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Semaglutide Program

All about Semaglutide for Weight Loss:

Semaglutide is a member of a class of drugs that have been used for diabetes management for over a decade - GLP1-RAs (glucagon-like peptide 1 receptor agonists). The weight loss effects of these agents has been known for some time, however, Semaglutide appears to be the "best-in-class" GLP-1 RA for weight loss and was recently approved for weight loss by the FDA under the brand name Wegovy®.

How well does Semaglutide work?

Low-dose Semaglutide (1.0mg) once-weekly resulted in an average 11 pound weight loss in 12 weeks.

A recent 20-week, phase II trial investigated the effects of subcutaneous administration of Semaglutide 2.4 mg on gastric emptying, appetite, and energy intake in patients. Patients receiving Semaglutide 2.4 mg in this trial lost 9.9% of their bodyweight, compared with 0.4% in those receiving placebo.

High-dose (2.4mg) Semaglutide has been studied in non-diabetic patients suffering from obesity. The New England Journal of Medicine's publication of the STEP trial revealed more than 50 percent of trial participants lost 15 percent of their body weight, and between 33 to 40 percent are losing 20 percent of their body weight. This number is superior to the current best weight loss agent (phentermine plus topiramate; approximately 10% body weight loss in a year).

How does Semaglutide work?

Semaglutide mimics the effect of "feeling full" resulting in a decreased caloric intake. Semaglutide will delay gastric emptying by reducing glucagon secretion in a glucose-dependent manner. The delay in gastric emptying can reduce appetite, improve control of eating, and reduce food cravings.

Does Semaglutide have side effects?

Most common side effects are: nausea, diarrhea, vomiting, constipation, stomach (abdomen) pain, headache, tiredness (fatigue), upset stomach, dizziness, feeling bloated, belching, gas, stomach flu, and heartburn. Note that most of these are manageable by proper dosing and some overlap with the intended effect of "feeling full".

Are you a candidate for Semaglutide?

There are only two qualifications for Semaglutide:

- A BMI over 30 and no weight-related complications
- A BMI over 27 with weight-related complications

Contraindications:

There are rare situations where Semaglutide is contraindicated. Patients with a personal or family history of medullary thyroid carcinoma or in patients with Multiple Endocrine Neoplasia syndrome type 2 (MEN 2)

Why is the weight loss goal 10%? What if I want to lose more weight?

The weight loss goal is based on clinical research showing that 10% is the amount of weight you can lose and keep off with the combination of an FDA-approved metabolic medication and accountability coaching. Many patients will lose more than 10%, but 10% is the goal because it leads to clinically-significant improvements across all metabolic and inflammatory markers.

10% body weight loss has been shown to lower several risk factors for cardiovascular disease including high blood pressure, high cholesterol, and diabetes. A body weight loss of 10% has also been proven to reduce symptoms of depression, arthritis, and sleep apnea, while improving overall quality of life. Further, studies have found that losing 10% of your body weight is generally a realistic and attainable goal for most people given biological, genetic, and environmental factors.



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What will my food goals be?

- Establishing a sustainable and flexible approach to nutrition
- Minimizing fast-digesting carbs
- Making healthier choices that include protein, fiber, and healthy fats—without restricting or counting calories

Is the medication safe?

GLP-1s are FDA-approved and safe. They have been widely used since 2005 and are generally very well tolerated, with minimal side effects.

Can I take additional weight loss medication, in addition to GLP-1s?

We do not recommend taking any weight loss medication that is not a GLP-1 during your weight loss program.

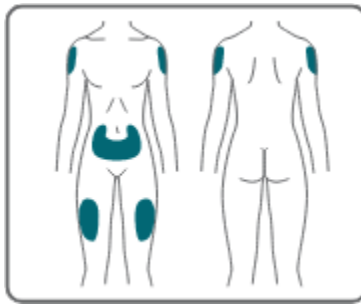
Program Warning:

Semaglutide may cause side effects, including:

- **Increased risk of low blood sugar (hypoglycemia) in patients with type 2 diabetes, especially those who also take medicines for type 2 diabetes such as sulfonylureas or insulin.** This can be both a serious and common side effect. Talk to your healthcare provider about how to recognize and treat low blood sugar and check your blood sugar before you start and while you take Semaglutide. Signs and symptoms of low blood sugar may include dizziness or light-headedness, blurred vision, anxiety, irritability or mood changes, sweating, slurred speech, hunger, confusion or drowsiness, shakiness, weakness, headache, fast heartbeat, or feeling jittery.
- **Kidney problems (kidney failure).** In people who have kidney problems, diarrhea, nausea, and vomiting may cause a loss of fluids (dehydration) which may cause kidney problems to get worse. It is important for you to drink fluids to help reduce your chance of dehydration.
- **Serious allergic reactions.** Stop using Semaglutide and get medical help right away, if you have any symptoms of a serious allergic reaction, including swelling of your face, lips, tongue, or throat; problems breathing or swallowing; severe rash or itching; fainting or feeling dizzy; or very rapid heartbeat.
- **Change in vision in patients with type 2 diabetes.** Tell your healthcare provider if you have changes in vision during treatment with Semaglutide.
- **Increased heart rate.** Semaglutide can increase your heart rate while you are at rest. Tell your healthcare provider if you feel your heart racing or pounding in your chest and it lasts for several minutes.
- **Depression or thoughts of suicide.** You should pay attention to any mental changes, especially sudden changes in your mood, behaviors, thoughts, or feelings. Call your healthcare provider right away if you have any mental changes that are new, worse or worry you.

Semaglutide Injection Instructions:

1. You will only take the shot one time per week. Pick a day that you will remember to take it so you stick with your scheduled dose date. Take 30 minutes before or after any other medications or vitamins.
2. You will receive for the 1st month a **2.5 ml vial**
3. Each week one time per week you will withdraw:
 - **10 units** into the needle- for 4 weeks for the first month, and then **20** units per week to finish the vial.
4. Pinch fat in your belly/abdominal area or other as shown below, clean with alcohol and give yourself an injection.



1. Do not use the same site for each injection.
2. If you choose to inject in the same area, always use a different spot in that area.
5. Medication does not need to be refrigerated, but keep it in a safe place.
6. Store your medication in use for at room temperature between 59°F to 86°F (15°C to 30°C) or in a refrigerator between 36°F to 46°F (2°C to 8°C).
7. Keep away from heat and out of the light.
8. The vial will break if dropped.
9. If you miss a dose, take the missed dose as soon as possible within 5 days after the missed dose.
10. Keep Semaglutide and all medicines out of the reach of children.
11. Your dose will increase after the 1st month.
12. If you do not tolerate the dose, please let us know.
13. Do not reuse your needles. Use a clean syringe daily. Dispose of your needles properly by using the provided sharps container.



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Managing Potential Side Effects

The most common side effects of Semaglutide may include:

Nausea, diarrhea, vomiting, constipation, stomach (abdomen) pain, headache, tiredness (fatigue), upset stomach, dizziness, feeling bloated, belching, gas, stomach flu, heartburn

Tell your health care provider if you have any side effects that bother you.

Tips for managing nausea

Nausea is a common side effect when first starting **Semaglutide**. If you experience nausea, be sure to contact your health care provider. He or she will offer guidance on ways to manage it, which may include:



Eat foods that contain water, like low salt soups and sugar-free gelatin



Avoid lying down after you eat



Go outdoors for fresh air



Eat more slowly