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Frequently Asked Questions for Weight Loss Program

Clarity Medical Spa utilizes a compounding pharmacy to compound a specific dose of injectable Tirzepatide combined with B vitamins dosed specifically for each patient.

What is Tirzepatide?

The new injectable medication Tirzepatide is used to treat type 2 diabetes but can also be used for weight loss. In combination with diet and exercise, Tirzepatide improves blood glucose control in adults with type 2 diabetes and helps them lose weight. There is evidence that this dual agonist has powerful effects on managing diabetes and obesity.

How Tirzepatide works

Tirzepatide acts as a dual GIP and GLP-1 receptor agonist in beta and alpha cells in the pancreas. When blood glucose levels are high, beta cells release insulin; when blood glucose levels are low, alpha cells release glucagon. With Tirzepatide, beta and alpha cells are both regulated by GIP and GLP-1, natural hormones. Tirzepatide works by impacting your body's insulin levels, blood sugar production, and hunger hormones. After eating, these hormones stimulate the release of insulin, which is responsible for reducing blood sugar. Tirzepatide also slows the time for the stomach to empty its contents, which suppresses the appetite. When used along with healthy eating and exercise, overweight adults who may also have high blood pressure, diabetes, or high cholesterol typically see significant progress across all health markers.

How much weight can I lose?

In the [SURMUNT-1 trial](#), Tirzepatide was found to lead to significant weight loss:

- A 5 mg maintenance dose of Tirzepatide led to an average weight reduction of 35 pounds.
- A 10 mg dose led to an average of 49 pounds.
- A 15 mg dose led to an average weight loss of 52 pounds.

How long does it take to work?

Most patients see weight loss in the first month

How long should I expect to be on the medication?

Ideally the program should be continued until you see enough progress in your weight loss journey that you can then continue maintenance with diet and exercise. There are currently ongoing studies on long term low dose maintenance dose of the medication to maintain weight but those results are as of yet pending.

Will the weight I've lost return once I'm off the program?

Yes, is certainly can! That is why it is so very important to make good use of the provided information regarding fitness and nutritional consultation options provided at your initial consultation.

How is Tirzepatide taken?

Tirzepatide is administered by injection once per week. Prescriptions are for 4 weeks, and each month the tolerance to the medication and the current dose is assessed. The dose is adjusted depending on effect and possible side effects. The maximum tolerable maintenance dose is typically achieved after 4-6 months. The medication is taken for as long as it is beneficial to the patient.

Benefits of weight loss

From reproductive function to memory and mood, excess weight compromises almost every aspect of health. Debilitating and deadly diseases associated with obesity include diabetes, heart disease, and certain types of cancer. A variety of mechanisms contribute to this, some as simple as mechanical stress caused by additional weight, while others involve changes in hormones and metabolism. The health and quality of life in obese individual are negatively affected by obesity, as are the world's healthcare costs and systems.

Does taking Tirzepatide cause any side effects?

The most common side effects include:

- Abdominal pain
- Constipation
- Decreased appetite
- Diarrhea
- Nausea
- Vomiting

Contraindications

- Type 1 diabetes
- Decreased kidney function
- Dehydration
- Diabetic retinopathy
- Disease of the gallbladder
- Family history of medullary thyroid carcinoma
- Medullary thyroid cancer
- Multiple endocrine neoplasia type 2
- Pancreatitis
- Pregnant or breastfeeding
- Stomach muscle paralysis and decreased function

What the program includes

Clarity Medical Spa's Weight Loss program includes:

- Initial consultation with Dr. Dunn-Black
- Prescription for compounded Tirzepatide
- Weekly visits for medication injection and monitoring of progress with weight, monitoring for adverse side effects
- Ordering of initial and follow up labs and review with Dr. Dunn-Black if you have not had recent labs done with your primary care provider.

Do I need to watch my diet and exercise while on the program?

Absolutely! Tirzepatide helps you lose weight and stick to healthy habits, but it does not cause weight loss by itself. If you want to sustain your body weight reduction, you must use it with other strategies that support metabolic health, such as dietary changes, exercise, and other healthy lifestyle changes.

Clarity Medical Spa wants to help ensure your success. Utilize the provided information for online Nutritional consultants and options for local fitness centers and personal trainers to maintain your healthy weight.

Contact us with any questions or concerns!

Resources:

Online Protein Calculator – www.calculator.net/protein-calculator.html



Daily Protein

Free App - iOS and Android compatible

Wishing you the best of success in your weight loss journey!

Clarity Medical Spa

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