

Mayo Clinic Minute: What's the skinny on weight-loss drugs?

VIDEO	AUDIO
	It's a medication called semaglutide — better known by the brand names Ozempic and Wegovy.
	Ozempic is approved by the Food and Drug Administration to treat Type 2 diabetes. Wegovy is now approved to help with weight loss.
Meera Shah, M.B., Ch.B. Endocrinology Mayo Clinic	"These drugs have been shown to help people lose, on average, about 15% of their body weight."
	It works by tricking your brain and stomach into feeling full, so you don't overeat.
Dr. Shah	"It's really changed how we think about these weight loss medications."
	It's a prescription medication. The FDA advises it only for people with a body mass index, or BMI, greater than 30 — or a BMI of 27 or more with a weight-related health condition. A common side effect is nausea.
Dr. Shah	"These are injections, and you give them once a week to yourself, typically in the belly, so much like an insulin injection would be."
	They're also expensive and oftentimes not covered by insurance. So check with your provider.
Dr. Shah	"I think it's a great tool. I think for a lot of people, it certainly makes a significant difference to how they feel about food and how they feel about their own hunger signals and their ability to control that and that's very powerful."
	For the Mayo Clinic News Network, I'm Jason Howland.