

# The Skinny on Weight Loss Drugs

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GLP-1 medications like Wegovy, Mounjaro and Ozempic have been all over in the headlines lately, but what is the reality of these so called "miracle" drugs?

Let's take a closer look!

It has recently become possible to obtain these medications online without a prescription, however this can be VERY risky due to possible side effects of these medications, as well as the danger of counterfeit or contaminated products.



## How do they work?

- These medications are all different brand names for the same drug- Semaglutide, and though now FDA approved for weight loss, they have been prescribed to diabetic patients for years. These drugs decrease appetite and slow down emptying of the stomach so people feel less hungry and eat less.

## Are they effective?

- Early studies show GLP-1 medications can result in up to 12% body mass loss.

## What are the common side effects?

- Because these medications slow down your digestive system, GI issues are common including nausea, diarrhea, vomiting, constipation, abdominal pain, headache, fatigue, indigestion, dizziness, bloating and gas.



## Are these medication right for me?

- Although these medications can aid in weight loss, it is still important to eat healthy and exercise while taking them.

Older adults are at risk of inadequate protein intake and nutrient deficiencies, so a medication that impairs nutrient absorption is possibly risky. In addition, significant weight loss over the age of 65 is not recommended, as individuals tend to lose muscle mass, which increases the risk of weakness, falls, illness, and malnutrition.

## Why else should I think twice about these drugs?



You must take these medications forever! Weight regain will occur as soon as the meds are stopped.



These medications are expensive (\$15,000 a year) and are often not covered by insurance!



You may appear "older" due to the rapid weight loss (especially in the face)