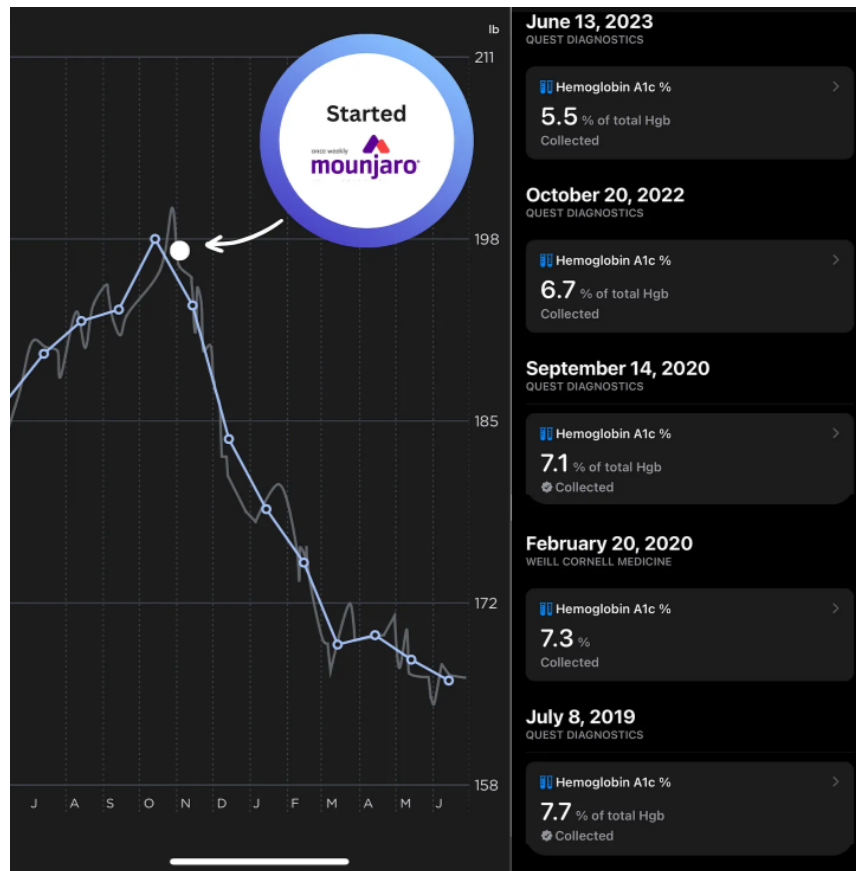


# A Mounjaro Miracle: Weight Loss & Normal A1C

*One patient's experience with Mounjaro including the life-changing benefits and the personal pitfalls*

By Jacob Brody



My Weight over the Past Year; My A1C's (avg blood sugar) over 4 Years

Nothing has fundamentally changed my health more than taking Mounjaro. While I'd previously been able to lose weight, within a day of my first dose Mounjaro turned the food noise down to zero. I felt in equilibrium in a way that I hadn't felt in a long time, if ever. What I wasn't prepared for were the externalities of such a

fundamental shift in my relationship with my body. While I am a big advocate of Mounjaro and other medications like it, patients are not getting the support they need for such a seismic shift in their life. It's not that patients should not be prescribed Mounjaro, it's that we are left ill-equipped for how such positive effects can have negative consequences on our lives.

**The Background: T1 + T2 Diabetes + Obesity + PSA + ADHD + Depression.  
No other drug worked. The stress of being a founder was bad for my health.**

I have type 1 and type 2 diabetes, obesity, psoriatic arthritis, ADHD, and depression. In October 2022, I was struggling with weight regain and out-of-control diabetes, which was triggering my psoriatic arthritis. This was not helped by the stress of running a medical weight loss startup, Accomplish Health, which I started after losing ~70 pounds (my founder blog post). It was a great relief when I left the company in April and was able to become a patient instead of the CEO, so that I could avail myself of the support the company was providing to others that I needed too.

In October 2022, I'd been on an old drug (approved in 2005) called Symlin for about 3 years. It took me about 18 months after originally getting treatment to reach my lowest weight but it was still a struggle. Running Accomplish Health entailed constantly grappling with the fear that my weight gain could potentially impact my company.

Symlin wasn't working to treat my diabetes or my obesity. My endocrinologist and I had an in-depth discussion about the potential drawbacks of going to Mounjaro as a Type 1 and Type 2 diabetes patient. We decided to make the change and,

luckily, I qualified for a copay assistance program that covered all but \$25 of the cost.

**How It Positively Changed My Life: I got my A1C (average blood sugar) under the diabetes threshold for the first time in 27 years. I lost almost 40 pounds in 3.5 months. My inflammation is reduced. My mental health is greatly improved. My ability to focus is enhanced to a delightfully surprising degree.**

I started Mounjaro and it was an overnight change. My omnipresent feeling of hunger disappeared. I was able to walk through the kitchen without thinking of food. My weight dropped from 201 lbs to 166 lbs in about 3.5 months while titrating up to 5mg (the second lowest dose). My A1C levels dropped from 6.7 to 5.5 in just 7 months, marking the lowest A1C since my diagnosis of diabetes over 27 years ago. My inflammation dropped significantly.

Alongside these physical changes, I've experienced a boost in mental clarity, allowing me to process information more effectively and structure my thoughts with greater ease. It's not just the food noise that is silenced, I've noticed drastically improved impulse control across the board. Other patients at Accomplish Health have seen a cessation of their drinking, smoking, and even compulsive shopping habits.

**What I Wasn't Prepared For: I never had to remind myself to eat previously. Friends with obesity get angry at you. I miss my friend Doritos. Social activities revolve around food.**

While Mounjaro has some well-known gastric side effects amongst others, I think most people are missing how much Mounjaro affects your day-to-day life. Some of my fundamental habits and tastes were governed by hormonal urges that are no longer there.

The very mechanism of the drug can be very disconcerting as it effectively reduces most hunger (and thirst). Realizing I couldn't trust my body to tell me I was hungry was a concept I had a hard time dealing with. Doritos and many other foods I used to love stopped being tasty. There was a sense of loss that came about when foods that used to bring me such joy were no longer able to do so.

I wasn't getting enough protein or other nutrients so I was getting tired and irritable more easily. Only with the help of Stephanie Garcia at Accomplish Health was I able to start building the new habits I needed. She taught me drinking a fruit/kale protein smoothie every morning was essential and has worked with me to build a roster of foods that fill my nutritional needs.

These effects didn't happen in a vacuum. While everyone in my life is happy for me, it doesn't mean that there haven't been negative effects. I had to remind myself to come to the dinner table. I could previously rely on my hunger to interrupt anything but suddenly I was missing meals lost at work. This change was disruptive for my wife and son, who were used to having me at the table every night for family dinner.

There were also meals I previously loved that were no longer flavorful enough for my muted palate. It took me a while to understand how hurtful that could be to

my wife, who is a great cook and baker. She didn't change how she was making the food that I previously enjoyed; it was how my brain was processing it. While she consciously understood this and worked with me to make the changes we needed to, I'm sad that I didn't put more thought into how I changed a lot about myself in a really short amount of time.

**Hindsight Being 20/20: Mounjaro is amazing. Support for a changed life is necessary.**

Following treatment with Mounjaro, my blood sugars are below the pre-diabetes threshold, let alone crossing the diabetes threshold. The holistic change has been overwhelmingly positive, but not without potentially negative externalities. At the end of the day, I believe Mounjaro has been a life-saving intervention for me and I hope more people get to reap the benefits of it. And I hope everyone who uses it also has the support in place to face the challenges that come along with the positive changes.