# Semaglutide Linked to 20% Reduction in Heart Attack Risks, Study Finds



Semaglutide, an active ingredient in the weight loss drugs Wegovy and Ozempic, has been linked to a significant reduction in heart attack risks according to a recent study. Presented at the European Congress of Obesity in 2024 and led by researchers from University College London, the study found a 20% decrease in the risk of heart attacks, strokes, and cardiovascular-related deaths among participants using semaglutide.

The research involves 17,604 adults from 41 countries, all over the age of 45 with a body mass index (BMI) greater than 27 and with previous cardiovascular events. Participants were either administered a 2.5 mg weekly dose of semaglutide or a placebo over approximately 40 months. The findings indicated that 569 participants (6.5%) in the semaglutide group experienced significant cardiovascular events, compared to 701 participants (8%) in the placebo group.

The benefits of semaglutide appear to extend beyond mere weight loss, potentially offering broader cardiovascular protections. This has led researchers to suggest that semaglutide could be a groundbreaking treatment comparable to the use of statins in the 1990s.

In economic terms, widespread prescription of semaglutide might lead to substantial healthcare savings and improved productivity through enhanced workforce health. The UK, where 7.6 million people live with heart or circulatory diseases, has already seen semaglutide prescribed for weight loss on the NHS since 2023.

Separately, another study highlighted a new drug, retatrutide, which appears even more effective than semaglutide, featuring mechanisms that both suppress appetite and increase fat burning. In a phase 2 clinical trial with 338 participants, retatrutide resulted in a 24% reduction in body weight over 48 weeks, suggesting it could become a future leader in weight loss treatment.