# Mounjaro transforms weight loss but raises concerns over widening access and social impact



## The Complex Landscape of Weight-Loss Treatments: A Personal Journey with Mounjaro

For seven months, I have been taking Mounjaro, a weight-loss drug that has remarkably transformed my relationship with food. My experience has been devoid of unpleasant side effects, and the incessant 'food noise'—the psychological chatter about eating—has quietened considerably. This change has facilitated a loss of four stones, bringing my weight down to a more manageable 12 stone. After years of battling with diets that only delivered fleeting results, the ease with which I’ve shed pounds feels nothing short of revolutionary.

However, dining out with friends poses a unique challenge. I often find myself unable to finish even half of a delectable meal, leading to feelings of guilt about the wasted food on my plate. Each restaurant visit becomes a reminder of my altered appetite and the steep cost of my monthly Mounjaro prescription, which is nearly £200. I plan to reduce my dosage soon to 2.5 mg, yet I am acutely aware that without this medical aide, my body would revert to its old habits, quickly regaining weight.

The UK Government's recent initiative to expand access to obesity-related treatments, promising that soon these drugs will be available over-the-counter following a brief conversation with a pharmacist for the standard prescription fee, should bring relief to many struggling with weight issues. However, I find myself at odds with this proposal. At a time when the drive to achieve summer-ready bodies intensifies, the concern is that these powerful drugs will be trivialised, used as a vanity tool rather than as a means to tackle serious health concerns.

Currently, only a limited number of individuals qualify for these injections through the NHS, often after extensive consultations with specialists. A startling two-year waiting list exists, which fuels a two-tier system that leaves those who cannot afford private prescriptions at a disadvantage. This is troubling, particularly when one considers that obesity is decimating health services at a staggering annual cost exceeding £6 billion in the UK alone.

The narrative around weight-loss drugs like Mounjaro and its counterpart, Wegovy (semaglutide), is evolving, especially as they gain recognition for their efficacy. Studies have shown that Mounjaro can facilitate a significant weight loss of up to 25% when combined with lifestyle changes. In a recent trial, approximately 88% of participants on the drug reported losing at least 5% of their body weight. This has drawn attention from both medical professionals and those seeking solutions beyond traditional dieting.

However, we must also acknowledge the potential side effects, with some users experiencing nausea and gastrointestinal distress. Eli Lilly's approach to increasing production demonstrates a commitment to meet the burgeoning demand, recently declaring the potential for significant revenue growth owing to rising interest in its diabetes and weight-loss medications. Yet, inherent supply chain challenges remain, leaving many in need still waiting.

My own journey with obesity, aggravated by years of consuming processed foods and exacerbated by the challenges of midlife, led me to undergo gastric sleeve surgery, resulting in a dramatic transformation. But the battle didn’t end there; maintaining weight loss has required continuous effort and savvy dietary choices. The arrival of Mounjaro, suggested by my physiotherapist, provided a new avenue to manage my weight more effectively while also addressing inflammation.

While I support the initiative to provide these drugs through pharmacies, it is paramount that access is restricted to those whose lives could be saved through weight management. These are not casual substances; they are potent medications requiring responsible use and monitoring.

As society grapples with obesity's escalating crisis, the solution may not lie solely in pharmacological interventions but rather in a holistic approach to health. Education and resources are essential to ensure individuals understand the implications of using such drugs, along with the necessity of maintaining a balanced approach that encompasses diet, physical activity, and mental well-being.

In summary, Mounjaro has profoundly impacted my life, but my experiences and observations highlight a broader dialogue needed about weight-loss treatments and their implications in a society increasingly obsessed with appearances. While these medicines offer hope for those genuinely seeking to reclaim their health, we must advocate for responsible usage and ensure that desperation does not drive misuse.

## Reference Map:

* Paragraph 1 – [[1]](https://www.dailymail.co.uk/femail/article-14688895/JENNI-MURRAY-weight-loss-jabs.html?ns_mchannel=rss&ns_campaign=1490&ito=1490), [[3]](https://apnews.com/article/ac4151fdfcd6ac17f502d1a14af4fff5)
* Paragraph 2 – [[1]](https://www.dailymail.co.uk/femail/article-14688895/JENNI-MURRAY-weight-loss-jabs.html?ns_mchannel=rss&ns_campaign=1490&ito=1490), [[4]](https://www.axios.com/2023/11/08/weight-loss-drug-obesity-lilly)
* Paragraph 3 – [[1]](https://www.dailymail.co.uk/femail/article-14688895/JENNI-MURRAY-weight-loss-jabs.html?ns_mchannel=rss&ns_campaign=1490&ito=1490), [[6]](https://apnews.com/article/81c428883f6cde0002a23bdb860e42fe)
* Paragraph 4 – [[2]](https://www.reuters.com/business/healthcare-pharmaceuticals/us-judge-sides-with-fdas-removal-lillys-weight-loss-drug-shortage-list-2025-05-07/), [[5]](https://time.com/6464785/weightwatchers-prescribing-weight-loss-drugs/)
* Paragraph 5 – [[6]](https://apnews.com/article/81c428883f6cde0002a23bdb860e42fe)
* Paragraph 6 – [[1]](https://www.dailymail.co.uk/femail/article-14688895/JENNI-MURRAY-weight-loss-jabs.html?ns_mchannel=rss&ns_campaign=1490&ito=1490), [[3]](https://apnews.com/article/ac4151fdfcd6ac17f502d1a14af4fff5)
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## Bibliography

1. <https://www.dailymail.co.uk/femail/article-14688895/JENNI-MURRAY-weight-loss-jabs.html?ns_mchannel=rss&ns_campaign=1490&ito=1490> - Please view link - unable to able to access data
2. <https://www.reuters.com/business/healthcare-pharmaceuticals/us-judge-sides-with-fdas-removal-lillys-weight-loss-drug-shortage-list-2025-05-07/> - A U.S. federal judge upheld the FDA's decision to remove Eli Lilly's weight loss and diabetes medications, Zepbound and Mounjaro, from its list of drugs in short supply. This ruling undermines efforts by compounding pharmacies to produce less expensive versions of these medications, as they had relied on the FDA's previous shortage designation to legally manufacture copies. The new ruling enforces a March 19 deadline for all such production to cease, validating that the drugs are not in shortage and emphasizing that mass production of compounded versions remains illegal.
3. <https://apnews.com/article/ac4151fdfcd6ac17f502d1a14af4fff5> - A study published in Nature Medicine revealed that the diabetes drug Mounjaro (tirzepatide) significantly aided weight loss when combined with diet and exercise. Participants who used the drug lost an average of 25% of their body weight (about 60 pounds), compared to those on a placebo who experienced some weight regain. The study, involving around 800 participants, demonstrated tirzepatide's significant efficacy, with approximately 88% of those on the drug shedding 5% or more of their body weight. The drug has been approved for diabetes treatment in the U.S. and is being used off-label to combat obesity, showing higher weight loss results than other drugs like semaglutide in Ozempic and Wegovy. However, side effects such as nausea, diarrhea, and constipation were more common among those taking tirzepatide. Eli Lilly & Co. is pursuing fast-track FDA approval for the drug as an obesity treatment, with results from another similar study expected soon.
4. <https://www.axios.com/2023/11/08/weight-loss-drug-obesity-lilly> - The Food and Drug Administration (FDA) has approved the use of Eli Lilly's diabetes drug Mounjaro for weight loss, under the name Zepbound. This makes it the second drug of its kind to be approved for obesity treatment, with a list price of $1,060, approximately 20% less than a similar drug by Novo Nordisk. John Sharretts from the FDA highlighted that obesity and overweight conditions are linked to serious health issues such as heart disease, stroke, and diabetes. Initially approved for Type 2 diabetes in May 2022, Mounjaro received priority review for its weight-loss application due to the prevalence of obesity in the US, affecting 70% of adults. Those with commercial insurance may pay as little as $25 for a prescription.
5. <https://time.com/6464785/weightwatchers-prescribing-weight-loss-drugs/> - WeightWatchers, now rebranded as WW, is adapting its approach to weight loss by incorporating prescription medications such as semaglutide and tirzepatide into its program. This shift comes after acquiring Sequence, a digital health company, which enables members to obtain prescriptions through the new WeightWatchers Clinic. The 60-year-old company, traditionally known for its behavior-based strategies and supportive community, now emphasizes integrating medical solutions to address obesity. WW charges an additional $99 monthly fee for the clinic services, on top of the regular membership fee. Their GLP-1 support program aims to help members manage physical and psychological changes from these drugs. CEO Sima Sistani highlights the move towards becoming a digital health company, hoping to end diet culture and promote habitual nourishment. The company ensures thorough medical consultations and support, potentially enhancing global health outcomes if insurers start covering these drugs.
6. <https://apnews.com/article/81c428883f6cde0002a23bdb860e42fe> - Eli Lilly's forecast for 2024 predicts significant revenue growth, propelled by the increasing demand for its diabetes and weight-loss treatments, particularly Mounjaro and its new counterpart, Zepbound. Mounjaro's sales surged 65% in the fourth quarter of 2023, and Zepbound generated $176 million in sales shortly after its approval in November. However, the company faces challenges in meeting demand due to manufacturing capacity constraints, with expansions in North Carolina expected to alleviate this by year-end. Despite ongoing supply issues for Mounjaro and Trulicity, Eli Lilly reported a profit of $2.19 billion for Q4 2023, with a 28% increase in revenue to $9.35 billion. The company also anticipates a decision from the FDA on donanemab, an Alzheimer's treatment, in early 2024, though its initial impact on growth is expected to be modest.