

POSLEDICE GUBITKA TEŽINE IZAZVANE OZEMPIC-OM: PRIVREMENO REŠENJE SA DUGOTRAJNIM POSLEDICAMA

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Ozempic (semaglutid) se koristi u terapiji dijabetesa tipa 2. U poslednje vreme, pažnja se usmerava na njegovu off-label upotrebu za mršavljenje, podstaknutu informacijama u javnosti (1,2). Iako nije registrovan za mršavljenje, dolazi do povećane potražnje, nestašice i uticaja na tretman dijabetesa. Uprkos obećavajućim efektima na mršavljenje, nosi značajne rizike. Proučavali smo upotrebu Ozempic-a u Srbiji, sa fokusom na kontrolu težine i insulinsku rezistenciju. Sproveli smo studiju preseka u 30 srpskih apoteka između februara i aprila 2023. Prikupljeni su podaci o propisivanju, indikacijama i načinu plaćanja. Anketiranjem farmaceuta procenjena je uloga farmaceuta, zakonske mere i kriterijumi off-label upotrebe. Većina recepata za Ozempic bila je za dijabetes tipa 2, pretežno pokrivena osiguranjem, za čiju kupovinu je bio neophodan recept ili izveštaj lekara. Farmaceuti su prijavili povećanu upotrebu u insulinskoj rezistenciji i gojaznosti, što je dovelo do strožeg inspeksijskog nadzora. Tokom ispitivanja, potražnja za Ozempic-om je naglo porasla, što je navelo neke pacijente sa dijabetes melitusom da potraže lek u inostranstvu. Uprkos medijskoj pažnji, Ozempic i ostali analozi GLP-1 nisu odobreni za upotrebu van navedene indikacije. Pacijenti van ciljne grupe izloženi su povećanom riziku, usled ograničenih podataka o bezbednosti i efikasnosti kod osoba sa nižom telesnom težinom. Važno je informisati pacijente i zdravstvene radnike o privremenom gubitku težine i mogućem povratku nakon prestanka upotrebe Ozempic-a. Široka off-label upotreba Ozempika za mršavljenje značajno utiče na njegovu dostupnost u terapiji dijabetesa tipa 2. Promovisanje holističkog pristupa upravljanju težinom, fokusiranje na promene u načinu života umesto oslanjanja na Ozempic, je od suštinskog značaja.

Literatura

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THE IMPLICATIONS OF OZEMPIC-INDUCED WEIGHT REDUCTION: A TRANSIENT REMEDY WITH PROLONGED AFTEREFFECTS

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Ozempic (semaglutide) is a medication prescribed for type 2 diabetes management. Recent attention has focused on its off-label use for weight reduction, driven by prominent social media endorsements (1,2). Although not being registered for weight loss, this has led to increased demand, supply shortages, and impacts on diabetes treatment. Despite promising weight loss effects, it carries significant risks. We examined Ozempic use in Serbia, with a focus on off-label weight management and insulin resistance. We conducted a cross-sectional study in 30 Serbian pharmacies from February to April 2023. Data on Ozempic prescriptions, indications, and funding sources were collected. A pharmacist survey assessed roles of pharmacists, regulatory measures, and off-label criteria. Most Ozempic prescriptions targeted type 2 diabetes, primarily funded by health insurance, and which required prescriptions or medical reports for commercial purchases. Pharmacists reported rising use for insulin resistance and obesity, prompting stricter oversight. During the study, Ozempic demand for weight management surged, leading some diabetic patients to seek it abroad. Despite media attention, Ozempic and GLP-1 medications lack approval for broader use. Patients outside the specified demographic face increased risk, with limited safety data for lower body weights. It's crucial to inform patients and healthcare providers about Ozempic's temporary weight loss effects and potential post-discontinuation weight regain, and potential unforeseen side effects. The widespread off-label use of Ozempic for weight management significantly affects its availability for type 2 diabetes. Promoting a holistic approach to weight management, focusing on lifestyle modifications rather than relying solely on Ozempic, is essential.

References

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