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Letter To Editor Open Access

Survodutide for Treatment of Obesity: Baseline Characteristics, what This Trial Analyzes, and What Its Limitations Are

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To the Editor,

Introduction

In the SYNCHRONIZE-1 trial conducted by Le Roux CW, the efficacy and safety of Survodutide for the treatment of obesity were analyzed in patients aged 18 or older with a BMI of 30 or above (meaning obese); patients with a BMI of 27 or above with at least one overweight-related health issue like hypertension, etc.; and patients having a history of unsuccessful dietary weight loss. These patients were randomized into 3 groups, and the trial was double-blinded; the third group received a placebo, and all patients were followed up for 76 weeks [1]. However, there are a few limitations in this trial that may directly affect its interpretation.

Body

First and foremost, the main limitation is the absence of type 2 diabetes mellitus patients, as it is proven that obesity is one of the main risk factors for type 2 diabetes mellitus [2]; hence, if we are thinking of removing obesity, the priority should be to consider patients with type 2 diabetes mellitus, as they are the main victims of obesity. This trial completely excludes patients with type 2 diabetes mellitus, which could have significant implications for the results. As of December 2025, there were 1 billion victims of obesity and nearly 1 billion victims of type 2 diabetes mellitus [3], proving that obesity is strongly connected to the risk of type 2 diabetes mellitus. So, the addition of type 2 diabetes mellitus patients is essential for this trial.

Secondly, this trial will be inaccurate because patients may temporarily stop or reduce the Survodutide dose due to gastrointestinal issues caused by Survodutide. It is true that, compared to other GLP-1 receptor agonists, Survodutide has way higher chances of gastrointestinal issues [4]; then, after recovering, the drug dosage will be escalated again slowly if the patient can tolerate the drug escalation without any problems. This means it is impossible to find the continuous full-dose effect of survodu-

tide because endpoints will vary hugely, as some people, for some time or for the whole time, received a reduced dose.

Conclusion

We appreciate Le Roux CW for his hard work, but more trials based on testing the efficacy and safety of Survodutide for the treatment of obesity should be published. Future trials on this topic should include patients with type 2 diabetes mellitus as participants. In future trials, a consistent dose of Survodutide should be used, and patients who can't tolerate Survodutide should be placed in a separate subgroup.

Conflict of Interest

The author of this manuscript declares that there is no conflict of interest in this manuscript whatsoever and that there is no violation of ethics in this research.

Author Contributions

Ahmed Jumani: Manuscript Writer, Conceptualization of idea, Article Screening

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