

BHEKISISA TRACKING EMBED CODE

<script async="true" src="<https://syndicate.app/st.js>" type="text/javascript"></script>

This story was produced by the [Bhekisisa Centre for Health Journalism](#). Sign up for the [newsletter](#).

Headline: [WATCH] How does Ozempic work?

Blurb: Ozempic contains a synthetic version of a hormone our bodies create. It is used to treat diabetes but also reduces the appetite of people who use the drug. Watch this for more.

Bullets:

- Ozempic is a once-a-week injectable drug used to treat diabetes. It contains a synthetic version of a hormone that regulates our blood sugar, but also causes the stomach to empty much slower which causes a reduction in appetite.
- This leads people who take the medication to eat less and lose large amounts of weight in a short time. And research shows that once people stop taking Ozempic, they regain the weight they lost within a year.
- But how does Ozempic work and why does it cause weight loss? Watch this video to find out.

Byline: Zano Kunene and Dylan Bush

Ozempic has taken the world by storm.

The weekly injection was created to manage type 2 diabetes. (In South Africa, it's only approved to be used by people with this condition).

But many people are using Ozempic to lose weight.

What does Ozempic do?

The “magic” ingredient in Ozempic is called semaglutide.

Semaglutide is a synthetic version of GLP-1, a hormone that occurs naturally in people's bodies.

GLP-1 tells the pancreas to make insulin, which helps to turn food into energy and lowers blood sugar.

The bodies of people with type 2 diabetes don't produce enough insulin.

That's why people with diabetes have high blood sugar levels.

If their blood sugar levels aren't reduced, they can become blind or lose limbs.

Ozempic sends a message to someone's pancreas that it should release more insulin when they eat.

Where does weight loss come in?

GLP-1 reduces someone's blood sugar, but it also makes their stomach empty much slower.

That sends the body a message that it has had enough to eat, so the person feels fuller for longer.

This results in weight loss because the person eats less.

Are there any side-effects?

Ozempic's most [common side-effects](#) are nausea, vomiting and diarrhoea.

Ozempic only works for as long as you take it — [studies](#) have shown that most people gain the weight they lost within a year after stopping the injection.

This story was produced by the [Bhekisisa Centre for Health Journalism](#). Sign up for the [newsletter](#).