

SEMAGLUTIDE WEIGHT LOSS PROGRAM

SEMAGLUTIDE FACTS:

Semaglutide has been used for diabetes management for 10 years. It is a glucagon-like peptide 1 receptor agonist (GLP1). As data was collected on the efficacy of this medication, it was found that significant weight loss was noted in addition to improving blood sugar control. Because of this, independent trials on weight loss have been conducted, and semaglutide has recently been approved specifically for weight loss by the FDA.

WHY SEMAGLUTIDE WORKS:

Semaglutide also works by slowing the movement of food through the stomach and may decrease appetite and cause weight loss. In short: It mimics the “full” feeling causing decreased caloric intake, reduced cravings, and make it easier to control portions. Semaglutide also can help the pancreas to release the right amount of insulin when blood sugar levels are high. Insulin helps move sugar from the blood into other body tissues where it is used for energy. This helps keep blood sugar levels lower for diabetics and keeps the body from “storing” the glucose as glucagon.

POSSIBLE SIDE EFFECTS:

- Nausea
 - Constipation
 - Diarrhea
 - Vomiting
 - Abdominal Pain/Bloating
 - Belching/Gas
 - Fatigue
 - Headache
 - Dizziness
- 

WHAT TO EXPECT:

Once weekly Semaglutide results in an average of 11lb weight loss in 12 weeks! The dose is increased slowly to minimize side effects. The New England Journal of Medicine STEP trial showed that more than 50% of patients lost 15% of their body weight and 33-40% of patients lost 20%. This far exceeds the current “best” weight loss using combination phentermine/topiramate, which is usually 10% body weight loss in one year. Semaglutide is used along with a low-calorie, low-fat diet and exercise program to help with weight loss in obese/overweight adults who may also have high blood pressure, diabetes or high cholesterol. Make sure to consume plenty of water and calorie free liquids as well.

SAFETY + STORAGE

Always look at the Semaglutide solution before you inject it. It should be clear and free of particles. **DO NOT** use if it is cloudy, thickened, or contains solid particles. Never re-use needles and never share needles or pens. Always remove the needle right after you inject your dose. Dispose of needles in a puncture-resistant container. Ask your DR or Pharmacist how to dispose of the puncture resistant container

NOTE: A LOT OF THESE SIDE EFFECTS CAN BE CONTROLLED BY REGULAR SMALL AMOUNTS OF FOOD/WATER, PROPER DOSING (STARTING LOW + INCREASING SLOWLY) AND MAY OVERLAP WITH THE SENSATION OF “FULLNESS”

HOW TO USE:

Your provider will start you on a low dose injection of semaglutide and increase your dose after 4 weeks. You will return to the clinic every 4 weeks to check your vital signs and weight, discuss your journey, and dispense another 4 weeks based on your body's response to the medication. Semaglutide comes as a solution (liquid) in a prefilled syringe to inject subcutaneously (under the skin). It is usually injected once a week without regard to meals but preferably 30 minutes before or after other medications/vitamins.

- Use Semaglutide injection on the same day each week at any time of day. You may change the day of the week that you use Semaglutide if it has been 2 or more days (48 or more hours) since your last dose.
- Inject Semaglutide in your upper arm, thigh, or stomach area. Change (rotate) the injection site with each injection. Allow the pen to warm to room temperature before injecting if the pen was stored in the refrigerator.
- Pinch the fat in your belly/abdominal area or at sites as mentioned above.
- Medication does not need to be refrigerated but should be stored 36F-86F and kept safe, away from heat or light and children.
- do NOT reuse needles. Dispose of needles properly in hard plastic containers such as a milk jug, 2-liter bottle or sharps container.

CONTRAINDICATIONS:

- Personal or family hx of Thyroid Cancers or multiple endocrine neoplasia type 2 (MEN 2) both are rare.
- Pregnancy + Breast Feeding - or if planning to become pregnant.
- Chronic Kidney Disease
- Hx of Pancreatitis
- Depression/Suicidal thoughts
- Diabetic Retinopathy

WHO QUALIFIES?

ONLY 2 QUALIFICATIONS:

- BMI >30 without weight related complications.
- BMI >27 with weight related complications (high blood pressure/cholesterol, diabetes, heart disease, arthritis, metabolic syndrome, PCOS, obstructive sleep apnea, etc.)

Remember, weight loss is a **JOURNEY**, and everyone's journey is different. Don't get frustrated if you don't lose a large amount of weight quickly. Semaglutide injections help with weight loss but are not a cure. Use semaglutide as instructed. If you are having concerning side effects call 406-552-3111. If you are having an Emergency, go to the ER OR CALL 911

CONTACT A HEALTHCARE PROVIDER IF YOU EXPERIENCE THE FOLLOWING:

- **Abdominal Pain:** Ongoing pain that begins in the upper middle or left side of stomach, may spread to the back with or without vomiting the GO TO ER or CALL 911.
- **Yellowing of the eyes or skin, fever, clay-colored stools**
- **Swelling:** new swelling of the legs, ankles, feet or decreased urination. contact your healthcare provider.
- **Low Blood Sugar:** In people with Type II diabetes - dizziness, blurred vision, anxiety, irritability, mood changes, sweating, slurred speech, hunger, confusion/drowsiness, shaking, weakness, headache, feeling jittery are just a few possible symptoms.
- **Change in Vision:** If you have type II diabetes contact your doctor if you are having significant change in your vision or go to the ER.
- **Increased Heart Rate:** Semaglutide can increase resting heart rate. Tell your provider if you feel your heart is racing/pounding in your chest for 3-5 minutes or you feel dizzy/lightheaded. If prolonged, then go to ER or call 911.
- **Serious Allergic Reaction:** Stop using Semaglutide immediately and go to the ER or call 911 if you develop swelling of the lips/face/tongue/throat; difficulty swallowing or breathing; severe rash or itching.
- **Depression or Thoughts of Suicide:** Pay attention to any mental changes especially sudden changes in mood, behaviors, thoughts or feeling. Call your healthcare provider if you have any mental changes that are new or worse. Call 911 or go to the ER if you feel you are at risk of hurting yourself or others.

