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RESEARCH ARTICLE
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SEMAGLUTIDE (RYBELSUS) AND LOSING WEIGHT

Hassan Mohsen Alalasi[1]*, Riyadh Mohammed Alahmadi[2], Abdulllah Ali Al-Zahrani[3] and Omar Amr Ghayouth[4]

[1]*Halalasi@moh.gov.sa, King Fahad hospital Jeddah
[2] PHARMACIST, rimalahmadi@moh.gov.sa, King Fahad hospital Jeddah
[3] PHARMACIST, aalzahrani535@moh.gov.sa , King Fahad hospital Jeddah
[4] PHARMACIST, oghauoth@moh.gov.sa, King Fahad hospital Jeddah

***Corresponding Author:** Hassan Mohsen Alalasi
Email: Halalasi@moh.gov.sa

Abstract :
Semaglutide (RYBELSUS) is a medication that has been recently approved by the FDA for use in the management of obesity and weight loss. This essay explores the effectiveness of semaglutide in promoting weight loss and the associated benefits. The introduction provides an overview of the obesity epidemic and the need for novel treatment options. The results section presents scientific evidence regarding the efficacy of semaglutide in clinical trials. The discussion section critically analyzes the role of semaglutide in weight loss and potential mechanisms of action. The conclusion highlights the potential of semaglutide as a valuable tool in the fight against obesity and the importance of further research in this area.

Keywords: Semaglutide, obesity, weight loss, RYBELSUS, clinical trials, mechanism of action**.**

Introduction:

Obesity has reached epidemic proportions globally, with the prevalence doubling in the past few decades. The associated comorbidities, such as cardiovascular disease, diabetes, and certain types of cancer, put a significant burden on individuals and healthcare systems worldwide. Traditional weight loss strategies, such as lifestyle modifications, dietary interventions, and exercise, have proved challenging for many individuals to sustain. Thus, there is a critical need for innovative pharmacological approaches to aid in weight management. Semaglutide, a glucagon-like peptide-1 (GLP-1) analog, has emerged as a promising agent for weight loss.

Semaglutide, brand name Rybelsus, is a medication used in the treatment of type 2 diabetes. It belongs to a class of drugs called glucagon-like peptide-1 receptor agonists (GLP-1 RAs). Semaglutide is administered orally in the form of a tablet.

Here are some key points about semaglutide (Rybelsus):

Mechanism of Action: Semaglutide works by mimicking the action of a hormone called glucagon-like peptide-1 (GLP-1) in the body. GLP-1 helps regulate blood sugar levels by increasing insulin secretion, reducing glucagon (a hormone that raises blood sugar) release, slowing down gastric emptying, and promoting satiety.

Treatment of Type 2 Diabetes: Semaglutide is prescribed as an adjunct to diet and exercise to improve glycemic control in adults with type 2 diabetes. It is typically used when other oral antidiabetic medications, such as metformin, have not provided adequate blood sugar control.
Oral Administration: Unlike most GLP-1 RAs that are administered by injection, semaglutide is available in an oral tablet form. This makes it more convenient for patients who may prefer oral medications over injections.
Dosage and Administration: Semaglutide tablets are taken once daily, typically in the morning, with or without food. The recommended starting dose is 3 mg, which is increased to 7 mg after 30 days. In some cases, the dosage may be further increased to 14 mg if additional blood sugar control is needed.
Efficacy: Clinical studies have shown that semaglutide can effectively lower blood sugar levels in patients with type 2 diabetes. It has been associated with improvements in glycated hemoglobin (HbA1c), fasting plasma glucose, and postprandial glucose levels.
Side Effects: Common side effects of semaglutide may include nausea, diarrhea, vomiting, abdominal pain, decreased appetite, and constipation. These side effects are usually mild and tend to improve over time. Rare but serious side effects may include pancreatitis and kidney problems.
Precautions and Contraindications: Semaglutide should not be used in patients with a personal or family history of medullary thyroid carcinoma (MTC) or multiple endocrine neoplasia syndrome type 2 (MEN 2). It should also be used with caution in patients with a history of pancreatitis or diabetic retinopathy.
Monitoring: Regular monitoring of blood sugar levels and kidney function is important while taking semaglutide. It is also recommended to monitor for signs and symptoms of pancreatitis, such as severe abdominal pain, persistent vomiting, or unexplained nausea.
As with any medication, it is crucial to follow the prescribed dosage and instructions provided by the healthcare professional. If you have specific questions or concerns about semaglutide (Rybelsus), it's best to consult with your healthcare provider for personalized advice.

Results:
Clinical trials evaluating semaglutide's efficacy in weight loss have yielded promising results. In a randomized controlled trial involving individuals with obesity, semaglutide demonstrated superior weight loss outcomes compared to placebo and other conventional weight loss medications. Patients receiving semaglutide experienced substantial reductions in body weight, body mass index (BMI), and waist circumference. Moreover, improvements in glycemic control, blood pressure, and lipid profiles were observed in the semaglutide-treated group.

Discussion:
The mechanism of action underlying semaglutide's weight loss effects involves multiple pathways. As a GLP-1 analog, semaglutide enhances satiety, leading to reduced food intake. It also delays gastric emptying, which contributes to increased feelings of fullness and prolonged postprandial satiety. Additionally, semaglutide promotes pancreatic beta-cell function, improving insulin secretion, and reducing insulin resistance. These combined effects help regulate appetite, reduce calorie intake, and enhance metabolic health, ultimately leading to weight loss.

Several studies have investigated the safety and tolerability of semaglutide. Common side effects include gastrointestinal symptoms, such as nausea and diarrhea, which are generally mild and transient. Adverse events like pancreatitis and medullary thyroid carcinoma have been reported in long-term animal studies; however, further studies are needed to establish the potential risk in humans. Overall, semaglutide has demonstrated a favorable safety profile in clinical trials, and its benefits in weight loss outweigh potential risks in properly selected patients.

Conclusion:
Semaglutide (RYBELSUS) offers significant promise as an effective pharmacological agent in the treatment of obesity and weight loss. Clinical trials have shown substantial reductions in body weight,

improvements in metabolic parameters, and a favorable safety profile. By enhancing satiety, reducing calorie intake, and metabolic health, semaglutide addresses the multifactorial nature of obesity. However, further research is necessary to optimize dosage regimens, evaluate long-term safety, and assess the impact on weight maintenance. Semaglutide represents a valuable addition to the armamentarium against obesity, potentially transforming the landscape of weight management strategies.

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