

# PROPOSED REGULATION OF THE BOARD OF MEDICAL EXAMINERS

LCB File No. R021-15

## NAC 630.205

Authority: NRS 630.130

EXPLANATION – Matter in *italics* is new; matter in brackets ~~omitted material~~ is material to be omitted.

### NAC 630.205 Prescription of appetite suppressants. (NRS 630.130)

1. A physician or physician assistant who is authorized to prescribe controlled substances may prescribe an appetite suppressant to control the weight of a patient if the appetite suppressant is prescribed for use in the treatment of exogenous obesity as part of a program of medical treatment which includes dietary restrictions, modification of behavior and exercise and:

(a) The physician or physician assistant determines that the patient's obesity represents a threat to the patient's health; or

(b) The patient's weight exceeds by not less than 20 percent the upper limit of the patient's healthy weight as set forth in *by the United States Department of Health and Human Services. ~~Figure 3 of Nutrition and Your Health: Dietary Guidelines for Americans, fourth edition, published jointly by the United States Department of Health and Human Services and Department of Agriculture, which the Board hereby adopts by reference. A copy of the publication may be obtained from the Consumer Information Center, Department 378-C, Pueblo, Colorado 81009, for the cost of \$0.50.~~*

2. A physician or physician assistant shall not prescribe an appetite suppressant for more than 3 months, unless the patient:

(a) Has lost an average of not less than 2 pounds per month since he or she began taking the appetite suppressant; or

(b) Has maintained his or her weight at the level which was established by the patient's physician or a physician assistant under the supervision of his or her physician.

3. A physician or physician assistant who prescribes an appetite suppressant for more than 3 months shall maintain a record of the patient's weight at the beginning and end of each month during which the patient takes the appetite suppressant.

4. Before prescribing an appetite suppressant, a physician or physician assistant shall obtain a medical history and perform a physical examination of the patient and conduct appropriate studies to determine if there are any contraindications to the use of the appetite suppressant by the patient.

5. As used in this section, "appetite suppressant" means a drug, "other substance listed in schedule IV pursuant to NAC 453.540 which is used to suppress the appetite of a natural person.