluated the benefits and harms of weight loss drugs for overweight and obese adults.

2. Fenfluramine-topiramate was found to be the most effective drug for weight loss, followed by GLP-1 receptor agonists.

3. The study also found that all drugs except fenfluramine were associated with an increased risk of adverse events leading to discontinuation of treatment.

# Article rating:

May be slightly imbalanced: The article presents the information in a generally reliable way, but there are minor points of consideration that could be explored further or claims that are not fully backed by appropriate evidence. Some perspectives may also be omitted, and you are encouraged to use the research topics section to explore the topic further.

# Article analysis:

The article is a systematic review and network meta-analysis evaluating the benefits and harms of weight loss drugs for overweight and obese adults. The authors conducted a comprehensive search of PubMed, Embase, and Cochrane Library (CENTRAL) from inception to April 2021, which identified 14,605 citations with 143 trials included in 49 trials involving 810 participants. The quality of evidence was assessed using the GRADE framework, and absolute effects were calculated for interventions classified according to drug type.

The article appears to be reliable overall as it provides a comprehensive overview of the evidence on weight loss drugs for overweight and obese adults, including both benefits and risks associated with each drug type. Furthermore, the authors used a rigorous methodology in their analysis, including assessing evidence quality using GRADE framework, calculating absolute effects for interventions classified according to drug type, conducting post hoc analyses when appropriate, etc., which adds credibility to their findings.

However, there are some potential biases that should be noted in this article. First, the authors did not explore any counterarguments or alternative perspectives on their findings; thus readers may not have access to all relevant information needed to make an informed decision about these drugs. Second, while the authors did note possible risks associated with certain drugs such as increased risk of adverse events leading to discontinuation of treatment with all drugs except fenfluramine-topiramate, they did not provide any detailed information about these risks or how they can be managed or minimized if necessary. Finally, it is unclear whether any promotional content was included in this article; thus readers should exercise caution when interpreting its findings.

# Topics for further research:

* Weight loss drugs side effects
* Weight loss drugs safety
* Weight loss drugs risk management
* Weight loss drugs efficacy
* Weight loss drugs alternative perspectives
* Weight loss drugs promotional content

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