The Medical Letter®
on Drugs and Therapeutics

GLP-1 and GIP/GLP-1 RECEPTOR AGONISTS FOR CHRONIC WEIGHT MANAGEMENT

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Drug	Eligible Patients	Usual Dosage	Other Information
GLP-1 Receptor Agonists			
Liraglutide – *Saxenda*, and generic (Novo Nordisk) 18 mg/3 mL pens	▪ Adults with obesity, or overweight with ≥1 weight-related comorbidity ▪ Children 12-17 years old who weigh >60 kg with obesity	**Target:** 3 mg SC once/day **Titration:** 0.6 mg once/day x 7 days; increase in 0.6-mg increments each week to 3 mg once/day	▪ Mean placebo-corrected weight loss 4-5% at week 56 (in patients without type 2 diabetes)
Semaglutide – *Wegovy* (Novo Nordisk) 0.25, 0.5, 1 mg/0.5 mL; 1.7, 2.4 mg/0.75 mL pens	▪ Adults with obesity, or overweight with ≥1 weight-related comorbidity ▪ Children 12-17 years old with obesity	**Target:** 1.7 or 2.4 mg SC once/week **Titration:** 0.25 mg SC once/week x 4 weeks, then 0.5 mg once/week for 4 weeks, 1 mg once/week x 4 weeks, 1.7 mg once/week x 4 weeks, and 2.4 mg once/week thereafter. If 2.4 mg is not tolerated, decrease to 1.7 mg	▪ SC: Mean placebo-corrected weight loss 10-15% at week 68 (in patients without type 2 diabetes; intent-to-treat population) ▪ SC *Wegovy* is also FDA-approved to reduce the risk of MACE in adults with established CVD and obesity/overweight and for treatment of noncirrhotic metabolic dysfunction-associated steatohepatitis (MASH)
Wegovy HD 7.2 mg/0.75 mL pens	▪ Adults with obesity, or overweight with ≥1 weight-related comorbidity, who are tolerating the 2.4-mg dose for at least 4 weeks and require additional weight reduction	If additional weight loss is needed in patients who tolerated 4 weeks of 2.4 mg once weekly, can increase to 7.2 mg SC once/week	▪ SC: Mean weight loss 18.7% at 72 weeks (in intention-to-treat population)
1.5, 4, 9, 25 mg tabs	▪ Adults with obesity, or overweight with ≥1 weight-related comorbidity	**Target:** 25 mg PO once/day **Titration:** 1.5 mg PO once/day x 30 days, then 4 mg once/day x 30 days, 9 mg once/day x 30 days, and 25 mg once/day thereafter	▪ PO: Mean placebo-corrected weight loss 11% at week 64 (in patients without type 2 diabetes; intent-to-treat population) ▪ Oral *Wegovy* is also FDA-approved to reduce the risk of MACE in adults with established CVD and obesity/overweight
GIP/GLP-1 Receptor Agonist			
Tirzepatide – *Zepbound* (Lilly) 2.5, 5, 7.5, 10, 12.5, 15 mg/0.5 mL pens and vials	▪ Adults with obesity, or overweight with ≥1 weight-related comorbidity	**Target**: 5, 10, or 15 mg SC once/week **Titration:** 2.5 mg SC once/week x 4 weeks, then 5 mg once/week x 4 weeks, then increase the dose in 2.5-mg increments every 4 weeks as needed (max 15 mg once/week)	▪ Mean placebo-corrected weight loss 12-15% at week 72 (in patients without type 2 diabetes; intent-to-treat population) ▪ Also FDA-approved to treat moderate to severe obstructive sleep apnea in adults with obesity

Obese = BMI ≥30 kg/m^2; overweight = BMI ≥27 kg/m^2; weight-related comorbidity = CV disease, hypertension, obstructive sleep apnea, type 2 diabetes, dyslipidemia