

Better weight-loss drugs predicted for 2024

1st January 2024

Harder



One of the most common New Year resolutions is to lose weight. Weight loss could be a more achievable prospect in 2024 because of recently-approved injectable drugs that have proven to be particularly effective in helping people shed the kilos (or pounds). They belong to a class of medications called GLP-1. The most well-known of these are **Wegovy** and **Ozempic**. The drugs.com website reported that in extensive studies of patients using **Wegovy**, 83 per cent of participants lost 5 per cent or more of their weight compared to 31 per cent of those taking a placebo. A cardiologist at the Mayo Clinic said obesity drugs "*are here to stay*" and that "*more and more of these drugs are coming to the market*".

The significance of the new remedies has been highlighted by industry experts. The prestigious journal "Science" declared the family of weight-loss drugs to be medicine's "breakthrough of the year" for 2023. This year could prove to be even better for overweight people, and for those who find exercising difficult. A new drug called **Zepbound** has been approved. In clinical trials, people taking this lost an average of 20-25 per cent of their weight. Obesity specialist, doctor Juliana Simonetti, said the new drugs were "*amazing, since they address the underlying physiological cause of weight regain*". She added: "*I've been working in this field over the last decade, and the results are very impressive.*"

Sources: ksl.com / drugs.com / gizmodo.com / breakingnewsenglish.com

DISCUSS

"It is better to lose weight through exercise than through drugs." Do you agree or disagree? Why (not)?

True / False

- 1) Losing weight is the world's most common New Year resolution. T / F
- 2) The new weight-loss drugs are administered by injection. T / F
- 3) A study showed that 5% of people lost 31% of their weight. T / F
- 4) The Mayo Clinic said we'll be using obesity drugs for a long time. T / F
- 5) The journal Science said the drugs were 2023's medical breakthrough. T / F
- 6) The drugs could help people who have problems exercising. T / F
- 7) People lost around 20-25% of their weight using a new drug. T / F
- 8) A doctor wasn't so impressed with the weight loss drugs. T / F

DISCUSS MORE

- 1) What are your New Year's resolutions?
- 2) Do you always stick to your resolutions?
- 3) Have you ever tried to lose weight?
- 4) Should people be conscious of their weight?
- 5) Should we try to cure our bodily ills without drugs?
- 6) What do you think of injectable drugs?
- 7) What's the best way to lose weight?
- 8) What problems in society does obesity cause?
- 9) What should governments do about obesity?
- 10) How do you think 2024 will go?

Synonym Match

(The words in bold are from the news article.)

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|-----------------------|----------------|
| 1. common | a. experiments |
| 2. prospect | b. large-scale |
| 3. effective | c. reputable |
| 4. extensive | d. remedies |
| 5. drugs | e. likelihood |
| 6. experts | f. fundamental |
| 7. prestigious | g. successful |
| 8. trials | h. deal with |
| 9. address | i. popular |
| 10. underlying | j. specialists |

Speaking – Losing Weight

Which is the best way to lose weight? Rank these items from 1 (top) to 10 (bottom).

- ___ No cakes and sweets
- ___ Keep a food diary
- ___ Weigh yourself daily
- ___ Cycle everywhere
- ___ No alcohol
- ___ Lift weights
- ___ Eat more plants
- ___ Weekly fasts