

SEMAGLUTIDE FOR WEIGHT LOSS

PATIENT EDUCATION SHEET

What is Semaglutide?

Semaglutide is a medication that has been developed to assist individuals in their weight loss journey. It belongs to a class of drugs called GLP-1 receptor agonists, which have shown promising results in helping people achieve and maintain a healthier weight.

Mechanism of Action

Semaglutide works by mimicking the action of a naturally occurring hormone in the body called GLP-1 (glucagon-like peptide-1). This hormone helps regulate blood sugar levels and appetite. When semaglutide is administered, it stimulates the release of insulin, reduces the production of glucagon, and slows down the emptying of the stomach. These actions collectively contribute to weight loss by promoting a feeling of fullness, reducing food intake, and improving insulin sensitivity.

Brief History and Development

Semaglutide was initially developed for the treatment of type 2 diabetes due to its positive effects on blood sugar control. However, during clinical trials, researchers observed significant weight loss in participants using semaglutide. This discovery led to further investigations into its potential as a weight loss medication.

The development of semaglutide for weight loss reflects the ongoing efforts in medical research to find effective and safe solutions to address the global challenge of obesity. It has undergone rigorous testing to ensure its safety and efficacy, resulting in its approval for weight management by healthcare regulatory authorities.



The information presented is for general knowledge and should not be considered a substitute for professional advice. Reliance on this content is at your own discretion. Seek specialized guidance for individual concerns from relevant professionals.



PATIENT ELIGIBILITY FOR SEMAGLUTIDE IN WEIGHT MANAGEMENT

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Assessing Eligibility at Cherokee Family Health

At Cherokee Family Healthcare, we are dedicated to providing comprehensive weight management solutions, including the use of Semaglutide. Patient eligibility is a crucial aspect of our approach, and it is assessed through a thorough evaluation process.

CRITERIA FOR PATIENT ELIGIBILITY

BMI Criteria

We consider individuals with a BMI of 27 or higher for Semaglutide as part of our weight management program.

Weight-Related Health Issues

Semaglutide is recommended for patients with at least one weight-related health issue, such as type 2 diabetes, hypertension, or dyslipidemia.

Medical History and Comorbidities

Our healthcare providers carefully review each patient's medical history, including existing health conditions, to ensure safety and efficacy.

Lifestyle Factors

Patient eligibility also takes into account lifestyle factors, including a commitment to dietary changes and increased physical activity.

OUR PATIENT EVALUATION PROCESS

Consultation with our Providers

Patients interested in Semaglutide undergo a comprehensive consultation with our experienced healthcare providers.

Discussion of Treatment Goals

We engage in open discussions with patients to understand their weight management goals and expectations, ensuring a collaborative approach.

Medical Tests and Assessments

Additional tests or assessments may be conducted to further evaluate overall health and identify potential contraindications.

Informed Decision-Making:

We prioritize patient education, providing detailed information about the benefits, risks, and expected outcomes of Semaglutide to facilitate informed decision-making.

PARTNERING WITH [YOUR CLINIC NAME]

At Cherokee Family Healthcare, our mission is to support our patients on their weight management journey. If you are considering Semaglutide, we invite you to consult with our healthcare providers. Together, we can tailor a personalized treatment plan to help you achieve your weight loss goals.

SEMAGLUTIDE FOR WEIGHT LOSS

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Understanding the Benefits of Semaglutide for Weight Loss

Semaglutide, a glucagon-like peptide-1 (GLP-1) receptor agonist, has shown promising results in aiding weight loss. Here are some key benefits:

Appetite Reduction

Semaglutide is believed to influence the part of the brain that controls appetite, leading to a reduction in hunger. This can help you feel more satisfied with smaller portions, making it easier to maintain a calorie deficit.

Improved Blood Sugar Control

Originally developed for diabetes management, semaglutide not only helps regulate blood sugar but also contributes to weight loss. By optimizing insulin levels, it promotes better utilization of glucose and fat for energy.

Enhanced Insulin Sensitivity

Semaglutide may improve insulin sensitivity, making your body more efficient in utilizing insulin. This can contribute to better glucose control and reduced fat storage.

Sustainable Weight Loss

Studies have shown that individuals taking semaglutide for weight loss experienced significant and sustained reductions in body weight. This makes it a potential long-term solution for managing obesity.



SEMAGLUTIDE FOR WEIGHT LOSS

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Complementary to Lifestyle Changes

Semaglutide works most effectively when combined with a healthy diet and regular exercise. It can complement your efforts by helping you adhere to dietary restrictions and encouraging a more active lifestyle.

Reduced Risk of Weight-Related Health Issues

Achieving and maintaining a healthy weight is crucial for overall well-being. Weight loss with semaglutide may contribute to a decreased risk of obesity-related health issues such as heart disease, type 2 diabetes, and joint problems.

Personalized Treatment Plans:

Your healthcare provider will tailor the dosage and treatment plan based on your individual needs and response to the medication. This personalized approach enhances the effectiveness of semaglutide for weight loss.

Positive Impact on Metabolism

Semaglutide may positively influence metabolic processes, leading to increased fat burning and energy expenditure. This can contribute to a more efficient and sustainable weight loss journey.

Remember, while semaglutide has shown promising results, individual responses may vary. Always consult with your healthcare provider to discuss the potential benefits and risks based on your unique health profile.



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SEMAGLUTIDE FOR WEIGHT LOSS

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How to Incorporate Semaglutide into Your Weight Loss Journey

1- Prescription and Dosage:

- Semaglutide is available by prescription only.
- Your healthcare provider will determine the appropriate dosage based on your individual needs.

2- Administration:

- Semaglutide is typically administered once a week as an injection.
- You must come to the clinic every week for an injection .

3- Diet and Exercise:

- While using semaglutide, it's essential to maintain a healthy diet and engage in regular physical activity.
- Consult your healthcare provider or a registered dietitian for personalized diet and exercise recommendations.

4- Monitoring and Follow-Up:

- Regular follow-up appointments with your healthcare provider are crucial to monitor your progress and address any concerns.
- Report any side effects or changes in your health to your healthcare team promptly.

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BODY MASS INDEX (BMI) TABLE

PATIENT EDUCATION SHEET

WHERE DO YOU FIT?

Body Mass Index (BMI) Table																						
	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	
Height	Weight (in pounds)																					
4'10" (58")	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	172	177	181	186	
4'11" (59")	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	178	183	188	193	
5' (60")	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	184	189	194	199	
5'1" (61")	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	190	195	201	206	
5'2" (62")	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	196	202	207	213	
5'3" (63")	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197	203	208	214	220	
5'4" (64")	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	209	215	221	227	
5'5" (65")	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	216	222	228	234	
5'6" (66")	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	223	229	235	241	
5'7" (67")	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	218	223	230	236	242	249	
5'8" (68")	125	131	137	144	151	157	164	171	177	184	190	197	203	210	216	223	230	236	243	249	256	
5'9" (69")	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236	243	250	257	263	
5'10" (70")	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243	250	257	264	271	
5'11" (71")	136	146	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	257	265	272	279	
6' (72")	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258	265	272	279	287	
6'1" (73")	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	258	265	272	280	288	295	
6'2" (74")	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	280	287	295	303	
6'3" (75")	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	287	295	303	311	



BMI blow 25
Healthy Weight



BMI 25-29
Overweight



BMI 30-39
Obese



BMI 40+
Extremely Obese

Body Mass Index (BMI) is the measure of health and fitness endorsed by the Surgeon

General of the United States. It takes into consideration the height and weight of a person to give an accurate index of what his/her weight should be. A BMI of up to 25 is considered healthy. Any number between

25 - 29 means the person is overweight. A reading between 30 - 39 is an indication of obesity, placing the individual at high risk of developing heart disease, high blood pressure, diabetes, and other ailments. A reading of 40+ is an indication of extreme obesity, placing a person at highest risk of health problems.

Understanding your BMI provides valuable insights into your weight-related health. However, it is crucial to interpret this information within the broader context of your individual health profile. For a comprehensive assessment and tailored guidance, consult with your healthcare provider.

PHYSICAL ACTIVITY GUIDELINES FOR SEMAGLUTIDE AND WEIGHT LOSS

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IMPORTANCE OF PHYSICAL ACTIVITY

Physical activity is a cornerstone of a healthy lifestyle, and when combined with Semaglutide for weight loss, it becomes an integral part of your journey towards improved well-being. The right mix of exercises contributes not only to enhanced weight loss but also to overall fitness and metabolic health. Here, we outline three essential types of exercises that can be tailored to fit your preferences and fitness level. Incorporating a variety of activities ensures a well-rounded approach to achieving and maintaining your weight loss goals.

Types of Recommended Exercises

Aerobic Exercise

- Engage in activities that elevate your heart rate, such as brisk walking, jogging, cycling, swimming, or dancing.
- Aim for at least 150 minutes of moderate-intensity aerobic exercise per week.

Strength Training

- Incorporate resistance training exercises using weights, resistance bands, or bodyweight.
- Include major muscle groups in your routine at least two days a week.

Flexibility and Balance

- Include stretching exercises to improve flexibility.
- Practice balance exercises, especially important for older individuals



PHYSICAL ACTIVITY GUIDELINES FOR SEMAGLUTIDE AND WEIGHT LOSS

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RECOMMENDATIONS FOR SEMAGLUTIDE USERS

Consult with Your Healthcare Provider

- Before starting a new exercise regimen, consult with your healthcare provider to ensure it is safe and appropriate for your individual health status.

Start Gradually

- If you're new to exercise, start with low-intensity activities and gradually increase the duration and intensity over time.

Consistency is Key

- Aim for regular, consistent physical activity. Find activities you enjoy to make it sustainable

Start Gradually

- If you're new to exercise, start with low-intensity activities and gradually increase the duration and intensity over time.

Listen to Your Body

- Pay attention to how your body responds to exercise. If you experience pain or discomfort, modify your activities and consult your healthcare provider.

Mix It Up

- Combine different types of exercises to keep things interesting and target various muscle groups.



EXERCISE AND WEIGHT LOSS WITH SEMAGLUTIDE

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RECOMMENDATIONS FOR SEMAGLUTIDE USERS

Enhanced Weight Loss

Regular physical activity acts as a powerful catalyst in the weight loss process, working synergistically with Semaglutide to amplify the shedding of excess pounds. Engaging in aerobic exercises, such as brisk walking, jogging, or cycling, not only burns calories during the activity but also contributes to an increased metabolic rate, supporting weight loss even at rest. This synergy between Semaglutide and exercise creates a more comprehensive and sustainable approach to achieving your weight loss goals.

Improved Metabolic Health

Incorporating exercise into your routine aligns with the metabolic health goals of Semaglutide. Aerobic exercises and strength training help improve insulin sensitivity, facilitating better blood sugar control. As Semaglutide addresses metabolic factors, such as insulin resistance, simultaneously engaging in regular physical activity complements these efforts. The result is a holistic approach to metabolic well-being, where the benefits of weight loss extend beyond the scale to positively impact overall health.

Sustainable Lifestyle Habits

Engaging in regular physical activity encourages the adoption of sustainable lifestyle habits. Rather than viewing exercise as a temporary measure for weight loss, incorporating enjoyable activities into your routine fosters a long-term commitment to a healthy and active lifestyle. This synergy between Semaglutide and exercise establishes a foundation for lasting weight management and overall well-being.

Body Composition Changes

Exercise not only contributes to weight loss but also influences body composition. Strength training exercises, such as weightlifting or resistance training, play a crucial role in building lean muscle mass. This not only enhances your physical strength and endurance but also contributes to a more toned and defined physique. As Semaglutide aids in reducing body fat, combining it with strength training can result in a healthier body composition, promoting a balance between fat loss and muscle preservation.

Psychological Benefits

Exercise is not only beneficial for the body but also for the mind. Physical activity releases endorphins, the "feel-good" hormones, promoting a positive mood and reducing stress. This psychological well-being is crucial in maintaining motivation and adherence to your weight loss journey. The combination of Semaglutide and regular exercise creates a holistic approach that addresses both the physical and emotional aspects of achieving and maintaining a healthier weight.

SEMAGLUTIDE FAQs:

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Is Semaglutide safe for long-term use?

Long-term safety is continuously monitored. Current evidence suggests that Semaglutide can be used safely for an extended duration under healthcare supervision. Regular follow-up appointments are essential to monitor your response and any potential side effects.

How often should I follow up with my healthcare provider while on Semaglutide?

Regular follow-up appointments are crucial to monitor your progress, assess any side effects, and make necessary adjustments to your treatment plan. Follow the schedule recommended by your healthcare provider.

Can Semaglutide help with conditions other than weight loss?

Semaglutide is primarily approved for weight management. However, in individuals with type 2 diabetes, it may also contribute to improved glycemic control. Always consult with your healthcare provider regarding specific health conditions.

What lifestyle changes are recommended while using Semaglutide?

A balanced diet, regular physical activity, and healthy lifestyle choices are integral to the success of Semaglutide treatment. Your healthcare provider can provide personalized guidance on these lifestyle modifications.



SEMAGLUTIDE FAQs:

PATIENT EDUCATION SHEET

What is Semaglutide, and how does it work for weight loss?

Semaglutide is a medication that belongs to the class of glucagon-like peptide-1 (GLP-1) receptor agonists. It works by influencing appetite control centers in the brain and regulating blood sugar levels. This dual action promotes weight loss by reducing calorie intake and improving metabolic function.

How should Semaglutide be administered?

Semaglutide is typically injected under the skin once a week. Your healthcare provider will guide you on the proper administration technique, and it's essential to follow their instructions carefully.

Can Semaglutide be used in conjunction with other weight loss interventions?

Your healthcare provider will determine the most suitable approach based on your individual needs. Semaglutide can be used alongside dietary changes and increased physical activity for a comprehensive weight loss plan.

Who is an ideal candidate for Semaglutide for weight loss?

Semaglutide is generally prescribed for individuals with a body mass index (BMI) of 27 or higher who have at least one weight-related health issue (such as diabetes, high blood pressure, or high cholesterol). However, eligibility is determined on a case-by-case basis by healthcare professionals.

How long does it take to see results with Semaglutide?

Individual responses vary, but many people start noticing weight loss within a few weeks to months of starting Semaglutide. Consistency in medication use, coupled with a healthy lifestyle, contributes to optimal results.

Are there potential side effects of Semaglutide, and how should they be managed?

Common side effects may include nausea, vomiting, or abdominal pain, which often improve over time. Serious side effects are rare but may include allergic reactions or pancreatitis. If you experience persistent or severe side effects, consult your healthcare provider promptly.

