Ozempic: Myth vs. Fact Sheet

## Myth 1: Ozempic is a weight loss drug.

Fact: Ozempic (semaglutide) was developed to manage Type 2 diabetes. Weight loss is a side effect, not the primary purpose.

## Myth 2: Everyone loses weight the same way on Ozempic.

Fact: Weight loss varies widely. Some users experience rapid results; others plateau or regain weight after stopping.

## Myth 3: Ozempic results are permanent.

Fact: Many users regain weight post-treatment unless combined with lifestyle changes. According to Cleveland Clinic, two-thirds regain lost weight within a year.

## Myth 4: Ozempic has no serious side effects.

Fact: Common issues include nausea, vomiting, and fatigue. Rare but serious risks include thyroid tumors and stomach paralysis.

## Myth 5: It's totally safe to use Ozempic off-label for weight loss.

Fact: Off-label use has spiked, but long-term safety in non-diabetic populations is still unclear. Shortages are also affecting diabetic patients.

## Myth 6: You’ll feel amazing once you lose weight on Ozempic.

Fact: Some users report worsened mental health, body dysmorphia, or rebound binge behavior after stopping.