

# GLP-1 and Cancer Research

## A Wellness Education Guide

Prepared by Dana Lerma, Nurse Practitioner | Lerma Longevity

### What the Research Is Saying

At the ASCO 2026 meetings, I was struck by how often GLP-1 and cancer came up as a research theme across more than one cancer type. This was not a single study. It was a pattern showing up across the conference. The work that started the conversation, from Penn Medicine, reported an observed association between GLP-1 use and lower breast cancer incidence in one study population. Related observational research presented across the meetings pointed in a similar direction for other cancer types.

I want to be clear about what this research is and what it is not. All of it is observational, which means it identifies patterns, not causes. None of it is a randomized controlled trial. It describes associations seen in groups of people, and it does not tell any individual what will happen for them.

**Nothing in this guide is intended to diagnose, treat, or prevent cancer or any other disease. The research described here is early and observational, and no product mentioned in this guide has been shown to reduce cancer risk or affect cancer outcomes. This guide is wellness education only.**

### The Biology Behind the Headline

What makes researchers interested in this, and what makes me interested in sharing it with you, is the biology underneath the pattern. The field has been building toward this for years: the relationship between chronic low-grade inflammation, insulin resistance, and long-term health.

There is a concept called inflammaging, the slow burn of systemic inflammation that tends to rise with metabolic stress, excess visceral fat, elevated blood sugar, and age. It has been studied in connection with several categories of chronic disease.

GLP-1 receptors are not only in the pancreas. They are found in the brain, the gut, the cardiovascular system, and immune cells, which is why GLP-1 activity is being studied for effects that reach beyond blood sugar. That breadth is the thread connecting the research I covered to a broader conversation about metabolic wellness.

### What This Means for Your Wellness Options

I want to be upfront: this is education, not medical advice. Every EllieMD protocol requires physician review and approval before anything is prescribed or shipped, and my role as a Nurse Practitioner is to provide education and support, not medical direction. What I can do is give you a plain-language look at the two EllieMD product categories that relate to these metabolic pathways, so you know exactly what you are looking at when you visit the site.

#### Two Categories to Know About

<p><b>Weight Management</b></p> <p>GLP-1 (semaglutide) and GLP-1/GIP (tirzepatide) injections, used when the primary goal is meaningful weight reduction with metabolic support.</p> <p><b>May support:</b></p> <ul style="list-style-type: none"> <li>• Healthy body composition and appetite regulation</li> <li>• Blood sugar balance and insulin sensitivity</li> <li>• Metabolic and cardiovascular health markers</li> </ul>	<p><b>Longevity Microdose</b></p> <p>Lower-dose GLP-1 (semaglutide) and GLP-1/GIP (tirzepatide) protocols, used when the goal is metabolic optimization and healthy aging rather than large-scale weight loss.</p> <p><b>May support:</b></p> <ul style="list-style-type: none"> <li>• Metabolic balance and healthy aging support</li> <li>• Blood sugar and insulin sensitivity at a maintenance level</li> <li>• Steady energy and glucose regulation</li> </ul>
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### Optional Add-Ons: What to Know Before You Choose

Both categories can include one or more of the following add-ons, which you will see as options when you select your compound on the EllieMD site. I want you to know what each one is before you get there so you can make an informed choice. If you are not sure which add-ons make sense for your goals, reach out to me before you purchase and I will help you think it through.

<p><b>Vitamin B12</b></p> <p>An essential nutrient that supports energy metabolism, red blood cell production, and nerve function. Commonly included in metabolic protocols to support overall energy and metabolic efficiency. May support steady energy levels and metabolic function.</p>	<p><b>L-Carnitine</b></p> <p>An amino acid compound that plays a role in transporting fatty acids into cells where they are used for energy. Studied in the context of metabolic support and body composition. May support fat metabolism and sustained energy during metabolic optimization.</p>	<p><b>Glycine</b></p> <p>A non-essential amino acid with a role in protein synthesis, antioxidant production, and metabolic regulation. Studied for its contribution to cellular repair and recovery. May support metabolic balance, tissue repair, and restful sleep.</p>
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**An Important Note**

These two categories are not combined. Which category, which specific product, which add-ons if any, and whether any product is appropriate at all is a medical decision made only by your EllieMD physician after a full review of your health history. No two protocols are the same.

**Have Questions About These Options?**

I am here to help you think through which option makes the most sense for your specific situation before you purchase. Reach out to me directly and we can talk through it. Once you have purchased, your EllieMD physician will review your health history, approve your protocol, and handle all medical decisions from there. I also encourage you to share these options with your primary care physician especially if you have existing health conditions or take prescription medications.

**How to Get Started with EllieMD**

**Step 1: Register**

Type [elliemd.com/lermalongevity](http://elliemd.com/lermalongevity) into your browser to land on EllieMD's website. Click GET STARTED to create your free account. Takes about 2 minutes.

**Step 2: Complete Your Health Questionnaire**

After registering you complete a medical questionnaire about your health history and goals.

**Step 3: Purchase Your Compound**

Browse to PRODUCTS and select the compound you want to start with.

**Step 4: Physician Protocol Design**

A licensed EllieMD physician reviews your questionnaire and health history, approves or declines your protocol, and designs your complete treatment plan. Medical consultation is included with every subscription.

**Step 5: Your Protocol Ships to You**

Once approved your compounds ship directly to your door. Your physician is available via messaging for any questions.

**TO GET STARTED, TYPE THIS INTO YOUR BROWSER:**

**[elliemd.com/lermalongevity](http://elliemd.com/lermalongevity)**

Questions? Email me directly at [dana@lermalongevity.com](mailto:dana@lermalongevity.com)

This guide is for wellness education only and is not medical advice. The research referenced is observational and does not establish cause and effect. Nothing here diagnoses, treats, or prevents any disease, including cancer, and nothing here concerns cancer treatment. All products referenced require physician review and approval through EllieMD. Dana Lerma is a Nurse Practitioner providing wellness education and support only. Please discuss any wellness protocol with your physician, especially if you have existing health conditions or take prescription medications. Dana Lerma is an Independent EllieMD Brand Partner. Lerma Longevity is not an EllieMD corporate website.

**Warmly,**  
**Dana Lerma, Nurse Practitioner**  
**Lerma Longevity**