

VOGUE

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Are GLP-1s a Cure for Menopausal Weight Gain?

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symptoms of menopause and aging. Additionally, there are people who are noticing that Ozempic and similar GLP-1 drugs (Wegovy, Rybelsus, and Zepbound, and the rest) are affecting them, possibly, causing muscle loss.

But there is also a growing sense that women no longer want to suffer silently. “We have this societal norm where we make women in particular wait until they get diseased or are in crisis before we say, ‘Here’s a treatment,’ ” says Alloy cofounder Molenaar. For some women the benefits of these drugs far outweigh any potential risks. **Carolyn Chang, MD**, 58, a plastic surgeon in San Francisco, experienced some of the expected negatives of Ozempic when she added it to her hormonal regimen but says it’s been worth it: Her mood has improved, her joint pain is gone, and she is no longer prediabetic. That threat of diabetes was part of the reason **Chang** decided to start taking Ozempic, but the other was, she admits, her appearance. “I’m a plastic surgeon so, yes, my presentation matters to me,” says **Chang**. Many women may feel shy to express it in such blunt terms, but put in other words, it has a straightforward appeal: There doesn’t need to be a divide between feeling better in one’s body and feeling better about it.

