

Weight Loss Medication: the History, the Myths and the Science

A lecture by Dr Nicola Guess

Senior Research Fellow at the University of Oxford

Wednesday 25th November 2026, 6.00pm-7.00pm

(Tea and coffee served from 5.45pm)

Lillingstone Mind and Body Zone, ek robotics Sports Campus, Royal Latin School, MK18 1AX

Weight loss medications have become an increasingly prominent part of the conversation around obesity and weight management. But how do the headlines match up to the reality? This talk will explore the evolution of weight loss medications, from their early beginnings to the latest developments, separating fact from fiction and examining the science behind how they work. We will cover:

- A short history of weight loss medications and how treatments have evolved over time
- Nutritional considerations when taking these medications, including the importance of maintaining good nutrition and protecting muscle mass
- Who these medications are appropriate for, exploring suitability, potential benefits and considerations
- Ensuring safe and effective use, including appropriate prescribing, monitoring and ongoing support

Whether you are curious about the science, interested in the latest developments or simply want to better understand the role of medication in weight management, this talk aims to provide an informative, balanced and evidence-based overview of this rapidly evolving area.

Dr Nicola Guess is a registered dietitian and Senior Research Fellow at the University of Oxford, where she leads clinical trials assessing the effect of diet in people at risk of and with type 2 diabetes. She completed her PhD on the dietary management of prediabetes at Imperial College London and is a member of the International Federation for the Surgery of Obesity and Metabolic Disorders (IFSO) and World Obesity Federation (WOF) International Obesity Guidelines Committee. She also runs a small clinical practice where she sees patients with conditions of glucose dysregulation and insulin resistance.

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