

WHERE THERE'S A WILL THERE'S A WEIGH: THE SKINNY ON WEGOVY AND SAXENDA

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DISCLOSURES

- Neither presenter has any relevant financial or nonfinancial relationship(s) to disclose



OUTLINE

Overview of GLP-1 RA medications

- Mechanism of action
- Available medications

GLP-1 RA medications for weight loss

- Indications
- Administration
- Dosing
- Effectiveness
- Side effects
- Other considerations

Clinical Pearls

- Cost
- Shortages
- Influence of social media

Summary



OVERVIEW OF GLP-1 RA MEDICATIONS



HOW THEY WORK

Increase
feeling of
“fullness”
when eating

Slow how
quickly the
stomach
empties



Increase insulin secretion
after meals → tells the
body to move sugar from
the bloodstream into cells

Decrease glucagon
secretion after
meals → tells the
body to keep sugar
out of the
bloodstream

WHAT MEDICATIONS ARE AVAILABLE



Diabetes

Pramlintide (Symlin®)
Dulaglutide (Trulicity®)
Exenatide (Bydureon BCise®)
Liraglutide (Victoza®)
Semaglutide (Ozempic®)
Tirzepatide (Mounjaro®)



Weight Loss

Liraglutide (Saxenda®)
Semaglutide (Wegovy®)



GLP-1 RA MEDICATIONS FOR WEIGHT LOSS



WHEN SHOULD THESE MEDICATIONS BE CONSIDERED FOR WEIGHT LOSS?

Wegovy

- **In addition to** reduced-calorie diet and increased physical activity for chronic weight management
- For adults with BMI of $\geq 30 \text{ kg/m}^2$ **or** 27 kg/m^2 **with** at least 1 weight-related condition
- For pediatric patients ≥ 12 years old with a BMI $\geq 95^{\text{th}}$ percentile for their age and sex

Saxenda

- **In addition to** reduced-calorie diet and increased physical activity for chronic weight management
- For adults with BMI of $\geq 30 \text{ kg/m}^2$ **or** 27 kg/m^2 **with** at least 1 weight-related condition
- For pediatric patients ≥ 12 years old with body weight $> 60 \text{ kg}$ **and** a BMI of $\geq 30 \text{ kg/m}^2$



HOW ARE THESE MEDICATIONS GIVEN?

	Wegovy	Saxenda
How administered	Injection	Injection
Frequency	Once weekly	Once daily
How often dose can be increased	Every 4 weeks	Every week
How long until maintenance dose is reached	~4 months	~4 weeks



HOW WELL DO THESE MEDICATIONS WORK?

Wegovy

- In trials, patients on the 2.4 mg dose lost an average of ~34 pounds over 17 months (14.9% of total body weight)
- Average waist circumference reduction of ~2.4 inches over a 1-year period

Saxenda

- In trials, patients on the 3 mg dose lost an average of 15 pounds over 17 months (6.4% of total body weight)
- Up to a 21-pound weight loss observed after 1 year when combined with low calorie diet and exercise program

Wilding et al. *N Engl J Med.* 2021;384(11):989-1002.

Rubino et al. *JAMA.* 2021;325(14):1414-1425.

Rubino et al. *JAMA.* 2022;327(2):138-150.

Lundgren et al. *N Engl J Med.* 2021;384(18):1719-1730.



SIDE EFFECTS: SHORT VS LONG TERM

Short Term

- **Most common: nausea & vomiting, injection site reaction, diarrhea, constipation, and abdominal pain**
- Other commonly reported: headache, fatigue, dyspepsia, dizziness, hypoglycemia (*in patients with type 2 diabetes), flatulence, GERD, and nasopharyngitis

Long term:

- **Weight loss**
 - Semaglutide evidence supports sustained after 3 years with continued dosing
 - Saxenda studies indicate, “upon discontinuation of treatment, patients are likely to regain weight”

Wegovy® [package insert].

Saxenda® [package insert].

Wadden TA, Hollander P, Klein S, et al. Weight maintenance and additional weight loss with liraglutide.

PRECAUTIONS & CONTRAINDICATIONS

Contraindications

- History of **pancreatitis**
- Type 1 diabetes
- Personal/family history of medullary **thyroid cancer** or multiple endocrine neoplasia 2A or 2B

Precautions

- History of gastrointestinal disease (ex. gastroparesis)
- Renal impairment (*depends* on agent)
- Diabetic retinopathy (in patients with type 2 diabetes)
- Anesthesia

Pregnancy

- ACOG does **not** recommend medications for weight loss during pregnancy

Wegovy® [package insert].

Saxenda® [package insert].

Obstetrics & Gynecology 137(6):p e128-e144.



CLINICAL PEARLS



COST

	Wegovy	Saxenda
Cash Price*	\$1300-1700	\$1300-1700
Available Manufacturer Coupons	“WeGo Together” <ul style="list-style-type: none">- Commercial Insurance: max savings/28 days = \$225- Cash: max savings/28 days = \$500- Government: no assistance- Savings valid through 12/31/23	Saxenda Saving Offer was <u>discontinued</u> 6/2023

*Cost depends largely on pharmacy/day/etc.

<https://www.novonordisk-us.com/supply-update>

<https://www.novocare.com/obesity/products/saxenda.html>

<https://www.goodrx.com/>



SHORTAGES

Wegovy

- Per the manufacturer “**demand** continues to *outpace* our increasing **production** of Wegovy” → supply **disruption**
- Additional manufacturer added 4/2023 to assist in increasing production

Saxenda

- Manufacturer has not provided update; however, it has also been *reported* to be on shortage

Prescribing for indication

- Diabetes v. Obesity management (right drug for right indication)

Influence of social media

- Celebrity
- TikTok



SUMMARY



SUMMARY

Wegovy and Saxenda are the only GLP-1 RA medications that are FDA-approved for weight loss

GLP-1 RA medications help with weight loss by slowing how fast the stomach empties and increasing feelings of fullness

Wegovy and Saxenda are both given via injection: Wegovy once weekly, Saxenda once daily

Most common short-term effects are related to GI upset (N/v, diarrhea, pain and constipation)

Cost depends largely on insurance coverage, Wegovy has some assistance available



Questions?



References

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