

Table 1: Medications that cause weight gain

Ironically, medications you're taking to improve your physical and mental health could be causing you to gain weight.

MEDICATION	USED FOR
Anticonvulsants carbamazepine (Carbatrol, Tegretol) divalproex (Depakote) gabapentin (Neurontin, others) valproic acid (Depakene)	Convulsions and bipolar disorder
Antihistamines azelastine (Astelin, Astepro) cetirizine (Zyrtec) diphenhydramine (Benadryl) fexofenadine (Allegra)	Allergies
Antihypertensives beta blockers: <ul style="list-style-type: none"> • acebutolol (Sectral) • atenolol (Tenormin) • metoprolol (Lopressor) • propranolol (Inderal) clonidine (Catapres) nisoldipine (Sular)	High blood pressure
Antipsychotics aripiprazole (Abilify, Aristada) clozapine (Clozaril) iloperidone (Fanapt) olanzapine (Zyprexa) paliperidone (Invega) quetiapine (Seroquel) risperidone (Risperdal)	Bipolar disorder and schizophrenia
Chemotherapy anastrozole (Arimidex) tamoxifen (Nolvadex)	Cancer
Corticosteroids cortisone methylprednisone prednisone	Inflammatory diseases such as asthma, rheumatoid arthritis, and lupus

MEDICATION	USED FOR
Contraceptives levonorgestrel (Plan B, others) medroxyprogesterone (Provera, Depo-Provera) norethindrone (Ortho Micronor, others)	Birth control
Diabetes drugs chlorpropamide (Diabinese) glipizide (Glucotrol) glyburide (DiaBeta, Glynase, Micronase) insulin pioglitazone (Actos) rosiglitazone (Avandia) tolbutamide (Orinase)	Blood sugar control
Monoamine oxidase inhibitors (MAOIs) phenelzine (Nardil) tranylcypromine (Parnate)	Depression
Mood stabilizer lithium (Eskalith, Lithobid)	Bipolar disorder
Selective serotonin reuptake inhibitors citalopram (Celexa) escitalopram (Lexapro) fluoxetine (Prozac) fluvoxamine (Luvox) paroxetine (Paxil) sertraline (Zoloft)	Depression
Tricyclic antidepressants amitriptyline (Elavil) desipramine (Norpramin, Pertofrane) imipramine (Tofranil) nortriptyline (Pamelor)	Depression