

Understanding GLP-1s

GLP-1 medications are drugs that mimic a natural gut hormone to help your body regulate blood sugar, slow digestion, and increase feelings of fullness—making them useful in managing type 2 diabetes and supporting weight loss when diet and exercise alone aren't enough.

What Do They Do?

When you eat, your gut releases GLP-1, which:

- Signals your pancreas to release more insulin when sugar is high
- Slows stomach emptying
- Tells your brain you're full sooner

Taking a GLP-1 medication boosts these effects, helping with blood sugar control and reducing appetite.

Who Might Be a Good Candidate

GLP-1 drugs aren't for everyone—but they might be right for you if you have:

- Type 2 diabetes and need help managing blood sugar
- A BMI of 30 or higher
- A BMI of 27 or higher plus a related health issue like high blood pressure, high cholesterol, sleep apnea, or heart disease

Doctors also look at your overall health, weight loss history, and current medications before suggesting GLP-1s.

What to Expect

Most GLP-1s are injectable once a week, though some are pills. They can help you eat less by reducing hunger, but they work best with good eating habits and an active lifestyle.

Common side effects include nausea, stomach discomfort, or constipation—usually mild and often easing over time.

Not for Everyone

GLP-1s may not be recommended if you're pregnant, have certain digestive issues, or a history of specific cancers. Your doctor can help figure that out.

