

Good Practice and Adverse Drug Reactions

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- A- There is an Obesity drug boom with “Ozempic” in the United States, dominating the headlines. Here is that strong belief that such drug is able to induce an appetite-suppression among those using it. There may be plenty of unknown about the drug, including long-terms effects. The demand for the drug is such that it is difficult to supply enough, especially in the 2023-2024 years. It is a GLP-agonist which may surpass 150 billion in any given year.
- B- Obese adults and children wanted to lose weight have used tis medication. The medication has been extensively prescribed although primary care physicians have little training dealing with such medication in the treatment of Obesity. Some studies have already reported that such medication may be beneficial in the treatment of Obesity and giving the patients the appearance of being healthier in losing weight and feeling better. It may also decrease the incidence of heart failure although the drug was indeed approved for Diabetes Mellitus.
- C- Unfortunately, not all insurance cover the cost of the medication “Ozempic which is expensive. Medicare by example will cover it for the treatment of Diabetes but not for a weight loss medication. Employers have also encouraged weight loss for their employees undergoing bariatric Surgery. Meanwhile. The medication become very

popular in a public which is willing to pay a high price to lose weight. This also results in a shortage on the market for the medication.

D- It is believed that Ozempic works as a GLP-1 agonist, able to increase the insulin sensitivity by delaying the emptiness of the stomach as well as curb hunger. Nobody can assure the way such drug makes you lose weight, but “Ozempic” is now a market disruptor, driving down the price of the beer and the snacks. We see also that patients taking such marvelous medication, have a lost interest in taking the drug, within a year. Is it because of the side-effects like nausea or the fact that they may have reached their objective.

E- On a more serious note, people taking “Ozempic” or “Wegovy” medications appears to have less suicidal thoughts treating their Diabetes with other drugs, and less alopecia. The latest side-effect reported of Ozempic has been an unplanned pregnancy. Physicians are trying to find out the reasons and even some have already tried the prescription of such drug on women who may have problems in getting pregnant like in women suffering with polycystic ovary syndrome (PCOS), a hormonal disorder that generally leads to infertility. On another point, the explanation can be in the GLP-1 drugs itself, rendering the birth control pills less effective and the patient more receptive to become pregnant. In anyway, such “side-effect has been also reported in patients who stopped taking Ozempic medication more than a year prior.

F- Another weight-loss drug “Zepbound” was tried in the treatment of Sleep Apnea and can become soon a medicament used in the treatment of obstructive sleep apnea.

G--In 2022, a spa’s owner pleaded guilty for practicing medicine without a license in New-Mexico. The owner was sentenced to 3 1/2 years in prison. The CDC and the health department investigators determined ultimately that 59 spa clients may have been exposed to HIV. 20 of them have received “vampire facials”, a procedure also known as platelet-rich plasma microneedling. This procedure involves the drawing of blood and the centrifugation to separate the plasma and then the plasma is injected into the face with tiny needles. The rest of the clients received other kind of injection similar to Botox.

People get such vampire facials to plump sagging skin or to reduce the appearance of acne scars or wrinkles with the plasma. There is little evidence to support these claims. It was discovered that three of the clients receiving these injections since 2018, have tested positive for HIV two years earlier. We have used such injections of plasma rich platelet in Orthopedics, for the last fifteen years and in Urology as well in the treatment of erectile dysfunction, but the studies are not conclusive.

HIV: is Most often contracted through sex performed by heterosexuals, homosexuals or gay persons of either sex, can be transmitted via contact with the bodily fluids of an infected person (blood, semen any secretion). The HIV virus attacks the immune system and if left untreated, may develop in a full-blown disease: “AIDS” damaging your immune system. The individual will be susceptible to various and serious infections and illnesses because of his/her inability to fight the organisms. 22 women have experienced reactions to the injections going from blurred vision, slurred speech to problems with breathing. 11 were admitted and six others were treated with the botulism antitoxin.

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