

A new study has shown a link between taking weight loss drugs and benefits for people's cognitive and behavioral health. At the same time, they have an increased risk of developing pancreatitis and kidney diseases.

Researchers from WashU Medicine analyzed anonymized medical records in the U.S. Department of Veterans Affairs database. The study examined information on more than 2 million veterans who were treated for diabetes from October 1, 2017, to December 31, 2023.

GLP-1RA drugs were associated with significant health benefits. Specifically, with a reduced risk of seizures and dependence on alcohol, cannabis, stimulants, and opioids. People who took weight loss drugs also faced fewer suicidal thoughts, self-harm, bulimia, and schizophrenia. Their likelihood of developing dementia and Alzheimer's disease decreased. However, in most cases, this reduction is about 10-20%.

At the same time, it was found that weight loss drugs can negatively affect the pancreas and kidneys. These side effects are rare but can be very serious. Moreover, kidney dysfunction can be asymptomatic until it reaches a late stage with limited treatment options.

News materials should not be equated with medical advice. Consult a specialist before making a decision.