

# FAMILY & CONSUMER SCIENCES

## Anderson County Extension Family & Consumer Sciences Newsletter

### December 2023/January 2024 Building Strong Families



**Cooperative Extension Service**  
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### Important Dates:

**December 4**—Quilt Guild, 6 p.m.  
**December 7**—EH Project Day, 9—4 p.m.  
**December 9**—2nd Saturday Sew, 10—4 p.m.  
**December 11** —Little Circle, 12:00 p.m.  
Friendship Circle, 5 p.m.  
**December 21**—Tastefully Thursday, 11—1 p.m.  
**December 25-January 1**—**Extension Office  
Closed for the Holidays!**

**January 2**—Quilt Guild, 6 p.m.  
**January 4**—EH Project Day, 9—4 p.m.  
**January 6**—Basket Guild, 10—3 p.m.  
**January 8**—Little Circle, 12 p.m.  
Friendship Circle, 5 p.m.  
**January 13**—2nd Saturday Sew, 10—4 p.m.  
**January 15**—**Extension Office Closed for MLK  
Holiday**  
**January 20**—Craft Day, 9—3 p.m.  
**January 25**—EH Council Meeting, 10 a.m.  
**January 27**—Mystery Quilt Class, 10—4 p.m.



**Happy Holidays from all of  
us at the Anderson County  
Extension Office!**

*Susan, Janet, and Jennifer*

### **Tastefully Thursday**

**December 21, 11—1 p.m.**

**RSVP by December 18th**

**FREE!!**



Join the homemakers as club members demonstrate recipes from the 2023 Food and Nutrition Recipe Calendar!  
They will be sharing “Loaded Beef Stroganoff”.

### **Cooperative Extension Service**

Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

### **MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT**

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Disabilities  
accommodated  
with prior notification.

## **What do we know about new weight loss drugs?**

Semaglutides have been all over the news and social media lately. You may recognize them by their brand names like Ozempic, Wegovy, or Rybelsus. Ozempic and Wegovy are once-weekly injections while Rybelsus is a pill you take once daily. These drugs act like a hormone that your body usually releases in response to eating. These medications increase the amount of insulin the pancreas produces. They also slow the movement of food through the stomach leading to a feeling of fullness, decreased appetite, and potentially leading to weight loss.

Ozempic and Rybelsus were originally developed for and are used to treat Type 2 diabetes. Wegovy was developed by the same company that makes Ozempic but is approved for use in weight loss. Doctors who prescribe Wegovy encourage their patients to make lifestyle and dietary changes to promote and maintain their weight loss. Wegovy and Ozempic are the same medication, but Wegovy is a higher dose than Ozempic. Ozempic is not approved for use in weight loss.

Some people use Ozempic off-label for the purpose of weight loss. This has created a severe shortage of this drug on the market. This makes it difficult for those who really need the drug to get it and manage their Type 2 diabetes.



While these drugs have been used for a few years now, we are just now starting to learn some of the side effects of long-term use. Common side effects mostly impact the gut and include nausea, vomiting, and abdominal cramps with other side effects being fatigue and headache. More serious side effects include gastric paralysis, but this seems to affect less than 1% of the users.

Because these drugs take away your appetite, it is important to get the right nutrition. Try to get enough nutrients with each meal and snack by focusing on lean protein; high-quality carbohydrates like whole grains, fruits, and vegetables; and heart healthy fats from olive oil, avocados, and nuts and seeds. If you notice that the amount of food you typically eat has decreased, try separating beverages, like water, from mealtimes. Lastly, put an emphasis on high-fiber foods to encourage proper movement through the gut and to prevent constipation. If you are regularly using these medications, consider working with a registered dietitian nutritionist (RDN) to ensure you are meeting your personal nutrition needs.

Although these medications were approved for use in the past two to five years, learning about all potential side effects takes much more time. Experts also need more time to learn what might happen when someone stops using the medication and what happens when someone takes the medication for a long time. When considering weight loss drugs like semaglutides, remember body size is not the best indicator of overall health. Body weight is only one piece of the health puzzle. Rather than focusing on a specific number on the scale, think about quality of life and overall health.

### **References:**

MedlinePlus. (2022, August 15). Semaglutide Injection: MedlinePlus Drug Information. Medlineplus.gov. <https://medlineplus.gov/druginfo/meds/a618008.html>

Center for Drug Evaluation and Research. (2023). Medications Containing Semaglutide Marketed for Type 2 Diabetes or Weight Loss. FDA. <https://www.fda.gov/drugs/postmarket-drug-safety-information-patients-an...>

Semaglutide (Subcutaneous Route) Side Effects - Mayo Clinic. (2023, October 1). Www.mayoclinic.org. <https://www.mayoclinic.org/drugs-supplements/semaglutide-subcutaneous-ro...>

**Source:** Anna Cason, Senior Extension Associate for Food and Nutrition

You can view this newsletter & find a variety of other information & upcoming events on our county website.

Visit us at: <http://anderson.ca.uky.edu>

Follow us on Facebook: <http://www.facebook.com/andersoncountyCES>

Let us know if you have any questions about this newsletter or need additional information.

A handwritten signature in black ink that reads "Susan Campbell".

Susan Campbell, Anderson County  
Extension Agent for 4-H/Youth Development