

# What are GLP-1 agonists?

GLP-1 drugs, or glucagon-like peptide-1 agonists, have emerged as a promising treatment option for both type 2 diabetes and weight management.

These medications mimic the action of a naturally occurring hormone that helps regulate blood sugar levels.



## HOW DO GLP-1 DRUGS WORK?

GLP-1 drugs work in several ways to manage blood sugar and promote weight loss:

- Lowering blood sugar: They stimulate the pancreas to produce more insulin when blood sugar levels are high.
- Slowing digestion: GLP-1 drugs can help you feel fuller for longer by slowing down the emptying of your stomach.
- Reducing digestion: These medications can help reduce cravings and overall food intake.

## BENEFITS

- Improved blood sugar control: GLP-1 drugs can help people with type 2 diabetes achieve better blood sugar levels, including fewer blood sugar spikes.
- Weight loss: Many people who use GLP-1 drugs experience significant weight loss. This is often a goal in managing type 2 diabetes.
- Reduced risk of heart disease: Some GLP-1 drugs have been shown to lower the risk of heart attack, stroke, and heart failure.



## SAFETY & SIDE EFFECTS

- Your doctor can help you decide if the medication is right for you. For most people, the benefits of taking GLP-1 drugs outweigh the risks. These drugs should always be under the supervision of a doctor who will monitor for adverse reactions.
- Possible side effects include nausea, vomiting, loss of appetite, and diarrhea, especially at the start of treatment.
- Rare risk of serious or life-threatening side effects include pancreatitis, thyroid cancer, and anaphylaxis.

## NOT A STANDALONE SOLUTION

While GLP-1 drugs can be a valuable tool in managing type 2 diabetes and weight loss, they are not a magic solution. These medications work best when combined with a healthy diet, regular exercise, and lifestyle changes.

GLP-1 drugs have shown promise in helping people manage type 2 diabetes and achieve weight loss. If you're considering these medications, it's essential to talk to your healthcare provider to determine if they are a good fit for you.

**Note:** This information is intended for general knowledge and informational purposes only and does not constitute medical advice. Always consult with a healthcare professional for personalized guidance.