

# GLP-1 RAs: SUMMARY OF WEIGHT LOSS TRIALS



	SCALE 2015	STEP 1 2021	SURMOUNT-1 2022	SURMOUNT-2 2023
<b>DRUG</b>	Liraglutide 3.0 mg SUBQ daily	Semaglutide 2.4 mg SUBQ weekly	Tirzepatide 5-15 mg SUBQ weekly	Tirzepatide 10-15 mg SUBQ weekly
<b># RANDOMIZED</b>	3731	1961	2539	938
<b>INCLUSION CRITERIA</b>	<ul style="list-style-type: none"> <li>• BMI <math>\geq</math>30</li> <li>• No diabetes</li> </ul>	<ul style="list-style-type: none"> <li>• BMI <math>\geq</math>30</li> <li>• No diabetes</li> </ul>	<ul style="list-style-type: none"> <li>• BMI <math>\geq</math>30</li> <li>• No diabetes</li> </ul>	<ul style="list-style-type: none"> <li>• BMI <math>\geq</math>27</li> <li>• Type 2 diabetes; HgA1c 7.0-10%</li> </ul>
<b>BASELINE CHARACTERISTICS</b>	<ul style="list-style-type: none"> <li>• Age ~45 years; male ~22%</li> <li>• Weight ~106 kg (~233 lbs)</li> <li>• BMI ~38</li> </ul>	<ul style="list-style-type: none"> <li>• Age ~46 years; male ~25%</li> <li>• Weight ~105 kg (~231 lbs)</li> <li>• BMI ~38</li> </ul>	<ul style="list-style-type: none"> <li>• Age ~45 years; male ~32%</li> <li>• Weight ~105 kg (~231 lbs)</li> <li>• BMI ~38</li> </ul>	<ul style="list-style-type: none"> <li>• Age ~54 years; male ~49%</li> <li>• HgA1c ~8.0%</li> <li>• Weight ~101 kg (~222 lbs); BMI ~36</li> </ul>
<b>DURATION</b>	56 weeks	68 weeks	72 weeks	72 weeks
<b>PRIMARY OUTCOME</b>	Weight change	Weight change	Weight change	Weight change
<b>RESULTS</b>	<p><b>Change in Body Weight:</b> -8.4 kg (18.5 lbs) vs -2.8 kg (6.2 lbs) p&lt;0.001</p> <p>Proportion of Patients that Lost 5% or More of Baseline Body Weight: 63.2% vs 27.1%; p&lt;0.001</p> <p>Proportion of Patients that Lost 10% or More of Baseline Body Weight: 33.1% vs 10.6%; p&lt;0.001</p>	<p><b>Percent Change in Body Weight:</b> -14.85% vs -2.41%; p&lt;0.001</p> <p>Proportion of Patients that Lost 5% or More of Baseline Body Weight: 86.4% vs 31.5%; p&lt;0.001</p> <p>Proportion of Patients that Lost 10% or More of Baseline Body Weight: 69.1% vs 12.0%; p&lt;0.001</p> <p>Proportion of Patients that Lost 15% or More of Baseline Body Weight: 50.5% vs 4.9%; p&lt;0.001</p>	<p><b>Percent Change in Body Weight:</b> 5 mg (n=630) vs placebo (n=643) -15% vs -3.1%; p&lt;0.001</p> <p>10 mg (n=636) vs placebo (n=643) -19.5% vs -3.1%; p&lt;0.001</p> <p>15 mg (n=630) vs placebo (n=643) -20.9% vs -3.1%; p&lt;0.001</p>	<p><b>Percent Change in Body Weight:</b> 10 mg (n=312) vs placebo (n=315) -12.8% vs -3.2%; p&lt;0.0001</p> <p>15 mg (n=311) vs placebo (n=315) -14.7% vs -3.2%; p&lt;0.0001</p>



These trials demonstrate the efficacy and safety of GLP-1 RAs for weight loss in overweight/obese patients (with or without type 2 diabetes). Of these agents, tirzepatide currently demonstrates the greatest reduction in body weight.

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