

Q24 Weight Regain After Medication Cessation

Cessation of weight management medications is followed by rapid weight regain and reversal of beneficial effects on cardiometabolic markers.

- ☐ True
- ☐ False

Educational Point: Obesity, a chronic and relapsing condition, affects almost two billion adults worldwide and increases the risk of morbidity and premature mortality. New drugs, including the glucagon-like peptide-1 (GLP-1) receptor agonist semaglutide and GLP-1 receptor agonist and glucose-dependent insulinotropic polypeptide (GIP) dual agonist tirzepatide, are set to transform routine obesity treatment, with participants in clinical trials losing 15-20% of their baseline body weight. Regardless of the type of treatment, improvements in cardiometabolic markers and endpoints are broadly proportional to the magnitude of weight lost, and these new weight management medications (WMMs) have been shown to lead to notable short term improvements in liver fibrosis, renal outcomes, and sleep apnoea and in reduced incidence of cardiovascular disease. With the continued development of new incretin mimetic related treatments, the use of WMMs is likely to become more common. Real world observations estimate that 50% of people with obesity discontinue GLP-1 receptor agonists within 12 months of initiation, so it is important to characterise what happens to body weight after cessation of treatment.

In this systematic review of 37 studies on weight change after cessation of any WMM, weight regain occurred at an average

monthly rate of 0.4 kg, projecting a return to baseline weight 1.7 years after cessation of WMM. Among 28 randomised controlled trials, weight was no different between treatment and control groups 1.4 years after cessation of WMM. Cardiometabolic markers (HbA1c, fasting glucose, cholesterol, triglycerides, systolic and diastolic blood pressure) were estimated to be close to baseline by the end of observed follow up, and extrapolation suggests that they would return to baseline levels within 1.4 years of cessation of WMM. Indirect comparisons showed that people regained weight faster after stopping WMM compared with behavioural weight management programmes (BWMP), regardless of how much weight was lost during treatment.

This review found that cessation of WMM is followed by rapid weight regain and reversal of beneficial effects on cardiometabolic markers. Regain after WMM was faster than after BWMP. These findings suggest caution in short term use of these drugs without a more comprehensive approach to weight management.

The correct answer is true.

Reference: West S, Scragg J, Aveyard P, Oke JL, Willis L, Haffner SJP, et al. Weight regain after cessation of medication for weight management: systematic review and meta-analysis. *BMJ*. 2026 Jan 7;392:e085304.
Link: <https://www.bmj.com/content/392/bmj-2025-085304.long>
PMID: 41500720

Q25 Lung Cancer in Non-smokers

Which *one* of the following statements regarding lung cancer in non-smokers is *false*?

- ☐ 1. It accounts for less than 10% of all lung cancers.
- ☐ 2. Most are adenocarcinomas.
- ☐ 3. Lung cancer in first degree relatives is a risk factor.
- ☐ 4. Therapeutically targetable genomic variants are more common in tumors from nonsmoking individuals.

Educational Point: Lung cancer in nonsmoking individuals (defined as people who have smoked fewer than 100 cigarettes in their lifetime) accounts for 15% to 20% of all lung cancer cases worldwide. In the US, the annual incidence

of lung cancer in nonsmoking individuals is 14.4 to 20.8 per 100 000 person-years in females and 4.8 to 12.7 per 100 000 person-years in males.