



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 non-arteritic 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.gən/ (noun): A hormone involved in glucose metabolism and regulation.
2. **Ischemic** /ɪ'ski:.mɪk/ (adjective): Relating to a restriction in blood supply causing a shortage of oxygen.
3. **Retinopathy** /,retɪ'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** /,gæstrəpə'ri:sɪs/ (noun): A condition that reduces the ability of the stomach to empty its contents.
6. **Polyphenol** /,pɒli'fi:.nɒl/ (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?
 - 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

6. Which term relates to the growth and development of the nervous system?

- 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?

- 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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