

# Clinical trial in Ireland challenges beliefs about Ozempic and similar new obesity treatments

August 22 2024

---



Credit: Unsplash/CC0 Public Domain

A study carried out in St Vincent's University Hospital (SVUH) Dublin challenges the belief that weight-loss medications such as Ozempic, Wegovy or Monjaro work just by promoting satiety and making you eat

less.

The [randomized controlled trial](#) with 30 patients was led by Professor Donal O'Shea, SVUH and UCD School of Medicine, and examined the family of medications based on the hormone Glucagon-like peptide-1 (GLP-1).

The findings, [published](#) today in the *Journal of the Obesity Society*, show that there is a [strong relationship](#) between the increase in metabolic activity caused by once-daily treatment with GLP-1 and the amount of weight lost. Furthermore, people with low metabolic activity before starting treatment benefited the most from it.

Professor O'Shea said, "This study challenges the main narrative about these newer treatments, which is that they simply make you eat less, and that any action on energy burn is minimal. The strength of the association is surprising given the relatively small numbers studied and suggests this increase in [metabolic activity](#) is a significant contributor to how these drugs work.

"Safe medical treatment for [obesity](#) is still in its infancy and we need to understand fully how the treatment works. Understanding how these agents increase energy burn should be an important part of future research.

"It always seemed oversimplistic to me that these new treatments were just making people eat less. So this study finding is an exciting step forward in our understanding of how these new medicines for obesity work. The findings also provide science to support the fact that the treatment of obesity is not simply to eat less and move more—that's the prevention piece—treatment is more complex than that."

The 30 patients had specialized imaging of the fat within their abdomen

using a PET-CT scanner, with scans carried out before and after six months of [treatment](#) with GLP-1.

The study was co-authored by Professor Silke Ryan, SVUH.

**More information:** *Journal of the Obesity Society* (2024), [DOI: 10.1002/oby.24126](#). [onlinelibrary.wiley.com/doi/full/10.1002/oby.24126](https://onlinelibrary.wiley.com/doi/full/10.1002/oby.24126)

Provided by University College Dublin

Citation: Clinical trial in Ireland challenges beliefs about Ozempic and similar new obesity treatments (2024, August 22) retrieved 22 August 2024 from <https://medicalxpress.com/news/2024-08-clinical-trial-ireland-beliefs-ozempic.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.