

An Inside Look Into Phentermine

From a medical standpoint, Phentermine is a key player in the fight against obesity. Though proponents of a completely holistic approach to weight loss oppose the use of appetite suppressants and medications such as Phentermine, the healthcare industry in general praises the results produced by this anti-obesity medication. If used under the proper medical guidance, Phentermine will not only aid obese and overweight patients in recovering their good health but it could greatly decrease their waist lines as well. Yes, there are potential side effects related with Phentermine usage, but in patients at risk of heart disease, or that are suffering from obesity related health issues such as respiratory problems, diabetes, etc., the benefits greatly outweigh the risks. If used under the proper conditions, Phentermine can truly help save a person's life.

The History of Phentermine

Phentermine hit the spotlight back in the late 1950's. The FDA first approved the use of Phentermine for treating obesity in 1959 and soon afterward it became a hit. In the 1970's, a little over a decade later, it became available as Phentermine hydrochloride which began being produced under the **Fastin** brand name.

Since then, health practitioners have prescribed the drug to fight obesity in patients having a BMI (Body Mass Index) of 30 or higher. Keep in mind that a healthy BMI ranges between 18.5 to 25 kg/m². People become overweight once they pass a BMI of 25 and cross the obesity line after reaching a BMI of 30. In order to identify your own Body Mass Index you simply convert your weight into kilograms and divide that number by your height (in meters) squared.

Phentermine has become widely available worldwide and is sold under many brand names as well as the generic versions. Commercial trade names include: **Ionamin**, **Pro-Fast**, **Adipex P**, **Phentrol**, **Obenix** and many others.

Phentermine side effects and Warnings

Once a doctor prescribes Phentermine, precautions and warnings are given to patients in order to minimize the risks and side affects associated with Phentermine use.

Phentermine usage can initially cause any of the following symptoms: These symptoms should go away once the body becomes accustomed to the drug's presence.

Common Side Effects

Increased heart rate and higher blood pressure

- * Nervousness
- * Trouble sleeping (Insomnia)
- * Irritability and Crankiness
- * In some patients the drug creates a feeling of wellbeing or a state of euphoria thus making it potentially addictive.

Prolonged use of Phentermine can be counterproductive as the drug is considered a short term treatment only and should last no longer than 1 to 3 months. After that time period, it is believed that the body becomes accustomed to its presence and the appetite suppressing effects are diminished. Furthermore, the fact that Phentermine has a similar chemical composition to amphetamines and methamphetamines there is a chance that it may create a chemical dependence in some patients. Addiction is one of the major risks involved with a prolonged use of the drug Phentermine.

Unusual Side Effects

In rare cases patients may suffer from any of the following symptoms:

- * Nausea or vomiting
- * Diarrhea
- * Skin rash or itching
- * Stomach pains
- * Headaches
- * Blurred vision, dizziness, or even clumsiness
- * Some people feel a sense of psychosis and their sexual desires are altered
- * Tiredness

It is important that you tell your doctor about any symptoms you may have in order to determine if they are normal or if they may require that you stop

your treatment immediately.

What's the Proper Phentermine Dosage?

Phentermine comes in both capsule as well as tablet forms. There is also an immediate release, as well as a time release version and dosages range anywhere from 15 mg to 37.5 mg. Since the use of Phentermine requires a prescription, your doctor will be the one to establish the right dosage for you.

Is Overdosing Possible?

Yes. You should never take more Phentermine or Phentermine Hydrochloride than you were prescribed. If used in excess Phentermine can be very harmful and may even prove fatal. If you happen to forget to take your required dose at any given time, do not double up on your next dosage. It will do you more harm than good. Simply skip the one dose and try to be more careful the next time around. The following symptoms may indicate that you have overdosed on Phentermine:

- * Dizziness
- * Hallucinations
- * Fever
- * A feeling of depression, after experiencing a period of excitement
- * Seizures or convulsions
- * Panic
- * Severe nausea, vomiting or diarrhea
- * Becoming highly hostile or violent
- * Fast Breathing
- * Irregular Blood Pressure
- * Cramps
- * Feeling tired and weak
- * Others.

If you feel that you or someone you know may have overdosed on Phentermine, it is important to seek medical treatment immediately. It is also very important never to mix Phentermine use with other drugs. Your doctor is the best source of advice when undergoing this or any other weight loss treatment.

The Positive side to [Phentermine](#)

A Phentermine success story starts when a patient is able to suppress their appetite and therefore lose weight. The Phentermine treatment will eventually be stopped but the newly acquired eating habits and disciplines that result from the treatment will continue thereafter. Phentermine is not new and therefore has a proven track record of helping numerous people get their life back in order. Yes, some people have had negative experiences with this drug, but overall Phentermine is a very positive ingredient in the fight against obesity.

About the Author

The article is posted and written by John Scott, the researcher and writer for www.compareop.com (Phentermine OPs Reports and Discussion board).

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