

# Ozempic Raises Risk of Blindness: New Study Findings

### **Description**

The medications Ozempic and Wegovy, both containing the glucagon-like peptide 1 receptor agonist semaglutide, have been highly successful for Novo Nordisk, with sales doubling and reaching \$1.35 billion in 2024. Despite their popularity, research has shown that these drugs may come with serious risks, such as gastrointestinal issues and potential vision problems.

A recent study published in JAMA Ophthalmology highlighted a possible link between semaglutide and nonarteritic anterior ischemic optic neuropathy (NAION), a condition that can lead to sudden blindness. The study revealed a significant increase in the risk of NAION among diabetic or overweight individuals using semaglutide compared to other medications.

Furthermore, other studies have indicated a connection between semaglutide and retinopathy, particularly in individuals with uncontrolled Type 2 diabetes. It has been suggested that taking semaglutide may increase the risk of retinopathy complications, including blindness.

Additionally, the use of GLP-1 receptor agonists, like semaglutide, has been linked to various adverse effects, such as gastroparesis, biliary disease, pancreatitis, and bowel obstruction. These drugs have also been associated with metabolic, nutritional, urinary, cardiac, and eye disorders.

To address weight loss more safely and effectively, it may be beneficial to focus on enhancing the expression of GLP-1 receptors rather than inhibiting them. This can be achieved through the consumption of polyphenol-rich foods that support gut health and the growth of beneficial bacteria like Akkermansia muciniphila.

Furthermore, natural compounds like berberine, found in certain plants, have shown promise in supporting weight loss and managing conditions like Type 2 diabetes. By minimizing the intake of linoleic acid, commonly found in seed oils and processed foods, individuals can promote healthier weight loss outcomes and reduce the risk of chronic health issues associated with medications like Ozempic and Wegovy.

# **Vocabulary List:**

- 1. Glucagon /'glu:.kə.gpn/ (noun): A hormone involved in glucose metabolism and regulation.
- 2. Ischemic /ɪˈskiː.mɪk/ (adjective): Relating to a restriction in blood supply causing a shortage of oxygen.
- 3. **Retinopathy** /,rεtɪ'nɒpəθi/ (noun): A disease of the retina that can result in vision impairment.
- 4. Biliary /'bɪl.i.ər.i/ (adjective): Relating to the bile ducts or bile.
- 5. **Gastroparesis** /,gæstroʊpəˈriːsɪs/ (noun): A condition that reduces the ability of the stomach to empty its contents.
- 6. Polyphenol / ppli'fi:.npl/ (noun): A type of antioxidant compound found in plants that has health benefits.



# **Comprehension Questions**

#### **Multiple Choice**

1. What is the main active ingredient in medications Ozempic and Wegovy?

Option: Insulin

Option: Semaglutide Option: Metformin Option: Aspirin

2. What is a potential serious risk associated with the use of Ozempic and Wegovy?

Option: Skin rashes

Option: Gastrointestinal issues

Option: Hair loss Option: Joint pain

3. Which eye condition may be linked to the use of semaglutide according to a study in JAMA Ophthalmology?

Option: Cataracts
Option: Glaucoma
Option: NAION

Option: Conjunctivitis

4. What is one of the adverse effects associated with GLP-1 receptor agonists like semaglutide?

Option: Bacterial infections

Option: Heartburn Option: Pancreatitis Option: Anemia

5. What natural compound found in certain plants has shown promise in supporting weight loss and managing Type 2 diabetes?

Option: Resveratrol Option: Quercetin Option: Berberine Option: Curcumin

6. Which factor is recommended to focus on to address weight loss more safely and effectively?



Option: Inhibiting GLP-1 receptors

Option: Enhancing GLP-1 receptor expression

Option: Skipping meals

Option: Increasing sugar intake

### Answer

Multiple Choice: 1. Semaglutide 2. Gastrointestinal issues 3. NAION 4. Pancreatitis 5. Berberine 6. Enhancing GLP-1 receptor expression

# Vocabulary quizzes

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

1. What term refers to the ability of a product to provide a desired effect or result? NEWS.COM

Option: Consequences

Option: Efficacy

Option: Neurodevelopmental

Option: Emotional

2. Which term is related to blood vessels?

**Option: Statistics** 

Option: Gastroparesis

Option: Impact Option: Vascular

3. What substance is known for its antioxidant properties found in foods like berries and tea?

Option: Polyphenol Option: Prescription Option: Detrimental Option: Awareness

4. Which term refers to the process of putting a decision or plan into effect?

Option: Vascular Option: Efficacy

Option: Implementation

Option: Ischemic

5. What word describes an option or choice that can be used instead of the usual?

Option: Biliary



Option: Alternative Option: Inflammation Option: Cessation

<ol><li>Which term relates to the growth and development of the nervou</li></ol>
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Option: Neurodevelopmental

Option: Dangers **Option: Complications** Option: Retinopathy

7. What process often occurs in response to injury or infection?

Option: Efficacy

Option: Inflammation

Option: Cues Option: Afflicted

8. Which term involves the collection analysis and interpretation of data? VEWS.COM

Option: Nutrition **Option: Statistics** Option: Precautionary

Option: Mindful

9. What word describes a powerful effect or influence on something or someone?

Option: Polyphenol Option: Impact Option: Profoundly Option: Intuitive

10. Which hormone raises glucose levels in the blood?

Option: Glucagon Option: Ischemic Option: Cessation Option: Emotional

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

11. Smoking has many	effects on health.
12. Public	campaigns aim to educate people about important issues
13. An	stroke occurs when blood flow to the brain is blocked.



14. The region was by a severe drought.		
15. Every action has its own set of		
16. A balanced diet is crucial for good		
17. She had an understanding of the problem.		
18. The movie had a very ending.		
19. Body language can provide important about a person's feelings.		
20. It is important to be of your surroundings at all times.		
Matching Sentences ( Match each definition to the correct word from the vocabulary list. )		
21. The surgery was successful but unexpected arose during recovery.		
22. Patients with diabetes may experience delayed gastric emptying a condition known as .		
23. The system is responsible for producing and transporting bile.		
24. Diabetic is a complication that affects the eyes due to damage to blood vessels in the retina.		
25. The loss of a loved one can impact a person affecting every aspect of their life.		
26. The doctor recommended a series of measures to prevent the spread of infection.		
27. Mountaineering involves many risks and that climbers must be aware of.		
28. The film's powerful story evoked strong reactions from the audience.		
29. The company announced the of its operations in the region.		
30. Increasing public about mental health is crucial in breaking the stigma.		

## **Answer**

Multiple Choice: 1. Efficacy 2. Vascular 3. Polyphenol 4. Implementation 5. Alternative 6.

Neurodevelopmental 7. Inflammation 8. Statistics 9. Impact 10. Glucagon

Gap-Fill: 11. Detrimental 12. Awareness 13. Ischemic 14. Afflicted 15. Consequences 16. Nutrition 17.

Intuitive



18. Emotional 19. Cues 20. Mindful

**Matching sentence:** 1. Complications 2. Gastroparesis 3. Biliary 4. Retinopathy 5. Profoundly 6. Precautionary 7. Dangers 8. Emotional 9. Cessation 10. Awareness

#### **CATEGORY**

1. Health - LEVEL6

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