



**Meridian Idaho**

[tvpaincenter.com](http://tvpaincenter.com)

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## Harnessing the power of Weight Loss GLP-1 Agonist Injections

How do these injections work? GLP-1 agonists like Semaglutide & Tirzepatide are peptides that mimic your body's natural signaling agents GLP-1 (which is produced naturally in the stomach), allowing your body to be more efficient at shedding weight. They **improve fat oxidation & insulin sensitivity while decreasing appetite** by both working in the brain and in the GI tract (by slowing how fast food moves through your gut- you feel fuller longer).

Indications and Uses: Semaglutide is a glucagon-like peptide (GLP-1) receptor agonist indicated as an adjunct to diet and exercise to improve glycemic control and improve metabolic health in adults.

The most common adverse reactions reported are: Nausea/Vomiting, Diarrhea, Abdominal pain and Constipation. An oral supplementation of vitamin B12 (methylcobalamin for best absorption) 1000mcg taken when semaglutide is given may help decrease nausea (sometimes it is compounded with B12 and this is not necessary) if not, consider taking a daily multivitamin that contains vitamin B12. Occasionally we can see **gallbladder sluggishness due to the decreased GI motility**, to combat and help reduce the likelihood of that happening, **we recommend using Turmeric/Curcumin daily**, especially in women over the age of 35.

## Investing in Your Well-Being: Cost and Monitoring

These peptides must be utilized in combination with dietary changes (adequate protein) and an exercise program tailored to your abilities to ensure you do not lose precious muscle tissue and keep the weight off long-term. For this reason, we will work closely with you to monitor your progress to give you the best chance for maintaining long-term healthy weight loss.

### Here's what you can expect:

- Most people require 6-12 months to achieve their weight loss goals, aiming for 1-2 pounds per week. We require commitments in 3-month blocks, allowing us to evaluate your progress and adjust your program. This medication is guaranteed for up to 60 days as long as it is **refrigerated**. When starting with a GLP-1 for the first time, Semaglutide is well tolerated and more cost effective.

COST: semaglutide/tirzepatide starts at \$150 for a 2 month supply (depends on your dose, the higher the dose the more medication you will need)

- Structured Progress: Monitored 1-2 pounds per week weight loss ensures steady progress. This will help your body adjust to your new weight set point and prevent loss of excessive lean body tissue.

**Long-Term Benefits:** Regular check-ins ensure sustainable weight loss and lasting relief from obesity-triggered pain. Accountability with diet and lifestyle activity changes are important to ensure that you are losing fat while maintaining precious muscle tissue. Too rapid a weight loss will hurt metabolism in the long run. Medication helps your body lose fat NOW while adequate protein from diet and exercise will maintain muscle while you lose weight to KEEP IT OFF.

## SEMAGLUTIDE & TIRZEPATIDE: DIET AND LIFESTYLE

While these medications are effective at decreasing cravings/appetite and improve how your body utilizes food, it is VITAL to start making small changes consciously in your daily life to build habits that will maintain your weight loss and preserve precious muscle (which greatly affects overall metabolism and health).

### Each point is vital to your long-term success.

1. Ensure you consume adequate protein (can't emphasize this enough).
2. Increase your vegetable intake to ensure adequate vitamins/minerals (consider a multivitamin) and MINIMIZE processed foods and sugary foods
3. Drink at least 100 oz of water EVERYDAY (unless otherwise indicated by your PCP)
4. Resistance train 2-3 times per week to your ability, ie weight lifting, weighted vest walking, bands
5. Walk for 15 minutes immediately after your heavy meals (at least 2/day if you can)

**SEMAGLUTIDE and TIRZEPATIDE Dosing:** GLP-1s are reported safe in recommended dosages. To minimize side effects, it is important to increase doses slowly

1. Start at a low dose SQ injection weekly (10 units or 0.1ml)
2. Start increasing the dosage by 10 units (0.1ml) every week if tolerating well with little nausea
3. **If NAUSEA**, wait an additional week to increase your next dose
4. Your dose will be increased based on your tolerance and weight loss to ensure minimal side effects. If your appetite control is good, it is ok to stay on the same dose for 4 weeks before increasing to the next higher dose. As you first start Semaglutide or Tirzepatide, your body may take less or more time to adjust to the medication, and if you remain nauseous then remain at the lower dose longer to minimize side effects. Do not increase faster than the schedule below.
5. SEMAGLUTIDE and TIRZEPATIDE should **be administered WEEKLY**. Administer subcutaneously in the abdomen, thigh or upper arm. It may be helpful to rotate the injection area weekly (different sides of your abdomen).

\*NOTE: Do not use if particulate matter or discoloration is seen in your bottle

\*Only increase dose weekly IF NOT LOSING 1-2LBS/WEEK on average over last 4 weeks

\*If losing 1-2lbs weekly STAY ON THE SAME DOSE (more than 2lbs/week = muscle loss)

\*Slower weight loss is more sustainable and reduces muscle loss.

**\*You must eat enough protein to maintain your muscle mass**

Warning: This drug has been shown to cause thyroid cancers in rodents, but it is not known if this happens in humans. Call your provider right away if you have a neck mass, trouble breathing, trouble swallowing or have hoarseness that does not go away. Semaglutide is contraindicated in patients with a personal or family history of Multiple Endocrine Neoplasia syndrome type 2 (MEN 2), or if you have a family history of thyroid cancer. Avoid using this medication if you have a history of pancreatitis, diabetic retinopathy, acute kidney injury, are allergic/hypersensitive to Semaglutide or are pregnant/breastfeeding. **Call your doctor if you experience signs of an allergic reaction, like rash; hives; itching; red, swollen, blistered, or peeling skin with or without fever; wheezing; tightness in the chest or throat; trouble breathing, swallowing, or talking; unusual hoarseness; or swelling of the mouth, face, lips, tongue, or throat**