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## Weight loss drug linked to suicide risk poses safety concerns.

### Description

Editor's Note: If you or someone you know is feeling very sad or having thoughts of hurting themselves, please call the 988 Suicide & Crisis Lifeline by dialing 988 to talk to someone who can help, or visit the 988 Lifeline website.

A recent study looked at people taking a medication called semaglutide for diabetes and weight loss. Some people taking this medication reported thinking about hurting themselves more than those taking other drugs. However, other studies have different opinions on whether these medications can cause these feelings.

Semaglutide, sold as Ozempic and Wegovy, has been linked to a risk of suicidal thoughts. But experts are still unsure if the medication directly causes these thoughts. People who take antidepressants along with semaglutide might have an increased risk of mood changes.

Experts suggest being cautious when prescribing appetite-suppressing medications like GLP-1 to patients with a history of depression. If a patient experiences new feelings of sadness while on the medication, doctors may consider stopping it. It's important to gather more information to better understand these risks.

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### Vocabulary List:

1. **Semaglutide** /,sɛmə'glu:tɑɪd/ (noun): A medication used for the treatment of diabetes and weight loss.
2. **Suicidal** /,su:ɪ'saɪdəl/ (adjective): Having thoughts or feelings of wanting to harm oneself.
3. **Depression** /dɪ'preʃən/ (noun): A mental health disorder characterized by persistently low mood and loss of interest.
4. **Antidepressants** /,æntɪ'dɪpresənts/ (noun): Medications used to treat depression and anxiety disorders.
5. **Appetite-suppressing** /'æpɪtaɪt sə'presɪŋ/ (adjective): Referring to substances that reduce the desire to eat.
6. **Experts** /'ɛkspɜ:rts/ (noun): People with specialized knowledge or skill in a particular area.

### Comprehension Questions

#### Multiple Choice

1. What medication was studied in relation to diabetes and weight loss?



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- Option: A) Insulin  
Option: B) Semaglutide  
Option: C) Metformin  
Option: D) Aspirin
2. What are the brand names under which semaglutide is sold?  
Option: A) Insulogic and Thinvict  
Option: B) Ozempic and Wegovy  
Option: C) Glucagen and Fitrex  
Option: D) Pancrevive and Slimdex
3. What are experts unsure about regarding semaglutide and suicidal thoughts?  
Option: A) The link between semaglutide and suicidal thoughts  
Option: B) If semaglutide directly causes suicidal thoughts  
Option: C) The absence of any risks associated with semaglutide  
Option: D) The positive effects of semaglutide on mental health
4. Which group of individuals might have an increased risk of mood changes when taking antidepressants along with semaglutide?  
Option: A) Children  
Option: B) Elderly  
Option: C) People with diabetes  
Option: D) People taking antidepressants
5. What caution is advised by experts when prescribing appetite-suppressing medications like GLP-1?  
Option: A) Higher dosages in patients with a history of depression  
Option: B) No restrictions as the benefits outweigh the risks  
Option: C) Close monitoring in patients with a history of depression  
Option: D) Immediate discontinuation in all cases
6. When might doctors consider stopping the medication for a patient experiencing new feelings of sadness?  
Option: A) Immediately upon any mood changes  
Option: B) After a week of consistent symptoms  
Option: C) If the feelings persist and worsen  
Option: D) Never as it's considered a normal side effect

## Answer

**Multiple Choice:** 1. B) Semaglutide 2. B) Ozempic and Wegovy 3. B) If semaglutide directly causes suicidal thoughts 4. D) People taking antidepressants 5. C) Close monitoring in patients with a history of depression 6. C) If the feelings persist and worsen



## Vocabulary quizzes

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

1. Which type of virus causes the flu?

- Option: Bacteria
- Option: Poultry
- Option: Virus
- Option: Fungus

2. What process involves heating food to kill bacteria?

- Option: Fermentation
- Option: Pasteurized
- Option: Freezing
- Option: Dehydration

3. How can individuals protect themselves from certain diseases?

- Option: Eating raw meat
- Option: Vaccinated
- Option: Avoiding sleep
- Option: Drinking unpasteurized milk

4. What term describes having thoughts of ending one's own life?

- Option: Excited
- Option: Happy
- Option: Content
- Option: Suicidal

5. Which hormone is released in response to stress?

- Option: Cortisol
- Option: Insulin
- Option: Melatonin
- Option: Thyroxine

6. Which approach considers the whole person – body mind and spirit?



- Option: Holistic
- Option: Specific
- Option: Isolated
- Option: Partial

7. Which skin condition is characterized by pimples?

- Option: Eczema
- Option: Wrinkles
- Option: Acne
- Option: Rosacea

8. What is the feeling of worry nervousness or unease?

- Option: Calmness
- Option: Enthusiasm
- Option: Anxiety
- Option: Serenity

9. Who are individuals with specialized knowledge in a particular field?

- Option: Beginners
- Option: Learners
- Option: Experts
- Option: Amateurs

10. What is the mental health disorder characterized by persistent sadness?

- Option: Elation
- Option: Optimism
- Option: Depression
- Option: Joy

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

11. Individuals can get sick if they come into contact with \_\_\_\_\_ poultry.

12. In case of an \_\_\_\_\_ please dial 911 for immediate assistance.

13. Severe cases of the flu may require \_\_\_\_\_ for proper treatment.

14. Consult with \_\_\_\_\_ in the field to get accurate information.

15. Practicing \_\_\_\_\_ can reduce feelings of anger and resentment.



16. The study of the brain and nervous system is the focus of a \_\_\_\_\_.
17. Effective time management can enhance \_\_\_\_\_ in the workplace.
18. Chronic \_\_\_\_\_ in the body is linked to various health conditions.
19. Doctors prescribe \_\_\_\_\_ to help manage type 2 diabetes.
20. Wearing a mask can help prevent the spread of the \_\_\_\_\_.

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

21. Taking necessary steps to avoid risks or dangers is crucial to staying safe.
22. Sometimes medications can cause unwanted reactions in the body.
23. Medications designed to help alleviate symptoms of depression.
24. Being present and aware of your thoughts and feelings is a key aspect of this practice.
25. Swelling or bloating in certain areas of the body can lead to this condition.
26. One's attitudes and beliefs can shape their overall viewpoint and approach to life.
27. Too much sensory input can overwhelm the brain and lead to this state.
28. Certain medications aim to reduce feelings of hunger and promote weight loss.
29. Ensuring that information is current and accurate is important in various fields.
30. Considering all aspects of a person's well-being not just physical symptoms.

**Answer**

- Multiple Choice:** 1. Virus 2. Pasteurized 3. Vaccinated 4. Suicidal 5. Cortisol 6. Holistic 7. Acne 8. Anxiety 9. Experts 10. Depression
- Gap-Fill:** 11. Infected 12. Emergency 13. Hospitalizations 14. Experts 15. Forgiveness 16. Neuroscientist 17. Productivity 18. Inflammation 19. Semaglutide 20. Virus
- Matching sentence:** 1. Precautions 2. Side effects 3. Antidepressants 4. Mindfulness 5. Puffiness 6. Mindset 7. Overstimulate 8. Appetite-suppressing 9. Updated 10. Holistic



**CATEGORY**

1. Health - LEVEL1

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