COMMUNICATION

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PLEASE REVIEW

Drug Information

PharmPix Clinical Department

PharmPix is committed to the health and wellness of our members.

The clinical team wants to communicate the latest up-to-date drug information requested.

Drug Information:

Remember that medical literature is dynamic and is continuously changing as new scientific knowledge is developed. We exhort the frequent revision of treatment guidelines to assure that your recommendations are consistent with the most updated information.

It is our priority to offer high-quality services and support practices for health promotion and diseases prevention. If you have any questions or wish to have more information regarding this document, you can call us directly or view PharmPix communications online.

QUESTIONS

Call us at 787-522-5252-ext 219.

Access our recent communications at our providers' portal: https://www.pharmpix.com/providers/.

Zepbound Now Approved for Obese Adults with Sleep Apnea

The FDA approved on December 20th, 2024 Eli Lilly's Zepbound (tirzepatide) as the first and only prescribed medication approved for treating obese adults with moderate to severe obstructive sleep apnea.

Obstructive Sleep Apnea

Obstructive sleep apnea is a serious disorder where a person's breathing stops during sleep due to the collapse of soft tissue at the back of the throat, as described by the American Academy of Sleep Medicine. These breathing pauses usually last 10 to 30 seconds, but in severe cases, they can last more than a minute and may happen hundreds of times throughout the night. This can cause a sudden drop in blood oxygen levels, extreme drowsiness during the day, and difficulty focusing. Overweight and obese individuals are at higher risk due to excess fat around the neck area, which blocks airflow while sleeping.

Clinical Study

This approval is based on the findings from the SURMOUNT-OSA phase 3 clinical trial, which assessed the effect of Zepbound on sleep apnea symptoms over the course of one year, with the change in apnea-hypopnea index (AHI) serving as the primary outcome measure. The study showed that Zepbound was most effective when combined with positive airway pressure (PAP) therapy, which supplies pressurized air through a mask worn during sleep. This combination led to 26 fewer breathing interruptions per hour, compared to 25 fewer in patients receiving only Zepbound and six fewer disruptions in those on a placebo.

Along with better sleep apnea symptoms, adults taking Zepbound lost an average of 45 lbs (18%) of their body weight. Those using Zepbound alongside PAP therapy lost an average of 50 lbs (20%) of their body weight, whereas individuals on a placebo lost only 4 lbs (2%) and 6 lbs (2%) respectively.

Additional information can be found at: https://www.fda.gov/news-events/press-announcements/fda-approves-first-medication-obstructive-sleep-apnea.

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REFERENCES:
1. FDA. (2024, December 20). *FDA Approves First Medication for Obstructive Sleep Apnea.* U.S. Food and Drug Administration. https://www.fda.gov/news-events/press-announcements/fda-approves-first-medication-obstructive-sleep-apnea
2. *FDA approves Zepbound® (tirzepatide) as the first and only prescription medicine for moderate-to-severe obstructive sleep apnea in adults with obesity*. Eli Lilly and Company. (2024, December 20). https://investor.lilly.com/news-releases/news-release-details/fda-approves-zepboundr-tirzepatide-first-and-only-prescription

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