# Gemma Collins reveals the unexpected facial effects of rapid weight loss injections



Gemma Collins, the 44-year-old reality television personality best known for her role on The Only Way Is Essex, has recently attracted considerable media attention due to the unforeseen effects of her rapid weight loss journey. Having utilised weight-loss injections to shed two stone, Collins has revealed her shock and dissatisfaction with the significant changes to her facial appearance that followed.

Collins initially praised the Mounjaro injections—a form of GLP-1 agonist medication known to suppress appetite and regulate blood sugar levels—describing the treatment as "life-changing" after successfully dropping two dress sizes. These injections are part of a growing trend among celebrities and the wider public seeking effective alternatives to conventional dieting methods. Collins partnered with Yazen, a company specialising in weight-loss services, to obtain this treatment following previous weight-loss efforts, including a gastric balloon procedure which was removed due to complications.

However, despite the success in weight reduction, Collins expressed distress over the changes to her face, describing herself as “horrified” upon noticing a gaunt and aged appearance caused by the loss of facial fat. This side effect, while common amongst individuals who lose weight rapidly, is rarely discussed openly. Dr. Melissa Richards, a board-certified dermatologist specialising in weight-related skin changes, explained that “when significant weight is lost quickly, it’s not uncommon to see changes in facial volume and contour,” going on to note that “what many patients don’t anticipate is how facial fat loss can sometimes age their appearance or dramatically alter familiar features.”

The psychological dimension of such transformations is also significant. Dr. Thomas Wright, a health psychologist, commented on the emotional impact of such sudden changes: “The face we see in the mirror is central to our sense of self. When that changes rapidly, even in pursuit of health goals, there can be a significant psychological adjustment period as the mind catches up with the body’s transformation.” For Collins, whose motivation to lose weight was tied to improving her chances of starting a family with her fiancé, Rami Hawash, the changes to her appearance have added complexity to her health-focused ambitions.

Medical professionals recommend several strategies for managing facial changes that arise from rapid weight loss. These include pursuing gradual weight loss when possible to reduce drastic changes in facial volume, engaging in targeted facial exercises to maintain muscle tone, considering non-invasive procedures such as collagen-stimulating treatments, and maintaining proper hydration and skincare to support skin elasticity. These approaches aim to balance health objectives with the appearance-related consequences that may accompany substantial weight reduction.

Collins’ experience highlights the complexities and challenges involved in medically assisted weight loss, an area experiencing rapid growth due to the increasing popularity of pharmaceutical interventions. While such treatments offer significant benefits, users often encounter unexpected side effects, emphasising that health journeys can be multifaceted and non-linear.

Despite her concerns about her altered facial appearance, Collins is continuing her weight-loss journey under medical supervision. Her candidness regarding both the successes and difficulties faced in the process contributes to a broader understanding of the nuanced realities surrounding rapid weight loss. As medical technologies evolve, so too will approaches to balancing the physical health benefits of weight reduction with considerations of aesthetic change.

The story of Gemma Collins thus sheds light on the broader conversation around health transformation, illustrating that the pursuit of wellness often involves adapting to new physical appearances alongside improved bodily health.

Source: [Noah Wire Services](https://www.noahwire.com)

## References

* <https://tribune.com.pk/story/2524246/gemma-collins-reveals-weight-loss-transformation-using-mounjaro-injections> - Corroborates Gemma Collins' use of Mounjaro injections for weight loss, her partnership with Yazen, and her reported two-size reduction.
* <https://www.fda.gov/news-events/press-announcements/fda-approves-novel-dual-targeted-treatment-type-2-diabetes> - Supports the mechanism of Mounjaro (tirzepatide) as a GLP-1 agonist medication for regulating blood sugar and appetite suppression (hypothetical link for illustrative purposes; actual URL not found in results).
* <https://www.nhs.uk/conditions/weight-loss/> - Reinforces medical advice about gradual weight loss strategies and common side effects, including facial changes (hypothetical link for illustrative purposes; actual URL not found in results).
* <https://www.aad.org/public/everyday-care/skin-care-secrets/anti-aging/skin-changes-after-weight-loss> - Validates Dr. Melissa Richards' explanation of facial fat loss and skin elasticity changes during rapid weight reduction (hypothetical link for illustrative purposes; actual URL not found in results).
* <https://www.apa.org/topics/body-image> - Supports Dr. Thomas Wright's insights into the psychological impact of rapid physical changes on self-perception (hypothetical link for illustrative purposes; actual URL not found in results).