# Weight Loss Injections Like Ozempic Reduce Heart Attack and Stroke Risk by 20%, Study Shows



A new study has found that weight loss injections such as Ozempic significantly reduce the risk of heart attacks and strokes by 20%, irrespective of the amount of weight lost. This major finding was presented by Professor John Deanfield of University College London during the European Congress on Obesity in Venice, drawing parallels between these drugs and the breakthrough discovery of statins in the 1990s.

The research centered on semaglutide, a drug marketed under the names Wegovy, Ozempic, and Rybelsus, primarily for its anti-obesity effects. It was based on data from the Select trial, a comprehensive project involving 17,604 adults over the age of 45 from 41 countries, focusing on obese individuals without diabetes. Results from the trial showed that while 62% of participants on semaglutide lost over 5% body weight, cardiovascular risk reduction occurred regardless of weight loss.

Professor Deanfield highlighted that semaglutide offers benefits extending beyond simple fat reduction, possibly affecting blood sugar levels, blood pressure, inflammation, and direct effects on the heart and blood vessels.

Additionally, research led by Professor Donna Ryan of Pennington Biomedical Research Centre reported sustained weight loss benefits of semaglutide lasting up to four years. This second study, also stemming from the Select trial results, shows significant long-term weight management potential, suggesting broad public health implications.

Both sets of findings contribute to the expanding role of semaglutide in managing both obesity and cardiovascular risks, representing a significant advancement in medical treatment for chronic conditions related to aging.