

## Better weight-loss drugs predicted for 2024

1st January 2024



One of the most common New Year resolutions is to lose weight. Weight loss could be a more achievable prospect in 2024 because of recently-approved injectable drugs that have proven to be particularly effective in helping people shed the kilos (or pounds). They belong to a class of medications called GLP-1. The most well known of these are Wegovy and Ozempic. The drugs.com website reported that in extensive studies of patients using Wegovy, 83 per cent of participants lost 5 per cent or more of their weight compared to 31 per cent of those taking a placebo. A cardiologist at the Mayo Clinic said obesity drugs "are here to stay" and that "more and more of these drugs are coming to the market".

The significance of the new remedies has been highlighted by industry experts. The prestigious journal "Science" declared the family of weight-loss drugs to be medicine's "breakthrough of the year" for 2023. This year could prove to be even better for overweight people, and for those who find exercising difficult. A new drug called Zepbound has been approved. In clinical trials, people taking this lost an average of 20-25 per cent of their weight. Obesity specialist, doctor Juliana Simonetti, said the new drugs were "amazing, since they address the underlying physiological cause of weight regain". She added: "I've been working in this field over the last decade, and the results are very impressive."

Sources: [ksl.com](http://ksl.com) / [drugs.com](http://drugs.com) / [gizmodo.com](http://gizmodo.com)

### Writing

It is better to lose weight through exercise than through drugs. Discuss.

### Chat

Talk about these words from the article.

common / New Year resolutions / weight loss / drugs / effective / placebo / obesity / remedies / experts / breakthrough / clinical trials / physiological / the last decade

### True / False

- 1) Losing weight is the world's most common New Year resolution. T / F
- 2) The new weight-loss drugs are administered by injection. T / F
- 3) A study showed that 5% of people lost 31% of their weight. T / F
- 4) The Mayo Clinic said we'll be using obesity drugs for a long time. T / F
- 5) The journal Science said the drugs were 2023's medical breakthrough. T / F
- 6) The drugs could help people who have problems exercising. T / F
- 7) People lost around 20-25% of their weight using a new drug. T / F
- 8) A doctor wasn't so impressed with the weight-loss drugs. T / F

### Synonym Match

(The words in **bold** are from the news article.)

- |                       |                |
|-----------------------|----------------|
| 1. <b>common</b>      | a. experiments |
| 2. <b>prospect</b>    | b. large-scale |
| 3. <b>effective</b>   | c. reputable   |
| 4. <b>extensive</b>   | d. remedies    |
| 5. <b>drugs</b>       | e. likelihood  |
| 6. <b>experts</b>     | f. fundamental |
| 7. <b>prestigious</b> | g. successful  |
| 8. <b>trials</b>      | h. deal with   |
| 9. <b>address</b>     | i. popular     |
| 10. <b>underlying</b> | j. specialists |

### Discussion – Student A

- a) What do you think about what you read?
- b) Do you always stick to your resolutions?
- c) Should we try to cure our bodily ills without drugs?
- d) Have you ever tried to lose weight?
- e) What breakthroughs do you think there were in 2023?
- f) What three adjectives best describe this news story?
- g) How do you think 2024 will go?
- h) What questions would you like to ask the drug makers?

## Phrase Match

- |  |                               |
|--|-------------------------------|
| 1. One of the most common                  | a. of the year for 2023       |
| 2. Weight loss could be a more achievable  | b. medications                |
| 3. injectable drugs that have proven to be | c. coming to the market       |
| 4. a class of                              | d. cause of weight regain     |
| 5. more of these drugs are                 | e. New Year resolutions       |
| 6. The prestigious                         | f. field over the last decade |
| 7. medicine's breakthrough                 | g. journal "Science"          |
| 8. in clinical                             | h. prospect in 2024           |
| 9. address the underlying physiological    | i. trials                     |
| 10. I've been working in this              | j. particularly effective     |

## Discussion – Student B

- How happy are you with your weight?
- What are your New Year resolutions?
- What do you think of injectable drugs?
- What's the best way to lose weight?
- Would you take drugs to help you lose weight?
- What problems in society does obesity cause?
- What additional health problems does obesity cause?
- What should governments do about obesity?

## Spelling

- New Year ierotlsnsuo
- a more ebeivlhaca prospect
- recently-approved iebljnaetc drugs
- They belong to a class of endtacmois
- 31 per cent of those taking a blacpoe
- A riicasogdolt at the Mayo Clinic
- The significance of the new eedmeirs
- The uirtegisosp journal "Science"
- medicine's brahkogthreu of the year
- Zepbound has been parpedov
- tcpaleiiss, doctor Juliana Simonetti
- address the underlying agloociphlyis cause

### Answers – Synonym Match

1. i	2. e	3. g	4. b	5. d
6. j	7. c	8. a	9. h	10. f

## Role Play

### Role A – Not Eating Cakes

You think not eating cakes is the best way to lose weight. Tell the others three reasons why. Tell them what is wrong with their ways. Also, tell the others which is the least effective of these (and why): keeping a food diary, lifting weights or weekly fasts.

### Role B – Keeping a Food Diary

You think keeping a food diary is the best way to lose weight. Tell the others three reasons why. Tell them what is wrong with their ways. Also, tell the others which is the least effective of these (and why): weekly fasts, lifting weights or not eating cakes.

### Role C – Lifting Weights

You think lifting weights is the best way to lose weight. Tell the others three reasons why. Tell them what is wrong with their ways. Also, tell the others which is the least effective of these (and why): keeping a food diary, weekly fasts or not eating cakes.

### Role D – Weekly Fasts

You think weekly fasts is the best way to lose weight. Tell the others three reasons why. Tell them what is wrong with their ways. Also, tell the others which is the least effective of these (and why): keeping a food diary, lifting weights or not eating cakes.

## Speaking – Losing Weight

Rank these with your partner. Put the best ways to lose weight at the top. Change partners often and share your rankings.

- |                        |                   |
|------------------------|-------------------|
| • No cakes and sweets  | • No alcohol      |
| • Keep a food diary    | • Lift weights    |
| • Weigh yourself daily | • Eat more plants |
| • Cycle everywhere     | • Weekly fasts    |

### Answers – True False

1	F	2	T	3	F	4	F	5	T	6	T	7	T	8	F
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Answers to Phrase Match and Spelling are in the text.