

It's horrible to watch a health crisis in the making

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This comes from a [journal called Pulse](#), which is a weekly publication aimed at medics, and GPs in particular:

Weight-loss drugs cannot be seen as short-term solutions by the NHS and GPs will inevitably need to engage with obesity management as the medicines are rolled out, researchers have said.

Researchers from the University of Oxford said that while the medications are highly effective in helping patients lose weight, their recent findings strike a 'cautionary note' on how they are best used.

A systematic analysis of trial data of GLP-1RA treatments found that semaglutide and tirzepatide led to an average weight loss of 16kg, but once participants stopped taking them, weight returned to baseline by 1.7 years.

In summary, weight-loss drugs do not cure weight loss. They remove a person's weight, temporarily. And when the person taking them stops doing so, they put all their weight back on again because the epidemic of obesity that we have is being caused by the food that we eat, and nothing else. So, if eating behaviour does not change - and GLP-1 drugs will not encourage that change - then they cannot work for a person seeking to keep weight down. It is as simple as that.

So, the Streeting plan to make these widely available is profoundly flawed.

Firstly, it is going to be very costly.

Secondly, it targets a long-term condition, and clearly does not do so.

So, thirdly, it must encourage addiction to these drugs: they are a lifetime choice if they are to work in the way people imagine.

But, fourthly, lifetime use of these drugs is likely to have massive consequences for broader well-being.

With regard to mental health, they do not just remove the appetite for food. They remove the appetite for everything: they mute desire. Full stop. Mental health complaints will spiral as a result. That will be true for those on the drugs, but also for those off the drugs when their weight returns and the sense of well-being that being on them might have created, temporarily, is lost. There is no upside here.

And when it comes to physical well-being, they destroy muscle mass as part of the weight reduction programme, and for many people, that muscle mass is very hard to recover once lost. So the weight gain will not equal the weight loss. It will be weight gain without the means to carry that weight. And given that there is also bone density loss, expect massive side effects for disability as a result of that.

Wes Streeting is rolling these drugs out as the wonder cure that will get Labour re-elected. The reality is he is encouraging long-term addiction and a massive and fast-developing health crisis for the UK population that will become hooked on them.

It's horrible to watch a health crisis in the making, but that is what is happening here.