

SURMOUNT-1: Three-Year Outcomes

Key Takeaways

- ▶ SURMOUNT is the first long-term study of a dual agonist for weight loss
- ▶ Showed average total body weight loss of 20.9% on 15 mg tirzepatide, sustained over 3 years
- ▶ Importantly, there were no new safety signals over almost 4 years
- ▶ There were significant decreases in progression of pre-diabetes; almost 99% of tirzepatide patients remain free of T2D
- ▶ These data are reassuring for prescribers around long-term benefits and side effects of tirzepatide
- ▶ GIP and GLP-1 on the same backbone seem to work better than a mono agonist

GIP, glucose-dependent insulintropic polypeptide; GLP-1, glucagon-like peptide-1; T2D, type 2 diabetes

Source: Wharton S. Interview: SURMOUNT-1: Three Year Outcomes. [The Best of Obesity Week. November, 2024.](#)