

What Boosts Adherence to GLP-1s?

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(Excerpt — the source limited full access.)

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The study suggests that experiencing the benefits of the drug (weight loss, reduced food cravings) can outweigh the negatives and motivate patients to put up with uncomfortable gastrointestinal (GI) side effects.

For patients taking these agents, clinicians should engage in frequent and continuous monitoring for adverse side effects and educate patients on how to recognize and report them.

The research was conducted by Morgan James, PhD, adjunct assistant professor of psychiatry at Robert Wood Johnson Medical School, Piscataway, New Jersey, which is affiliated with Rutgers. The researchers used "infoveillance" (publicly available online health data) to capture patient-centered perspectives that often do not make their way into clinical trials.

The article focuses on what factors help patients adhere to GLP-1 medications despite potential side effects, drawing on real-world patient experiences from online sources.