

# SURMOUNT-1: Managing Medication Side Effects

## Key Takeaways

- ▶ GI side effects are common with GLP-1RA, as they target an endogenous hormone that is produced naturally after food intake to increase feelings of fullness
- ▶ Injecting exogenous, additional GLP-1 heightens these feelings and prevents overeating – but it can also cause nausea and GI side effects
- ▶ But these side effects are mitigated over time on these agents; if patients understand and expect this, then GI events can be managed
- ▶ But if intervention is needed, the first option is to pause treatment or lower the dose
- ▶ Medications can be taken in initial stages to help with burping or heartburn

GI, gastrointestinal; GLP-1RA, glucagon-like peptide-1 receptor agonist

**Source:** Wharton S. Interview: SURMOUNT-1: Managing Medication Side Effects. [The Best of Obesity Week. November, 2024.](#)