

Incretin-based medications in clinical practice

Leon Jons MD
10-26-2026
IPAS Fall Conference
Leon-jons@uiowa.edu

1

No conflicts

2

Objectives

- Incretin agonists
When to use and how to use
- Titration, monitoring and side effects
- New medications

3

Patient case

- 53-year-old male
- T2DM, GERD, hyperlipidemia, hepatic steatosis
ASVD with vascular calcifications, HTN
- 256 pounds with BMI 43.4
- Triglycerides 376
- HDL 47
- LFT's, renal studies normal
- A1c 12.2—recent T2DM diagnosis
- Waist circumference 51.2



4

Syndrome X

5

Syndrome X

Metabolic syndrome

Waist circumference

Triglycerides

HDL

Glucose

B/P

“the clustering of risk factors for CAD, in addition to high blood pressure, associated with insulin resistance. These include hyperinsulinemia, IGT, increased plasma triglyceride concentration, and decreased high-density lipoprotein cholesterol concentration, all of which are associated with increased risk for CAD.”

Banting Lecture 1988

**Role of Insulin Resistance
in Human Disease**

GERALD M. REAVEN

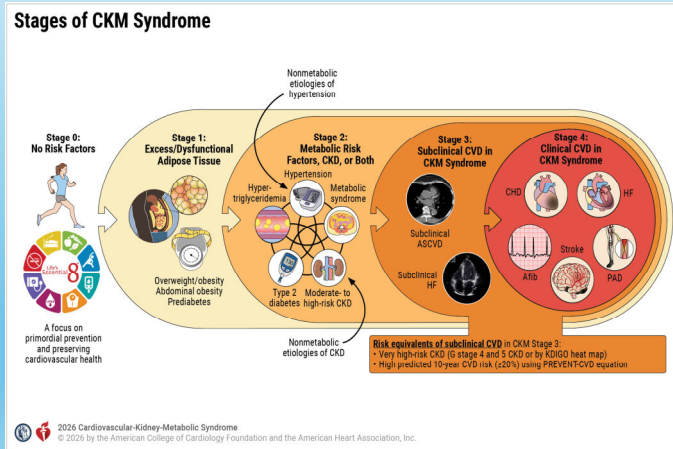
Diabetes, Vol. 37, December 1988 1595-1607

6

Metabolic Syndrome

“The metabolic syndrome (MetS) is a modifiable risk factor for cardiovascular disease, type 2 diabetes mellitus and other health outcomes, and is a major challenge to clinical practice and public health.”

Metabolic Syndrome
Neeland, I. et al
Nature Reviews (2024) 10:77



7

ABCD

Adiposity Based Chronic Disease

Focuses on the individual and health complications caused by or associated with obesity

8

AACE Algorithm

AACE Algorithm for the Evaluation and Treatment of
Adults with Obesity/Adiposity-Based Chronic Disease

K. Nadolsky, W.T. Garvy, M. Agarwal et al
Endocrine Practice 31 (2025) 1351-1394

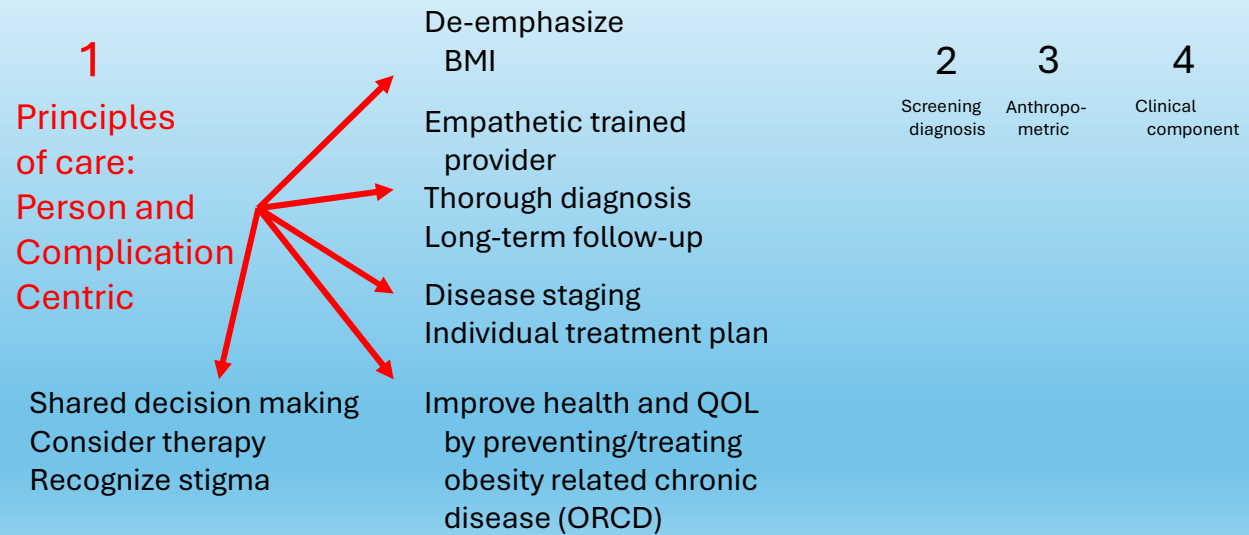
9

ABCD Algorithm

1	2	3	4	5	6	7	8	9	10	11
Principles of care: Person and Complication Centric	Screening Diagnosis	Anthropo-metric	Clinical Component	Treatment Goals Follow-up	Treatment response Weight loss targets	Behavior Lifestyle Therapy	Medication hierarchy	Medication step treatment	Medication individualized	Medications fact sheet

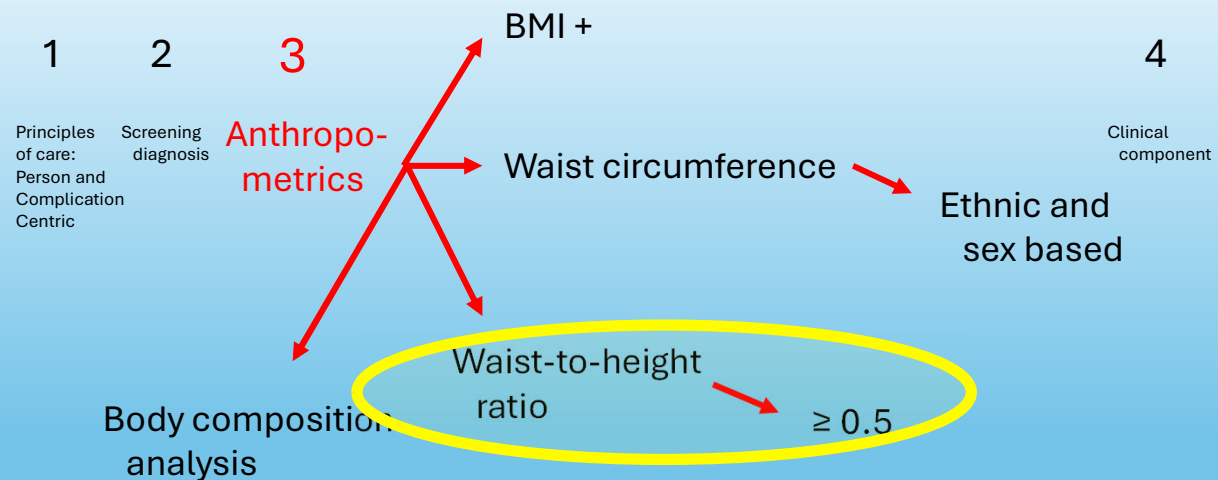
10

ABCD Algorithm



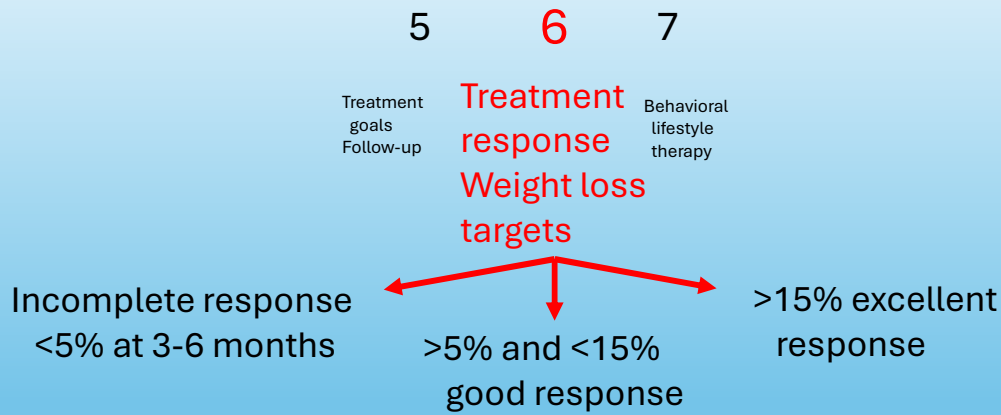
11

ABCD Algorithm



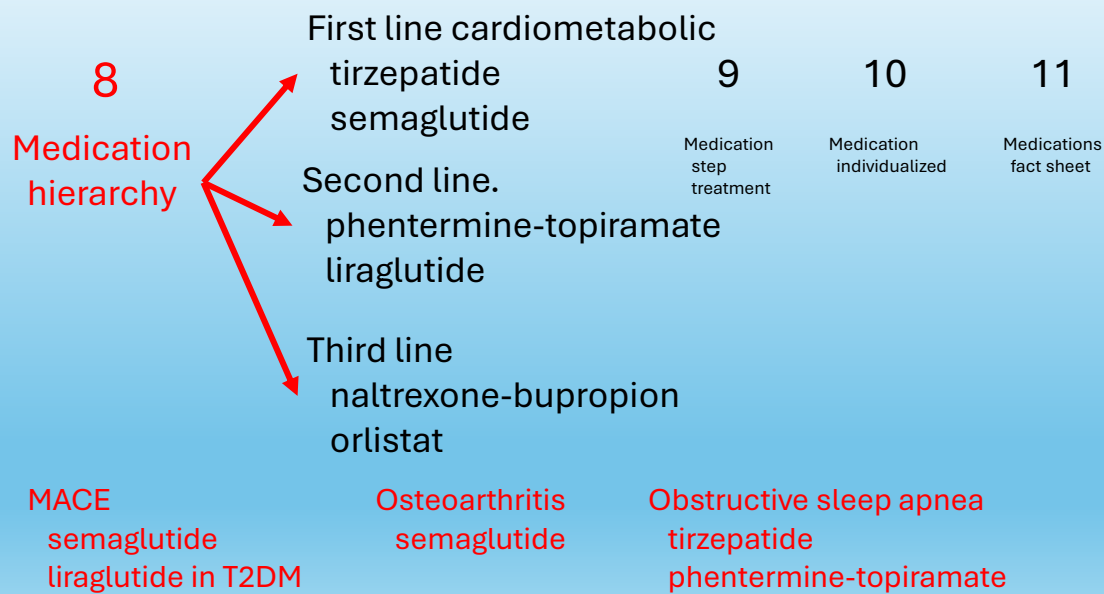
12

ABCD Algorithm



13

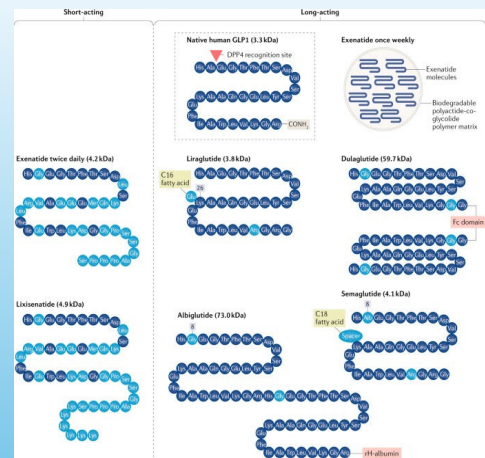
ABCD Algorithm



14

Effects of GLP-1/GIP agonists

- Glucose-dependent insulin secretion
- Slowed gastric emptying
- Inhibits food intake
- Increased natriuresis/diuresis
- Decreased inflammation/apoptosis
- ? Cardio-neuro protectiveness
- ? Learning/memory, reward behavior, palatability



Anderson et al. Nat Rev Endocrinol 14: 2018 390-403

15

Incretin-based medication side effects

- Nausea/vomiting
- Delayed gastric emptying
- Gallbladder/biliary disease
- Hypoglycemia
- Constipation or diarrhea
- Heartburn
- Belching
- Fatigue
- Taste and texture preference changes
- Pancreatitis ???

16

Incretin-based medication side effects

- Thyroid C cell tumors
- Diabetic retinopathy
- Diabetic ketoacidosis
- Acute kidney injury
- Injection site reactions
- Hair loss
- Non-arteritic anterior ischemic optic neuropathy
- Drug interactions--lithium

17

Dose Titration

- Wegovy injectable (semaglutide)
0.25 → 0.5 → 1.0 → 1.7 → 2.4 mg
- Wegovy oral (semaglutide)
1.5 → 4.0 → 9.0 → 25.0 mg
- Zepbound injectable (tirzepatide)
2.5 → 5.0 → 7.5 → 10.0 → 12.5 → 15.0 mg
- Foundayo oral (orforglipron)
0.8 → 2.5 → 5.5 → 9.0 → 14.5 → 17.2 mg

18

Oral GLP-1 medications

Wegovy

Low bioavailability
Absorbed in stomach
 $T_{1/2} = 7$ days
13-17% weight loss

1.5 mg--\$149
4 mg--\$149-199
9 mg--\$299
25 mg--\$299-350

Foundayo

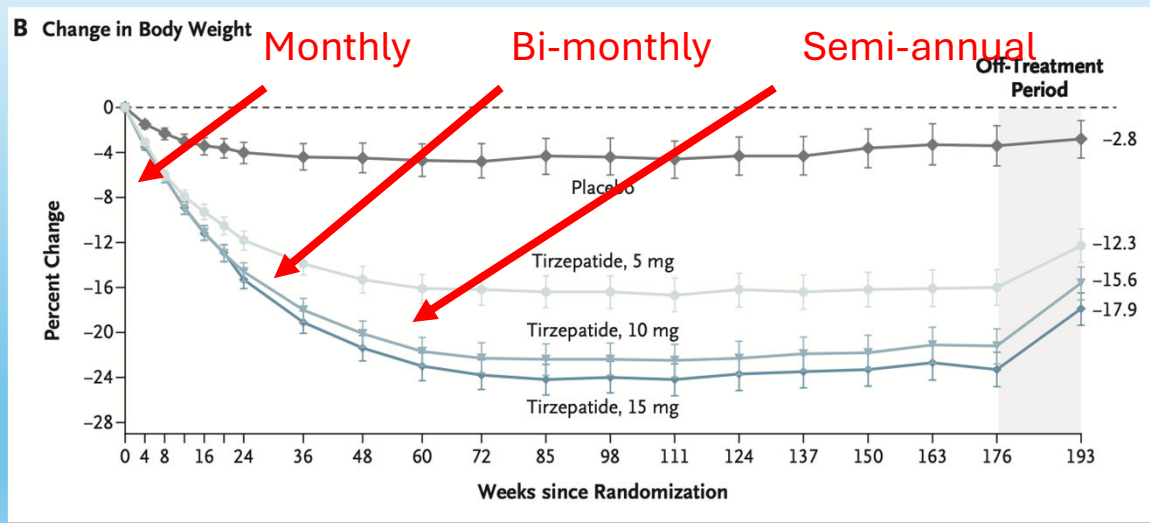
(orforglipron)

Non-peptide
Well absorbed
 $T_{1/2} = 1-2$ days
9-15% weight loss

0.8 mg--\$149
2.5 mg--\$199
5.5 mg--\$299-349
9 mg--\$299-349
14.5 mg--\$299-349
17.2 mg--\$299-349

19

Frequency of follow-up



20

What's needed for insurance approval

- Bridge Program—for Medicare
7/2026-12/2027
requires Medicare part D policy
not applicable if medication can be covered for other indication
\$50 monthly
- therxindex.com—helpful site for looking at criteria for other third-party insurances

21

What's needed for insurance approval

In general . . .

Wegovy

steatohepatitis F2 and F3 (not oral Wegovy, not cirrhosis)
previous MI (injectable or oral)
previous CVA (injectable or oral)
severe peripheral arterial disease (ABI, amputation, revascularization)
previous coronary artery interventions (stenting, angioplasty)

Zepbound

moderate to severe OSA (AHI ≥ 15)

22

approval

- Bridge Program

7/1

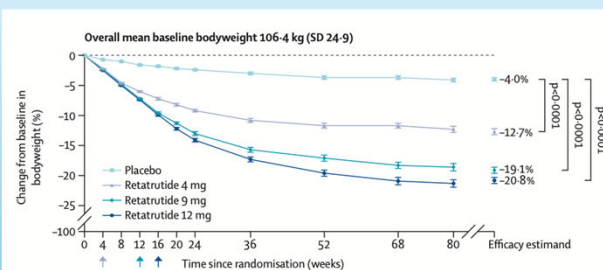
It's a game of
Whac-a-mole!

For other

- there are no criteria for other

23

Retatrutide

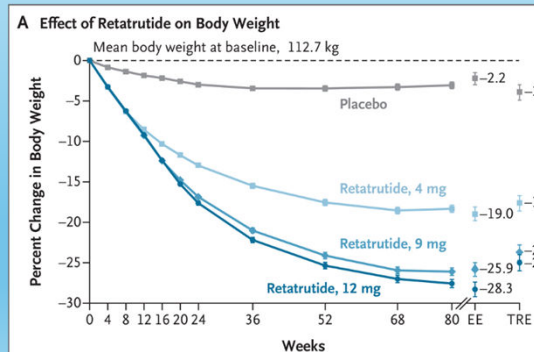


Retatrutide in adults with obesity and type 2 diabetes (TRIUMPH-2).

Bellido V et al. Lancet Vol 408 October 10, 2026

Retatrutide, a Triple Hormone Receptor Agonist, for Treatment of Obesity.

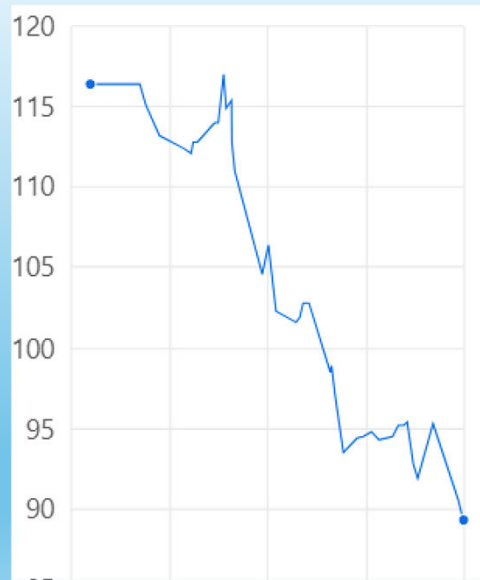
Jastreboff A et al. NEJM, September 19, 2026



24

Patient case

BMI 33.8
 Weight 196
 WC 44.1
 TG 118
 HDL 46
 B/P 128/76
 LFT's normal
 Platelets 321



25

SHOCKING THINGS YOU
 DONT KNOW ABOUT GLP-1s.

▶ 0:37

GLP-1 Facts You Didn't Know:
 What to Expect in the First 3 ...

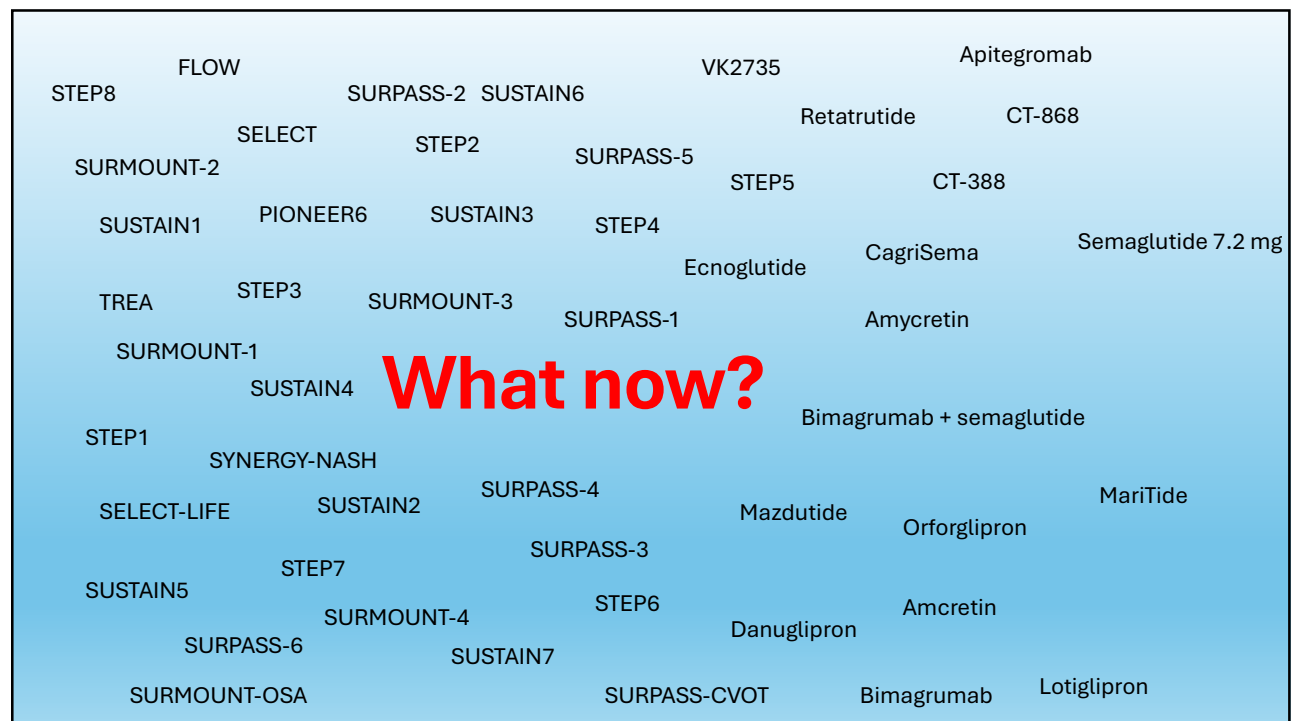
TikTok · joinbelle

26

Objectives

- Incretin agonists
When to use and how to use
- Titration, monitoring and side effects
- New medications

27



28