

The Horror of Ozempic Face: What You Should Know

By Robert Ferguson

If you've heard of "Ozempic face," you might know it as a condition where people using medications like Ozempic for weight loss notice their faces looking older, thinner, or saggy. But what causes this change? It's more than just the loss of fat and water—recent reports, including one from the **Journal of the American Medical Association (JAMA)**, suggest that over 40% of the weight lost with these medications comes from skeletal muscle.

Skeletal muscle is vital for maintaining a youthful appearance and overall health. Losing muscle too quickly doesn't just affect your face; it can leave you looking emaciated, like someone recovering from a severe illness like cancer. While you may lose weight on the scale and fit into smaller clothes, the damage caused by muscle loss is often irreversible. This can lower your metabolism, reduce your strength, and make it harder to maintain a healthy weight in the long run.

Even more concerning, research shows that losing more than 8% of your body weight as skeletal muscle increases your risk of heart attack by over 300%. This highlights the critical role muscle plays not just in appearance but in overall health.

To avoid these issues, it's important to focus on preserving muscle during weight loss. Eating enough protein, exercising regularly, and supporting your body with essential nutrients like omega-3s can help. Gradual, balanced weight loss is key to keeping both your body and face healthy.

If you're concerned about these risks, schedule a free consultation with me, **Robert Ferguson**, and I'll provide you with a free five-step plan. Learn how to lose weight healthfully, transition off medications like Ozempic, and adopt a sustainable lifestyle that keeps the weight off while protecting your muscle and health.

References

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