

METABOLIC HEALTH



Mounjaro & Wegovy: How Safe and How Effective Are They?

What the big trials say about how much you lose, and how safe these GLP-1 injections really are.

Swipe

THE WORRY

Do they actually work, or is it just hype?

You have probably wondered if these injections actually work, or if they are just the latest hype. And even if they do work, you want to know they are safe, that side effects will not floor you, and that the weight will not come racing back the moment you stop.

MOUNJARO / SURMOUNT-1

About 21% average weight loss

At the top dose over 72 weeks, roughly 22 kg (48 lb) on average, about a fifth of body weight. More than half of people on the top dose lost at least 20%.

WEGOVY / STEP 1

About 15% average weight loss

Over 68 weeks, roughly 15 kg (34 lb), close to a seventh of starting weight. About 7 in 10 people lost at least 10%, and about half lost at least 15%.

BEYOND THE SCALE

Diabetes risk cut by about 90%

In people with prediabetes, Mounjaro sharply reduced the chance of developing type 2 diabetes. In the 3-year SURMOUNT-1 follow-up, that risk was cut by around 90% versus placebo while treatment continued.

HEART PROTECTION / SELECT

Wegovy cut major heart events by 20%

In 17,604 high-risk adults followed for about three years: heart attacks, strokes, and heart-related deaths happened in 6.5% of the Wegovy group versus 8.0% on placebo. Deaths from any cause were about 19% lower.

SAFETY

Mostly stomach-related, and mostly manageable

Nausea, diarrhea, vomiting, and constipation, usually mild to moderate. In SURMOUNT-1, side effects led 4% to 7% of people to stop, depending on dose. Serious adverse events overall were broadly similar to placebo.

THE BOTTOM LINE



The results hold only with a plan

Weight tends to return if treatment stops without a maintenance plan, because obesity is a chronic condition, not a one-time fix. These are prescription medicines that need a doctor's supervision and monitoring.