

Reducing Your Risk of Pancreatitis When On A GLP-1 for Weight Loss

As a woman on a GLP-1 for weight loss, there are specific risk factors which you can manage to reduce your risks of pancreatitis. These recommendations accompany my [YouTube video](#)

RISK FACTORS FOR GALLSTONES

Female ☐

Over 40 ☐

Being white ☐

BMI >30 ☐

Multiple pregnancies ☐

Current / past oral contraceptive ☐

Current / past oral oestrogen (HRT)* ☐

Previous gall-bladder pain (esp after a fatty meal) ☐

Rapid weight loss (>1.5kg / week or 10% of bw in 6 months) ☐

Long-term low-fat diet ☐

*Body identical and transdermal oestrogen does not increase your risk.

ADDED RISK FACTORS FROM GLP-1

Rapid weight loss ☐

Missing meals ☐

Insufficient water ☐

Avoiding fat ☐

RECOMMENDATIONS TO REDUCE YOUR GALLSTONES RISK

Lose < 1.5kg /week ☐

2.5 litres water /day ☐

Eat 3 small meals /day ☐

Fibre at every meal ☐

Include healthy fat ☐

Exercise ☐



Reduce your GLP-1 dose to enable these recommendations

SECOND BIGGEST RISK FACTOR FOR PANCREATITIS

Triglycerides >10 mmol/l ☐

Triglycerides > 6.5 mmol/l ☐

RECOMMENDATIONS

Know your triglyceride levels ☐

Avoid sugar ☐

Avoid alcohol ☐

Fibre at every meal ☐

Avoid saturated and trans fats ☐

Resistance training ☐