# Parkinson's & GLP-1

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A family of diabetes and weight loss medications may have game-changing implications for Parkinson's disease. Called GLP-1 agonists (or GLP-1 receptor agonists), several of these drugs are now in clinical trials to evaluate if they can slow or stop Parkinson's progression.

## What is GLP-1?

GLP-1 (or glucagon-like peptide-1) is a type of hormone produced by the gut that helps manage hunger and blood sugar levels.

## What is a GLP-1 agonist?

GLP-1 agonists are medications that act like GLP-1, meaning they prompt the pancreas to produce more insulin. This insulin then helps control blood sugar.

## Are there links between diabetes and Parkinson's disease?

The short answer: **YES!**

People with diabetes have a *40%* greater risk of developing Parkinson's compared to people who do not have diabetes.

Many of the mechanisms that give rise to one disease may also impact risk for other diseases.

Insulin can affect levels of dopamine, which helps govern our ability to move.

Because of this, diabetes is associated with more rapid progression of Parkinson's symptoms in people who have both diseases.

**Learn more about this link from our collaborators at Cure Parkinson's.**

## Are GLP-1 agonists being studied as potential Parkinson's treatments?

**Yes!** Several GLP-1 agonists are being investigated in clinical trials as potential ways to slow or stop Parkinson's progression. If successful, this would be a life-changing advance. Currently, no GLP-1 agonists are approved to treat Parkinson's.

## Sources:

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Cure Parkinson's. n.d. Parkinson's and diabetes. www.cureparkinsons.org.uk/parkinsons-and-diabetes/

U.S. Centers for Disease Control and Prevention. 2023, September 5. What is diabetes. www.cdc.gov/diabetes/basics/diabetes.html

*Not all GLP-1 agonists are known to have an impact on Parkinson's, but they all may cause weight loss as a side effect.*
*This infographic is meant for informational purposes only and is not medical advice.*
*Consult a physician to discuss your individual health needs.*