

What You Should Know About Ozempic

Ozempic is an injectable prescription medication approved by the U.S. Food and Drug Administration (FDA) for treating Type 2 diabetes in adults. Recently, the drug has gained national attention from celebrities for its weight loss effects.

Keep in mind that taking Ozempic to lose weight is considered off-label use, which the drug's manufacturer does not promote, suggest or encourage.

Ozempic is medically approved to improve blood sugar in individuals with Type 2 diabetes. It can also help people with Type 2 diabetes and known heart disease reduce their risk for cardiovascular events, such as stroke or heart attack.

Ozempic for Weight Loss

Researchers have found that people who take Ozempic may lose modest amounts of weight while on the medication. The FDA-approved active ingredient in Ozempic, semaglutide, can impact weight in the following ways:

- It slows the rate at which an individual's stomach empties, prolonging feelings of fullness and satiety.
- It affects the hunger centers in the brain, reducing or curbing appetite, hunger and cravings.

The FDA approves semaglutide at higher doses for treating individuals living with obesity and other weight-related medical problems under the brand name Wegovy. However, individuals should only use Wegovy as a weight-loss tool under medical supervision and when dealing with "severe" obesity. Although Ozempic and Wegovy have the same active ingredient, they have different brand names and dosage schedules.

Consult your primary care physician if you have questions or concerns about Ozempic.