# Semaglutide

Semaglutide is a medication belonging to a class of glucagon-like peptide 1 receptor agonists (GLP-1 RAs). It is a synthetic version of a hormone that is naturally occurring called GLP-1. They play a crucial role in regulating blood sugar levels and appetite.

How it Works:
Semaglutide works by activating the GLP-1 receptors in the pancreas, therefore stimulating the release of insulin and reducing the production of glucagon. Leading to improved blood sugar control and helping to prevent spikes in glucose levels after meals. It also slows down stomach emptying, which promotes a feeling of fullness and reduces appetite, for many.

Benefits:
⇒ Clinical trials have demonstrated that semaglutide has effectively been shown to lower HgA1c levels. Leading to better glycemic control with type II diabetes.
⇒ Clinical studies have shown remarkable weight loss using semaglutide, especially compared to other diabetic medications or placebo.
⇒ Semaglutide has also shown to have cardiovascular benefits by reducing the risk of cardiovascular events. Making it a valuable option for individuals with diabetes who are at risk for heart disease.
⇒ It is administered once a week via a subcutaneous injection, which improves compliance with medication regimen.

Side Effects:
May include but not limited to nausea, vomiting, diarrhea, constipation and gastrointestinal discomfort. These side effects are typically temporary and diminish over time. If you notice a lump or swelling in your neck or have hoarseness, notify your provider. As these may be signs of thyroid cancer.

Am I a Candidate for Semaglutide?

People with a personal or family history of medullary thyroid carcinoma or Multiple Endocrine Neoplasia Syndrome type 2 (MEN 2) are not a candidate for Semaglutide. Those with Type 1 Diabetes are not a candidate for Semaglutide.

Is Semaglutide right for me?

⇒ Semaglutide may be right for individuals with Type 2 diabetes, who struggle with elevated blood sugars or elevated HgA1c and want to improve diabetic control.

⇒ Those with a BMI over 30 and no weight-related complications for weight management

⇒ Those with BMI of 27 or greater and a weight related complication i.e. hypertension, diabetes, etc for weight management.

⇒ Weight related complications include hypertension, hyperlipidemia, DMII, obstructive sleep apnea, cardiovascular disease, and hypothyroidism.

⇒ Body composition may be used if examination shows excess fat, if BMI does not meet criteria.

Examples:

Wegovy

Ozempic

Rybelsus