

GLP-1s Beyond Weight Loss more than the scale

GLP-1 medications like semaglutide and tirzepatide became well known for type-2 diabetes and weight loss — but researchers, and increasingly the FDA, are finding they do more than help with weight. This guide looks at the benefits being seen beyond the scale: some now FDA-approved, others still under study. It reflects our pharmacists' reading of current and still-developing research — it is not medical advice.

What GLP-1s actually do

GLP-1 is a hormone your gut releases after eating. These medications **mimic that hormone**: they slow how fast your stomach empties, calm appetite and food "noise," and help the body manage blood sugar and insulin. Those same core actions ripple out to the heart, liver, kidneys, and more — which is why the list of benefits keeps growing.

Benefits already FDA-approved

Beyond weight and diabetes, specific GLP-1 medicines now carry these approved uses:

AREA	WHAT'S APPROVED
Heart	Semaglutide (Wegovy) is approved to reduce the risk of heart attack, stroke, and cardiovascular death in certain adults with heart disease plus overweight or obesity.
Liver	Semaglutide (Wegovy) is approved to treat MASH — a serious form of fatty liver disease — in adults with moderate-to-advanced liver scarring, without cirrhosis.
Sleep apnea	Tirzepatide (Zepbound) is approved for moderate-to-severe obstructive sleep apnea in adults with obesity.
Kidney	Semaglutide (Ozempic) is approved to lower the risk of kidney disease worsening in adults with type-2 diabetes and chronic kidney disease.

These approvals belong to the **specific FDA-approved brand products** named above — compounded formulations are not FDA-approved. Your prescriber decides what's appropriate for you.

Benefits still being studied

Active research is looking at whether GLP-1s may help in these areas — promising, but emerging and not yet proven or approved for these uses:

- **Cravings & habits:** early signals around reduced cravings for alcohol and other habits.
- **Inflammation:** broad anti-inflammatory effects are under investigation.
- **PCOS & fertility:** interest in metabolic and hormonal benefits for PCOS.

We share these because the science is moving quickly and patients ask — not as a promise of benefit. Evidence is still developing and may change.

If you're taking a GLP-1

- **Go up slowly.** Doses are increased gradually to limit nausea and stomach upset — follow your titration schedule.
- **Common effects** are nausea, fullness, constipation, or diarrhea, usually easing over time. Eat smaller meals and stay hydrated.
- **Injecting it?** See our Subcutaneous Injection guide for technique and site rotation.
- **Protect muscle** with enough protein and activity, since weight loss can include muscle.

Not for everyone. GLP-1s aren't right for some people, including certain thyroid-cancer and pancreatitis histories, and are not for use in pregnancy. Tell your prescriber and pharmacist your full history, and report severe stomach pain, persistent vomiting, or any reaction that concerns you.

This guide is general educational information and reflects our pharmacists' observations based on current and still-developing research. It is **not medical advice** and does not replace your prescription label or your prescriber's instructions, which always take priority. Approved uses vary by product; the emerging uses described are **investigational and not approved by the FDA**, and evidence is still developing and may change. **Always consult your doctor or pharmacist** before starting, changing, or stopping any therapy. If you notice a reaction that concerns you, contact your prescriber or pharmacist right away; for a medical emergency, call 911. By using this information you accept that Village Pharmacy & Compounding, its owners, and staff are not liable for any injury, loss, or damage arising from its use.

Web: villagepharmacymiami.com · **Call:** 305-274-8955 · **Visit:** 9408 SW 87th Ave, Suite 105, Miami, FL (MedSquare Building)