

Mounjaro (Tirzepatide)



Mounjaro (Tirzepatide) is a medication that works on two different receptors (GIP and GLP-1s) to increase insulin secretion to help lower blood glucose and improve weight loss. Similar to Ozempic (semaglutide), it works on glucagon-like peptide-1 (GLP-1) receptors which delays how long it takes for food to empty out of the stomach and suppresses appetite. GIP provides additional energy metabolism.^{1,2}

Benefits

Can lower A1C by 1.62-2%.²

Shown to decrease body weight by up to 19.4%.²

Patients can gain weight back after stopping Mounjaro.³

Improves sleep apnea and heart outcomes.²



Risks: Use of GLP-1 receptor agonists like Ozempic have been shown to have increased risk for pancreas inflammation (pancreatitis: 4.69/1,000 patients per year), bowel obstruction, and slowing of food from exiting the stomach (gastroparesis). **Though rare**, these side effects can happen.⁴

Based on studies published with Mounjaro, incidence of these serious gastrointestinal events from occurring are rare but should be considered when deciding treatment.⁵⁻⁷

SURPASS-4 Trial (52 weeks)⁵

- Compared Mounjaro 5-15 mg to insulin glargine
- Out of 995 patients treated with Mounjaro
 - **0.5%** formed gallstones
 - **0.6%** developed pancreatitis

Mounjaro VS Ozempic (40 weeks)⁶

- Out of 1,409 patients treated with different doses of Mounjaro
- **0.28%** developed pancreatitis
- **0.85%** developed gallstones
 - Out of the 469 patients treated with Ozempic, **0.6%** developed pancreatitis and **0.4%** developed gallstones

SURMOUNT-3 (72 weeks)⁷

- **143** people would need to be treated with Mounjaro for **1** patient to get gallbladder disease
- **No difference in pancreatitis**
- **250** people would need to be treated with Mounjaro for **1** patient to develop a gallstone
- **5.6%** of patients had a severe stomach event in Mounjaro group

Common side effects⁸:

Most commonly reported adverse events of Tirzepatide in clinical trials.

	Nausea (%)	Diarrhea (%)	Vomiting (%)
SURPASS-1	12-18	12-14	2-6
SURPASS-2	17-22	13-16	6-10
SURPASS-3	12-24	15-17	6-10
SURPASS-4	12-23	13-22	5-9
SURPASS-5	13-18	12-21	7-13
SURMOUNT-1	25-33	19-23	8-12

Table taken from Forzano that looks at the main side effects found from the trials that evaluate Mounjaro.

Consensus: Mounjaro can cause severe gastrointestinal side effects, but it is rare. Benefits may outweigh risks for patients who are overweight and have diabetes and/or other heart issues.

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