



# Mounjaro Users Achieve Lasting Weight Loss Over Three Years

## Description

People using the drug Mounjaro can sustain weight loss for up to three years, according to data from a recent trial. Known as the "King Kong" of weight loss drugs, Mounjaro contains tirzepatide and is administered through weekly injections. It mimics hormones GLP-1 and GIP, suppressing appetite, enhancing insulin production and sensitivity, and slowing stomach emptying. Available on the NHS for certain individuals and privately with a prescription, Mounjaro has attracted significant attention.

Eli Lilly, the manufacturer of Mounjaro, along with academic researchers, unveiled two analyses from the three-year Surmount-1 trial, shedding light on long-term usage. Conducted on about 700 participants with obesity or overweight conditions, who also had pre-diabetes, the study tested three different dosage regimens over 176 weeks. The analyses will be presented at the European Congress on Obesity in Málaga.

Participants exhibited three weight loss patterns: steady, medium, or rapid, each followed by a plateau. The final average weight reductions were 9.2%, 20.2%, and 30.8%, respectively. Remarkably, the speed of initial weight loss could predict total weight loss. On average, participants reached their lowest weight at 22 months, losing 23.1% of their starting weight. Though some regained weight despite ongoing medication, they had lost 19.4% of their initial weight by the study's end. Notably, 70% of participants regained less than 5% of their original weight after reaching their lowest point.

Experts hailed the results as promising, offering insights into predicting long-term weight loss and guiding future therapies. However, they highlighted the conflicts between these findings and current guidelines limiting drug use to two years.

Meanwhile, a Guardian investigation revealed aggressive, often illegal marketing of weight-loss injections, prompting warnings from regulatory agencies about advertising prescription-only medications. This includes promotions on social media and search engines, which remain prohibited.

## Vocabulary List:

1. **Mimics** /'mɪmɪks/ (verb): To imitate or simulate the appearance or behavior of something.
2. **Suppressing** /sə'prɛs.ɪŋ/ (verb): To prevent the development action or expression of something.
3. **Regimens** /'rɛdʒɪmɛnz/ (noun): A prescribed course of medical treatment way of life or diet for the promotion or restoration of health.
4. **Plateau** /plæ'təʊ/ (noun): A state of little or no change following a period of activity or progress.
5. **Weight-loss** /weɪt lɒs/ (noun): The process of losing body weight.
6. **Therapies** /'θɛrəpi:z/ (noun): Treatments intended to relieve or heal a disorder.



## Comprehension Questions

### Multiple Choice

1. What is the name of the weight loss drug discussed in the text?  
Option: Mounjaro  
Option: King Kong  
Option: Tirzepatide  
Option: Surmount-1
2. How is Mounjaro administered?  
Option: Orally  
Option: Through weekly injections  
Option: As a pill  
Option: As a powder
3. What hormones does Mounjaro mimic?  
Option: Insulin and growth hormone  
Option: GLP-1 and GIP  
Option: Thyroid and cortisol  
Option: Estrogen and testosterone
4. Where was the European Congress on Obesity held?  
Option: London  
Option: Malaga  
Option: Paris  
Option: Berlin
5. What percentage of participants regained less than 5% of their original weight after reaching their lowest point?  
Option: 50%  
Option: 60%  
Option: 70%  
Option: 80%
6. What did the Guardian investigation reveal?



- Option: Illegal drug trafficking
- Option: Aggressive marketing of weight-loss injections
- Option: Beneficial health practices
- Option: No findings

### True-False

7. Participants in the study only exhibited two weight loss patterns.
8. 70% of participants regained more than 5% of their original weight after reaching their lowest point.
9. Promotions of Mounjaro on social media and search engines are allowed.
10. Experts see conflicts between the study findings and current drug use guidelines.
11. Mounjaro is available only through private prescription.
12. The Surmount-1 trial lasted for 300 weeks.

### Gap-Fill

13. Participants reached their lowest weight at \_\_\_\_\_ months on average.
14. The final average weight reductions were 9.2%, 20.2%, and \_\_\_\_\_ %, respectively.
15. 70% of participants regained less than \_\_\_\_\_ % of their original weight after reaching their lowest point.
16. The Guardian investigation revealed \_\_\_\_\_ marketing of weight-loss injections.
17. Experts highlighted the conflicts between the study findings and current guidelines limiting drug use to \_\_\_\_\_ years.
18. Mounjaro contains \_\_\_\_\_ and is administered through weekly injections.



## Answer

**Multiple Choice:** 1. Mounjaro 2. Through weekly injections 3. GLP-1 and GIP 4. Malaga 5. 70% 6. Aggressive marketing of weight-loss injections

**True-False:** 7. False 8. False 9. False 10. True 11. False 12. False

**Gap-Fill:** 13. 22 14. 30.8 15. 5 16. aggressive 17. two 18. tirzepatide

## Vocabulary quizzes

### Multiple Choice ( Select the Correct answer for each question. )

1. What is needed to \_\_\_\_\_ long-term success in a competitive market?  
Option: A. Start quickly  
Option: B. Sustain  
Option: C. Recede  
Option: D. Experiment
2. Which of the following is the opposite of allowed?  
Option: A. Facilitated  
Option: B. Permitted  
Option: C. Prohibited  
Option: D. Encouraged
3. What is the body's response to injury or infection?  
Option: A. Digestion  
Option: B. Respiration  
Option: C. Inflammation  
Option: D. Circulation
4. Activities that involve thinking memory and problem-solving are related to \_\_\_\_\_ functions.  
Option: A. Muscular  
Option: B. Digestive  
Option: C. Cognitive  
Option: D. Sensory
5. What is the action of stopping something from happening or arising?



- Option: A. Prediction
- Option: B. Prevention
- Option: C. Production
- Option: D. Reaction

6. Which term refers to the proportion of a nutrient that is absorbed and used in the body?

- Option: A. Absorbtion
- Option: B. Bioavailability
- Option: C. Metabolism
- Option: D. Facilitation

7. What term is used to describe structured programs or diets for health or fitness?

- Option: A. Binge
- Option: B. Adherence
- Option: C. Regimens
- Option: D. Conflict

8. What term is used to describe the influence or effect of one thing on another?

- Option: A. Distance
- Option: B. Ratio
- Option: C. Impact
- Option: D. Connection

9. Which term describes a connection or relationship between two or more things?

- Option: A. Division
- Option: B. Isolation
- Option: C. Association
- Option: D. Opposition

10. What term refers to replacing one thing with another?

- Option: A. Duplication
- Option: B. Subtraction
- Option: C. Substitution
- Option: D. Elimination

**Gap-Fill ( Fill in the blanks with the correct word from the vocabulary list. )**

11. \_\_\_\_\_ of emotions can lead to psychological issues.

12. Excessive \_\_\_\_\_ of sugary drinks is linked to obesity.



13. \_\_\_\_\_ with safety regulations is crucial in hazardous environments.
14. \_\_\_\_\_ is the study of how diseases spread in populations.
15. Good communication \_\_\_\_\_ teamwork within a company.
16. The \_\_\_\_\_ arts involve the preparation and cooking of food.
17. Honesty and \_\_\_\_\_ are important values in leadership.
18. Eating \_\_\_\_\_ foods provides essential vitamins and minerals.
19. The \_\_\_\_\_ processes in the body are complex and interconnected.
20. Strict \_\_\_\_\_ to the medication schedule is necessary for effective treatment.

**Matching Sentences ( Match each definition to the correct word from the vocabulary list. )**

21. Yogurt is produced through the process of fermentation.
22. Metabolites are the intermediate or end products of metabolism.
23. Strict safety measures are in place to safeguard employees from accidents.
24. The synaptic connections in the brain play a crucial role in neural communication.
25. The political party gained ascendancy in the recent elections.
26. International conflicts can have far-reaching implications on global stability.
27. Some people engage in binge eating as a coping mechanism.
28. Detailed analyses of the data revealed interesting patterns.
29. Athletes follow strict training regimens to improve performance.
30. The study found a strong association between smoking and lung cancer.

## Answer

**Multiple Choice:** 1. B. Sustain 2. C. Prohibited 3. C. Inflammation 4. C. Cognitive 5. B. Prevention  
6. B. Bioavailability



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7. C. Regimens 8. C. Impact 9. C. Association 10. C. Substitution

**Gap-Fill:** 11. Suppression 12. consumption 13. Compliance 14. Epidemiology 15. facilitates 16. culinary  
17. integrity 18. nutrient-dense 19. biochemical 20. adherence

**Matching sentence:** 1. Fermentation 2. Metabolites 3. Safeguard 4. Synaptic 5. Ascendancy 6. Conflicts 7.  
Binge 8. Analyses 9. Regimens 10. Association

## CATEGORY

1. Health - LEVEL4

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