# Study Shows Anti-Obesity Drug Semaglutide Reduces Cardiovascular Risks Regardless of Weight Loss



**Title: Study Shows Anti-Obesity Drug Semaglutide Reduces Cardiovascular Risks Regardless of Weight Loss**

A recent study conducted by Professor John Deanfield of University College London (UCL) has found that the anti-obesity drug semaglutide can significantly reduce the risk of cardiovascular events such as heart attacks and strokes in obese individuals without diabetes, regardless of the weight they lose. This research utilized data from the Select trial, sponsored by Novo Nordisk, the manufacturer of semaglutide, which markets the drug under the brand names Wegovy, Ozempic, and Rybelsus.

The study, which lasted five years and involved 17,604 adults over the age of 45 across 41 countries, aimed to investigate semaglutide's effectiveness in preventing major cardiovascular incidences. Results after 20 weeks revealed that 62% of the participants on semaglutide lost more than 5% of their body weight as opposed to only 10% in the placebo group. However, the key finding was that the reduction in the risk of cardiovascular events was comparable among those who lost more than 5% of their body weight and those who did not achieve this threshold or even gained weight.

Professor Deanfield highlighted that semaglutide appears to offer protective benefits against cardiovascular diseases through mechanisms beyond weight loss, potentially involving improvements in blood sugar levels, blood pressure, inflammation, and direct effects on the heart and blood vessels.

This groundbreaking study was presented at the European Congress on Obesity (ECO) in Venice alongside another research piece by Professor Donna Ryan from the Pennington Biomedical Research Center in New Orleans. Ryan's research focused on the long-term weight management capabilities of semaglutide, which showed that significant weight loss could be sustained over four years.

Deanfield’s findings underscore the potential of semaglutide to benefit the cardiovascular health of obese patients, independent of significant weight reduction, providing a promising outlook for tackling obesity-related health issues more comprehensively.