

Discussion Guide: Psoriasis and GLP-1 Receptor Agonists

DermCare Companion (DermC²)

What are GLP-1 receptor agonists and how do they work?

GLP-1 receptor agonists (GLP-1 RAs) are medications originally developed to help manage type 2 diabetes and weight-related conditions.

Common examples are liraglutide, semaglutide, and tirzepatide (also a GIP agonist). Depending on the specific therapy prescribed, it may be administered as either an injection or an oral tablet.

These medicines mimic a natural hormone (GLP-1) that helps regulate:

- Appetite and fullness
- Blood sugar levels
- Inflammation throughout the body



How can GLP-1 receptor agonists help with my psoriasis?

Psoriasis is more than a skin condition. It is linked to ongoing inflammation in the body and is commonly associated with psoriatic arthritis, obesity, insulin resistance or diabetes, and cardiovascular disease.



Because GLP-1 RAs can lower inflammation and support weight loss, researchers are studying how they may help improve psoriasis for some patients.

What should I expect with treatment?

Possible benefits

- ✓ Weight loss
- ✓ Improved energy and metabolic health
- ✓ Improvement in skin symptoms
- ✓ Better overall quality of life

Possible side effects

- Nausea or vomiting (especially early on)
- Diarrhea or constipation
- Decreased appetite
- Rare but serious side effects (your provider will review these)

Most side effects improve over time and are managed with slow dose increases. No standard laboratory monitoring is required for GLP-1 RA therapy.

What conversations should I have with my dermatology provider about GLP-1 receptor agonists?

- Why GLP-1 RAs may help with weight loss, but also inflammatory diseases like psoriasis
- How a GLP-1 RA might fit into your current psoriasis treatment plan
- Challenges and concerns surrounding weight management
- What to expect – not everyone responds to therapy the same way



How can I obtain my GLP-1 receptor agonist and what do I do if I have trouble affording it?

Talk to your healthcare provider about your desire to start a GLP-1 RA and ways they can help you obtain therapy.



GLP-1 receptor agonists and psoriasis care: what's the bottom line?

GLP-1 RAs are not a replacement for psoriasis medications but may be part of a comprehensive care plan. Don't forget the role of a healthy lifestyle and consider nutrition, sleep, stress, and movement.

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References: Zheng Z, et al. *Signal Transduct Target Ther*. 2024;9(1):234. Haran K, et al. *Psoriasis (Auckl)*. 2024;14:143-152. Elmets CA, et al. *J Am Acad Dermatol*. 2019; 80(4):1073-1113. Saxenda (liraglutide) [package insert]. Plainsboro, NJ: Novo Nordisk Inc.; February 2026. Wegovy (semaglutide) [package insert]. Plainsboro, NJ: Novo Nordisk Inc.; March 2026. Zepbound (tirzepatide) [package insert]. Indianapolis, IN: Lilly USA, LLC; February 2026.

