

Heart Health and GLP-1s: More Than Just Weight Loss

Researchers have discovered that GLP-1 medications seem to do more than help you manage blood sugar or lose weight—they also help protect your heart.

In people with type 2 diabetes and high risk of heart disease, taking these drugs has been linked to a lower risk of major heart problems like:

- Heart attack
- Stroke
- Death from heart disease

Experts think this might happen not just because people lose weight, but because GLP-1 meds:

- Reduce inflammation
- Lower blood pressure
- Help keep plaques inside blood vessels more stable
- Improve cholesterol and blood sugar regulation

Why Nutrition Still Matters

GLP-1s reduce appetite and slow digestion, which often leads to smaller meals or changes in food preferences. That can result in inadequate intake of key nutrients, which are critical for heart and overall health. Over time, this may increase the risk of:

- Protein deficiency and muscle loss
- Low levels of vitamins B12, D, A, E and K
- Mineral shortfalls (iron, magnesium, potassium)

Should You Be Excited?

There's a lot of buzz—and for good reason. GLP-1 meds are helping many people take control of their blood sugar and weight, and large studies show real benefits for heart health.

That said, these drugs work best as part of a broader health plan—one that includes good nutrition, regular check-ins with your doctor and the usual heart-healthy lifestyle habits like activity and stress management.

