



GLP-1 Weight-Loss Medicines

How they work, the benefits, and what to expect

Recover • Rebalance • Revive



drregu.com.au

PATIENT GUIDE

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A genuine tool — not a quick fix.

What Wegovy and Mounjaro do, and what to expect when you start.



~15%

average weight loss with Wegovy in studies



~21%

average weight loss with Mounjaro in studies



Weekly

just one small injection under the skin

How these medicines help you



Less hunger, fewer cravings

They calm the appetite signals in your brain, so food feels less constant and meals satisfy you sooner.



Feeling full for longer

They slow how fast your stomach empties, so smaller portions keep you comfortably full.



Steadier blood sugar

This medicine class began as a diabetes treatment — it helps your body manage blood sugar.



Heart protection

In people with existing heart disease, Wegovy lowers the risk of heart attack and stroke.



Help with sleep apnoea

Mounjaro is also approved to ease moderate-to-severe sleep apnoea that's linked to weight.



Knock-on benefits

As weight comes down, blood pressure, cholesterol and joint strain often improve too.

The two current options

Australia's weight-loss GLP-1s are now Wegovy (semaglutide) and Mounjaro (tirzepatide). The older daily option, Saxenda, was discontinued here in December 2025 — so most people now start on one of these two.



Wegovy or Mounjaro? Your two options



Wegovy (semaglutide)

- ✓ Once-weekly injection under the skin
- ✓ Around 15% average weight loss in studies
- ✓ Also lowers heart-attack & stroke risk if you have heart disease
- ✓ Can be used from age 12 and up
- ✓ Dose is built up slowly over about 4–5 months



Mounjaro (tirzepatide)

- ✓ Once-weekly injection under the skin
- ✓ Around 20% average weight loss in studies
- ✓ Also approved for weight-related sleep apnoea
- ✓ Works on two gut hormones, not just one
- ✓ Can make the contraceptive pill less reliable — ask about backup

Starting out & staying safe



1

Start low, go slow

The dose is raised gradually over weeks so your stomach can adjust.



2

A weekly injection

A tiny needle just under the skin — quick and easy to do yourself.



3

Eat & move alongside

The medicine makes healthy choices easier; it doesn't replace them.



4

It's long-term

Weight tends to return if you stop, so treatment is usually ongoing.



See your doctor promptly if:

- Severe or lasting tummy pain, especially spreading to your back
- Vomiting that won't stop, or signs of dehydration
- Upper-right tummy pain, fever or yellowing of the skin
- Side effects so bad you can't eat or drink normally



Good to know before you start

- ✓ It's for weight-related health, not cosmetic weight loss
- ✓ Tell your GP if pregnant, breastfeeding or planning a baby
- ✓ Mention any personal or family history of a rare thyroid cancer
- ✓ Not PBS-subsidised for weight loss — it's a private script

Help — not a shortcut

The medicine quietens the hunger; your healthy habits make it last.

Weight has often been a long, hard road — you don't have to walk it on willpower alone. — Dr Regu