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片语健康

减肥药和食物噪音

胰高血糖素样肽-1 受体激动剂（Glucagon-like peptide-1 receptor agonists，GLP-1RAs）是减肥药，在一些个体中，减肥效果显著。抑制适应不良食物噪音（Maladaptive food noise）是 GLP-1RAs 的减肥机制。大脑的许多区域都表达胰高血糖素样肽-1 受体（Glucagon-like peptide-1 receptor，GLP-1R）。GLP-1RAs 通过这些受体干扰大脑参与调节食欲和寻求奖励行为区域的功能，从而抑制食物噪音，导致食欲下降[1]。

GLP-1RAs 也能抑制其他“适应不良噪音”（Maladaptive noise）。如一些使用 GLP-1RAs 减肥的个体，出现了饮酒减少的行为改变，改变的原因是 GLP-1RAs 抑制大脑伏隔核释放多巴胺，并促进多巴胺的分解。饮酒刺激大脑奖赏系统，促使伏隔核等区域释放多巴胺，从而产生短暂的愉悦感。GLP-1RAs 会减弱这种愉悦感，使饮酒变得“无趣”[1]。

有报道显示 GLP-1RAs 和抑郁症状和自杀意念之间存在联系[1]。这提示食物噪音过少也不行。

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