

‘Ozempic Breasts’ Side Effect Reported by People Taking Weight Loss Drugs

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- “Ozempic breasts” is the latest reported side effect of GLP-1 medications like Ozempic, Wegovy, Mounjaro, and Zepbound.
- The term is being used to refer to unexpected changes in breast size or shape as a result of rapid, extreme weight loss.
- The most common symptoms include loss of volume, sagging, and tenderness.

GLP-1 medications like Ozempic, Wegovy, Mounjaro, and Zepbound have become popular weight loss tools.

However, people can also experience a wide variety of side effects while taking these drugs, including some that are associated with extreme weight loss.

Like “Ozempic face” and “Ozempic butt,” “Ozempic breasts” is the latest term gaining popularity as a way to describe a loss in volume and decrease in skin elasticity that people often experience while taking GLP-1 drugs, which can lead to a change in shape and appearance in specific parts of the body.

What are “Ozempic breasts,” and what causes them?

“Ozempic breasts” isn’t a clinical term, but it has entered the public lexicon.

“Ozempic breasts is a newer term that people are using now to refer to unexpected changes in breast size or shape as a result of rapid weight loss induced by Ozempic,” says Christopher Costa MD, MPH, the founder of Platinum Plastic Surgery.

According to **Elie Levine, MD FACS**, the director of plastic surgery at Plastic Surgery & Dermatology of NYC PLLC, “The most common symptoms include loss of volume, sagging, tenderness, and rarely, some will describe size fluctuations including swelling.”

While more research is needed, each expert Healthline spoke with pointed to the same likely cause for breast changes.

"In the breast area, rapid fat loss can leave the skin envelope empty, causing the breasts to look deflated and the nipples facing downward," says Ronald F. Rosso, MD, the medical director at Peninsula Plastic Surgery. "This appearance is very similar to what happens after patients have had more traditional weight loss procedures such as gastric bypass."

Dr. Levine points out that there isn't research backing breast changes, but that doesn't mean they don't happen. In fact, **Dr. Levine** says they likely occur for some patients and echoed Rosso's sentiments.

"Ozempic can affect weight and hormones in your body," **Dr. Levine** says. "As a result of shifts in weight and hormones, other changes may occur, such as in the appearance of your breasts. Mostly, however, if one loses considerable weight, it is reasonable to think that the weight loss will include all parts of the body, including the breasts."

Hormonal effects of GLP-1 drugs

Ozempic and Wegovy use the active ingredient, semaglutide, a GLP-1 hormone receptor agonist.

"The hormone, which is naturally produced in the body, plays a strong role in regulating blood sugar levels, appetite, and body weight," Costa says. "So basically, the medication makes you feel fuller longer, experience no cravings, and not eat as much because you're less hungry."

Hormonal changes, such as during pregnancy and a person's menstrual cycle, can cause temporary breast changes, such as swelling. Since GLP-1 drugs mimic a hormone, could the same be true for these medications?

It's unclear.

"The effects of Ozempic on testosterone and estrogen are being studied currently, but there is no definitive data on their interactions at this time," Costa says. "More research is needed to directly link hormonal changes affecting breast tissue to the use of this medication because it is currently understood to primarily affect blood sugar and appetite hormones."

How to manage or treat "Ozempic breasts"

Costa notes that breast changes don't appear to be a cause for concern at this time.

"Every individual is different," Costa says. "However, the changes in breasts are typically correlated to overall weight changes as opposed to Ozempic specifically."

However, some people may experience physical and emotional discomfort related to these changes and want solutions. First, it's best to wait before seeking professional procedures.

"I advise my patients to wait until they are able to maintain their desired weight before making any decisions," Costa says.

Also, doctors only recommend stopping medication after speaking to a healthcare professional first.

Research from 2022 indicated that those who stopped using semaglutide regained about two-thirds of their lost weight within a year. This is commonly referred to as Ozempic rebound.

Still, there are ways to manage physical discomfort while taking GLP-1 medications and, if and when the time is right for a patient, breast appearance, too.

Experts offered the following tips:

At-home care

While procedures may help with breast changes, experts share some remedies for both appearance and pain that can be handled at home.

"Wearing a supportive bra 24/7 except when showering can be helpful in limiting the effects of weight loss combined with the stretch and sagging caused by gravity," **Dr. Levine** says.

Swelling can also be reduced with minimally invasive steps.

"Although there might be some discomfort with this, massaging the breasts can help increase circulation and reduce swelling," **Dr. Levine** says. "Furthermore, ibuprofen or Tylenol or applying a cool compress can help relieve some of the discomfort."

Procedures

Patients may also consider or opt for a procedure. These may include:

- Breast lift (mastopexy)
- Breast augmentation
- Breast lift with implants

“A breast lift helps to raise and firm the breasts by removing excess skin and tightening the surrounding tissue to reshape and support the new breast contour,” Costa says. “I notice that patients who feel insecure due to their breasts sagging after rapid weight loss will opt for this procedure to perk up their breasts and give them a full shape.”

Additionally, people who aren't happy with a smaller breast size may opt for an augmentation to restore volume, Costa says.

“[It can help people] to feel like themselves again,” Costa says.

Others may opt for both.

“Many patients feel very deterred when I tell them that a breast lift will cause them to lose a cup size,” Costa says. As such, these patients will opt for a combination of a lift and augmentation implants to achieve their desired aesthetic. This is usually the case when the patient has a significant loss of volume and sagging.”

That said, procedures aren't the best fit for each patient.

“While surgery often addresses the concerns of patients, it is not for everyone,” **Dr. Levine** says. “I highly recommend speaking to a board certified plastic surgeon to discuss your options even if, in the end, you decide it is not for you or not for you at the current time. There is power in knowledge.”

Embrace it

Doing nothing is a perfectly acceptable solution to “Ozempic breasts.”

“Your body after Ozempic may be completely different,” Costa says. “That means accepting that overall breast volume and shape may be affected. If you're not ready for a cosmetic procedure, it's OK to embrace your new look. Go shopping for new clothes to fit your new size and bust to create the best version of yourself.”

Takeaway

“Ozempic breasts” is the latest reported side effect of GLP-1 medications like Ozempic.

The term is being used to refer to unexpected changes in breast size or shape as a result of extreme weight loss triggered by GLP-1 medications.

Sagging, tenderness, and volume loss are among the most common symptoms people are reporting.

Hormonal changes may also trigger swelling, but health experts say they should be temporary.

Surgical procedures like breast lifts and implants can alter the appearance of sagging and lost volume.