International Journal of Nutrology
(Official Journal of the ABRAN - Brazilian Association of Nutrology)

EDITORIAL

DOI: 10.54448/ijn25306

Advances in the Treatment of Obesity with GLP-1 and GIP Agonists: State of the Art at the Upcoming XXIX Brazilian Congress of Nutrology

Durval Ribas Filho[1,2*]

[1] UNIFIPA- Padre Albino University Center, Medicine Course, Catanduva, Sao Paulo, Brazil.
[2] ABRAN - Brazilian Association of Nutrology, Catanduva, Sao Paulo, Brazil.

*Corresponding authors: Dr. Durval Ribas Filho.
UNIFIPA- Padre Albino University Center, Medicine Course,
Catanduva, Sao Paulo, Brazil.
E-mail: dr.ribas@abran.org.br
DOI: https://doi.org/10.54448/ijn25306
Received: 04-26-2025; Revised: 06-28-2025; Accepted: 07-01-2025; Published: 07-07-2025; IJN-id: e25306

Editor: Dr. Idiberto José Zotarelli-Filho, MSc, Ph.D., Post-Doctoral.

Editorial

Obesity continues to be one of the greatest public health challenges in the world. According to the recently released World Atlas of Obesity 2025 **[1]**, by 2030, almost 3 billion adults, approximately half of the global population, will be overweight or obese. This data reflects a complex scenario that requires immediate and sustainable responses.

In Brazil, the epidemiological curve follows this trend. In 2003, the prevalence of obesity was around 12% among adults; in 2019, this rate had already jumped to 26.8% and currently stands at 31%. In other words, one in three Brazilian adult lives with obesity, according to data from the Ministry of Health. The consequences are alarming: in addition to the increase in rates of cardiovascular disease, type 2 diabetes, and various types of cancer, obesity causes an increasing burden on public and private health systems **[2]**.

The pathology carries with it a set of serious comorbidities, often overlooked at the beginning of the condition. The accumulation of excess adipose tissue induces a chronic inflammatory state, contributing to the development of metabolic syndrome, with implications such as high blood pressure, insulin resistance, hypercholesterolemia, joint disorders, and psychosocial changes. It is, therefore, a multifactorial chronic disease, whose therapeutic approach must be equally complex and integrated **[3,4]**.

In view of this scenario, it is imperative to adopt effective prevention and control strategies, with effective public policies that encourage a more balanced diet, regular physical activity, and access to appropriate treatments. These policies are necessary and urgent not only for clinical reasons but also for their economic relevance, avoiding a likely escalation in costs in the treatment of diseases associated with obesity.

Fortunately, the field of pharmacotherapy against this disease has advanced significantly in recent years and two drugs have stood out for their clinical efficacy. Tirzepatide, a dual agonist of GLP 1 and GIP receptors, and semaglutide, a GLP 1 agonist, were initially developed for the treatment of type 2 diabetes **[5,6]**.

Studies in the SURPASS series have shown that tirzepatide can reduce up to 22% of body weight in 72 weeks, in addition to contributing to glycemic control and reducing visceral fat. Semaglutide, according to clinical trials STEP 1 to 4, enabled losses of up to 17% of body weight in 68 weeks, with additional benefits in metabolic parameters such as blood glucose, blood pressure, and lipid profile **[6]**.

These molecules represent a therapeutic milestone, integrating themselves as first-line options in the treatment of moderate to severe obesity, especially when combined with behavioral changes and multidisciplinary monitoring. These advances, and many others, will be the focus of discussions at the XXIX Brazilian Congress of Nutrology (CBN 2025), link: https://abran.org.br/cbn2025/, which will take place between September 25 and 27 of this year, in São Paulo. Established as the most important event in the field in Latin America and the largest in the world in this specialty, CBN 2025 will bring together national and international experts who will discuss the contemporary challenges of nutrology and the paths for medicine of the future.

Also, information about CBN 2025 was published on EurekAlert - the world's largest scientific news platform, maintained by the American Association for the Advancement of Science (AAAS). Launched on May 20, 1996, EurekAlert! Played a pioneering role in centralizing scientific information for journalists and scientists, even before the digital age, link: https://www.eurekalert.org/news-releases/1087582.

In addition to the special focus on obesity, the congress will address topics such as nutrition in healthy aging; sports nutrition and physical performance; immunonutrition and intestinal microbiota; nutraceuticals and supplements in a clinical context; eating disorders and metabolic disorders; enteral and parenteral nutrition; nutrition in chronic diseases (cancer, autoimmune and gastrointestinal diseases) and drug-nutrient interactions. With a robust scientific program and an interdisciplinary focus, CBN 2025 aims to promote an exchange of clinical experiences, renewal of protocols, and strengthening of evidence-based practice, contributing directly to excellence in patient care.

In times of exponential growth in obesity and its consequences for population health, medical professionals must be up-to-date, evidence-based, and able to guide patients on a truly efficient therapeutic journey. Events of this size play a crucial role in this context, promoting technical improvement and also influencing public policies, clinical practices, and health education strategies.

Finally, science progresses and, with it, the ability to transform lives also evolves. It is up to us, health professionals, to assume this commitment with responsibility, empathy, and scientific knowledge, because each step towards the best obesity prevention and treatment policies is, above all, an advance for the entire society.

CRediT

Author contributions: **Conceptualization; Data curation; Formal Analysis; Investigation; Methodology; Project administration; Supervision; Writing - original draft; Writing-review & editing**- Durval Ribas Filho.

Acknowledgment

Not applicable.

Ethical Approval

Not applicable.

Informed Consent

Not applicable.

Funding

Not applicable.

Data Sharing Statement

No additional data are available.

Conflict of Interest

The authors declare no conflict of interest.

Similarity Check

It was applied by Ithenticate®.

Application of Artificial Intelligence (AI)

Not applicable.

Peer Review Process

It was performed.

References

1. World Obesity Atlas 2025. World Obesity Federation; London, UK: 2025. Available from: https://www.worldobesity.org/resources/resource-library/worldobesity-atlas-2025. Accessed at 2025-06-10.
2. ABESO- Brazilian Association for the Study of Obesity and Metabolic Syndrome. Available from: https://abeso.org.br/mapa-da-obesidade/. Accessed at 2025-0610.
3. Zagury RL, Orlandi SP, Deberaldini CC, Ribeiro DL, Rosenfeld VAS. Multimodal strategy to protect lean mass in people using semaglutide for obesity – case report. IJN [Internet]. 2025 Jun. 16 [cited 2025 Jul. 7];18(3). Available from: https://ijn.zotarellifilhoscientificworks.com/index.php/ijn/article/view/446
4. Ferro CA, Pereira MG, Busnardo Aguena MJ, Favaretto VA, Zotarelli-Filho IJ, Garcia Ramirez AV, Ribas Filho D. Obesity And Covid-19: A Descriptive Review. MedNEXT J Med Health Sci [Internet]. 2021 Feb. 2 [cited 2025 Jul. 7];2(1):73–79. Available from: https://mednext.zotarellifilhoscientificworks.com/index.php/mednext/article/vie w/19
5. Scheen A. Le médicament du mois. Le tirzépatide: résumé des études cliniques SURPASS dans le diabète de type 2 et SURMOUNT dans l'obésité [Tirzepatide :

overview of clinical studies SURPASS in type 2 diabetes and SURMOUNT in obesity]. Rev Med Liege. 2024 Dec;79(12):812-820. French. PMID: 39697128.

6. Jung HN, Jung CH. The Upcoming Weekly Tides (Semaglutide vs. Tirzepatide) against Obesity: STEP or SURPASS? J Obes Metab Syndr. 2022 Mar 30;31(1):28-36. doi: 10.7570/jomes22012.