# Woman faces ‘stepping off a cliff’ moment withdrawing from Mounjaro before IVF



Navigating the intricate journey of weight management, particularly in the context of impending motherhood, can evoke profound emotional and physical challenges. This reality hits particularly hard for those who have relied on GLP-1 receptor agonists such as Mounjaro and Wegovy, which have provided not just weight loss, but a semblance of control over previously chaotic eating habits. For one woman, Alice Dogruyol, this struggle has been amplified as she approaches the crucial final attempt to conceive after years of battling against her weight and health complications.

After 17 months on Mounjaro, which has effectively allowed her to lose four stone and reach the necessary BMI of 32 for IVF, Alice now faces the daunting task of coming off the medication. The two-month withdrawal from GLP-1 drugs is mandatory for her IVF treatment, due to the unknown effects these medications might have on pregnancy. This sudden upheaval has led Alice to confront the haunting possibility of regaining the weight she worked so hard to shed, a change she describes as akin to "stepping off a cliff." As she reduces her dosage, familiar feelings of hunger and anxiety have begun to resurface, manifesting in what diet industry specialists have termed "Oz-iety," the anxiety that accompanies the cessation of weight-loss medications.

Alice's experience is not unique; many individuals taking Mounjaro have reported significant weight loss benefits over alternatives like Ozempic. Studies indicate that users of Mounjaro were notably more successful at shedding weight than those on Ozempic, often losing 15% or more of their body weight within just a year. Unlike Ozempic, which targets only GLP-1 receptors, Mounjaro also engages GIP receptors, enhancing its efficacy in reducing appetite and aiding in weight loss. Such findings underline the growing recognition of these medications as vital tools in obesity management, even if they are not FDA-approved for fertility treatments.

The impact of weight loss on fertility, particularly for those with conditions like polycystic ovary syndrome (PCOS), is well-documented. Losing weight can improve insulin sensitivity and hormonal balance, essential factors for healthy ovulation and conception. Alice’s underlying challenge of type 1 diabetes complicates her situation, underscoring a reality faced by many: controlling weight is often more than a matter of diet or willpower—it can be a multifaceted battle intertwining medical intricacies and emotional well-being.

Reflecting on the emotional aspects of her weight management journey, Alice recounts her past struggles with numerous diets, from gastric balloons to intensive therapy. While these efforts brought some insights, they often fell short of the transformative change she sought. It was only with the introduction of GLP-1 medications that she experienced a tangible shift, one that provided clarity of mind sufficient to adhere to a low-carb, intermittent fasting diet.

As the prospect of IVF looms, Alice has put in place a detailed strategy for maintaining her progress without Mounjaro. This includes incorporating muscle-building exercises, as increased muscle mass plays a crucial role in boosting metabolism and regulating blood sugar—an essential consideration for managing her diabetes. She is also adopting a low-carb lifestyle, which reduces her insulin levels and helps prevent fat storage.

She is aware of the potential pitfalls as she gradually reduces her medication. The instinct to revert to old eating habits—a rhythm that had become all too familiar—has begun to creep back into her mental landscape. Balancing her psychological responses to food with her long-term goals requires a robust commitment to self-control and healthy living strategies.

Moreover, Alice is exploring natural supplements, such as Calocurb, believed to stimulate the body’s satiety hormones and curb cravings significantly. The science behind these supplements aligns with emerging studies that show certain dietary fibres and gut bacteria can enhance metabolic health by increasing GLP-1 production and appetite regulation.

As she prepares for the challenges ahead, Alice recognises that sleep hygiene will play a fundamental role in her ability to control hunger. Poor sleep not only disrupts hormonal balance but can also trigger cravings for carbohydrates, underscoring the interconnectedness of lifestyle choices in the pursuit of health.

Alice’s determination to achieve motherhood underscores the broader themes of resilience and hope within the narrative of weight loss and fertility treatment. By implementing strategic lifestyle changes and remaining steadfast in her approach, she aims to harness her body’s potential while fostering an environment conducive to future conception. While the journey remains fraught with difficulties, the unwavering desire for motherhood propels her forward, compelling her to maintain a rigorous focus on her health and wellness.

This evolving story serves as a powerful testament to the complex interplay between weight management and fertility, challenging preconceived notions and highlighting the urgent need for personalised approaches in medical and therapeutic settings.

### Reference Map

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

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