

Should you take an Injectable GLP-1RA for Weight Loss?

A decision aid for you and your clinician to discuss options

1. Why are you being offered a GLP-1RA for weight loss?

Obesity is a chronic disease influenced by genetics, biological and environmental factors. It is associated with increased risk of various conditions including osteoarthritis, sleep apnea, type 2 diabetes, liver disease, and heart disease. Even if you decide to take a medication for obesity, improving your diet and exercising more will still benefit your health and will support weight loss.

GLP-1RAs (glucagon-like peptide receptor agonists) and GIPs (glucose-dependent insulinotropic peptides) are classes of medications that mimic natural hormones in your body to promote feelings of fullness, reduce appetite, and slow digestion, resulting in weight loss.

2. What are your main goals?

- Weight-oriented:** _____
- Disease improvement or prevention:** _____
- Physical wellbeing and general health:** _____

3. What are your options?



Take GLP-1RA (semaglutide) **or GLP-1RA/GIP agonist** (tirzepatide): These medications are self-injected once weekly. The medication is started at a low dose and increased every month until the target dose is reached. Your care provider may order blood work prior to starting the medication. (Brand names include: Wegovy® or Zepbound®).



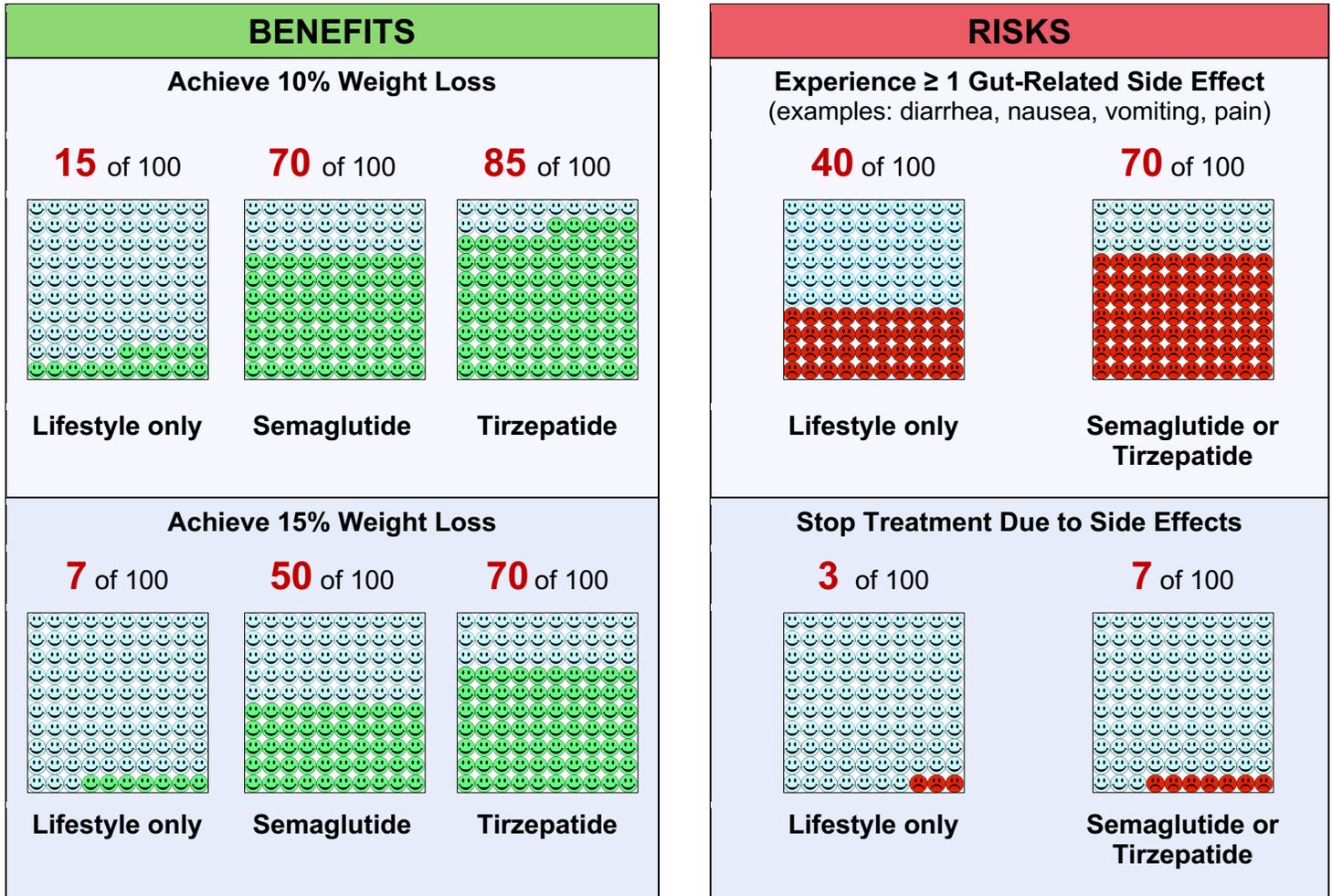
Don't take GLP-1RA (semaglutide or tirzepatide): Continue to address other key elements of obesity management with your care provider. The lifestyle changes used to compare the GLP-1RAs included a total daily deficit of 500 calories, monthly nutrition counselling & exercising for more than 150 minutes per week.

4. What does the research show?

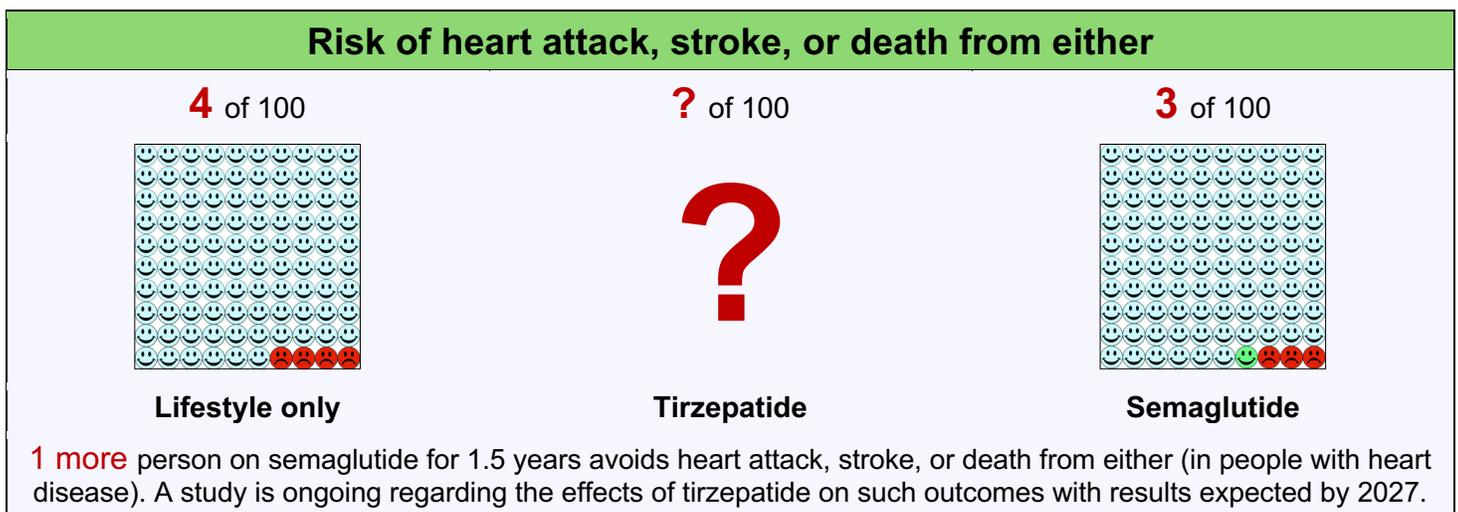
AVERAGE WEIGHT LOSS		
Average Percent of Weight Loss per Treatment		
3%	15%	20%
Lifestyle Only	Semaglutide	Tirzepatide

Blocks of 100 faces show a 'best estimate' of what happens to **100 people with obesity** (or are overweight) who either take semaglutide or tirzepatide or placebo (fake treatment) **in addition to lifestyle changes** over 1.5 years. Each face represents one person. The shaded areas show the number of people affected. There is no way of knowing in advance how you will be affected.

WEIGHT LOSS BENEFITS & GENERAL RISKS



ADDITIONAL NON-WEIGHT LOSS BENEFITS



How do these results apply to me?

My Current Weight = _____

My Goal Weight = _____

Lifestyle Only =

Multiply current weight by 0.97

Semaglutide =

Multiply current weight by 0.85

Tirzepatide =

Multiply current weight by 0.80

5. Common Questions & Answers

How much will this cost?

The monthly cost of GLP-1RAs may vary. Current costs are roughly \$450 for semaglutide and \$600-850 for tirzepatide.

How long before I see a difference?

Within 8-12 weeks, the average weight loss is 5%. This means 5kg (11lbs) for a person weighing 100kg (220lbs).

How long do I take this?

What happens if I stop? Weight management is a long-term health effort often requiring ongoing support, whether through lifestyle changes, medication, or both. In clinical trials, stopping medication led to people regaining about half of the weight they had lost.

I have type 2 diabetes ... how would this treatment affect me?

GLP-1RAs help to lower blood sugar levels. People also lose weight, but at lower rates than those without diabetes.

Are there any rare side effects from these treatments?

Currently, studies have not shown any serious or rare safety concerns with semaglutide or tirzepatide when being used appropriately for weight management. Researchers will continue to monitor these medications in future studies and real-world use to watch for any signs of long-term harms.



6. What do you think of the benefits and risks of each option?



Considering the information above, what matters most among the outcomes described?

How much does this matter?

circle 1 (not important) to 5 (very important)

Amount of weight loss comparing the options	1	2	3	4	5
Possible side effects comparing the options	1	2	3	4	5
Potential for reduced heart and stroke events comparing the options	1	2	3	4	5
Cost difference comparing the options	1	2	3	4	5

7. Knowledge Quiz

- Which option is the most effective for weight loss?
A. Semaglutide
B. Tirzepatide
C. Lifestyle changes only
- Which option causes the most side effects?
A. Semaglutide
B. Tirzepatide
C. Lifestyle changes
D. Both semaglutide and tirzepatide
- Which option reduces the risk of heart attack or stroke in people with heart disease?
A. Semaglutide
B. Tirzepatide
C. Neither of the above
- Which option is the most expensive?
A. Semaglutide
B. Tirzepatide
C. Lifestyle changes
D. All equally expensive
- True or False:
If I take a GLP-1RA and lose weight, I'll gain all the weight back if I stop it.
True/False



8. What are your decision-making needs?

Sure of myself	Do you feel sure about the best choice for you?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Understand information	Do you know the benefits and risks of each option?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Risk-benefit ratio	Are you clear about which benefits and risks matter most to you?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Encouragement	Do you have enough support and advice to make a choice?	<input type="checkbox"/> Yes	<input type="checkbox"/> No

If you answered 'No' to any of these, discuss with your healthcare provider.

(The SURE Test © O'Connor & Légaré, 2008)

9. What are the next steps?

- Check what you want to do next:
- I have decided to take semaglutide
 - I have decided to take tirzepatide
 - I have decided NOT to take a GLP-1RA
 - I need to discuss the options further