DHmeds

BODY | HAIR | MIND

GLP-1 FAQs

YOUR QUESTIONS. ANSWERED.

GLP-1 medications can help support healthy weight management, improve metabolic health, and enhance overall well-being when used as part of a physician-guided program.

Here are the questions we hear most often.



Doctor Guided

RESULTS YOU CAN FEEL

1 WHAT IS A GLP-1 MEDICATION?

GLP-1 (glucagon-like peptide-1) medications help regulate appetite, support blood sugar balance, and promote a feeling of fullness.

2 HOW DOES IT HELP WITH WEIGHT MANAGEMENT?

GLP-1 medications can help reduce hunger and calorie intake, making it easier to create a calorie deficit and lose weight.

3 WILL IT IMPROVE MY OVERALL HEALTH?

Yes. Many patients experience improvements in blood sugar, blood pressure, cholesterol, and inflammation markers.

4 HOW LONG BEFORE I SEE RESULTS?

Most patients notice changes in appetite within the first week and gradual weight loss over the first 4–8 weeks.

5 IS IT SAFE?

GLP-1 medications have been extensively studied and are safe when prescribed and monitored by a qualified physician.

6 HOW IS IT TAKEN?

GLP-1 medications are administered via a small subcutaneous injection, typically once weekly.

7 WHAT ARE THE MOST COMMON SIDE EFFECTS?

Mild nausea, bloating, and constipation are most common and usually improve as your body adjusts.

8 WILL I HAVE TO FOLLOW A SPECIAL DIET?

We recommend a balanced, whole-foods diet and adequate protein intake to support your results and overall health.

9 DO I NEED TO EXERCISE?

Regular movement and strength training are encouraged. Movement enhances results, energy, muscle tone, and long-term health.

10 DO I NEED A PRESCRIPTION TO START TREATMENT?

Yes. GLP-1 medications require a prescription. Dr. Hirsch can evaluate whether treatment is appropriate during a complimentary telehealth consultation.

Your Path. Our Guidance.

At DHmeds, we create personalized treatment plans designed around your goals, your health, and your life.

EXPLORE GLP-1 INFORMATION

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DHMEDS.COM/GLP-1-1

Dr. Brett Hirsch

PHYSICIAN. GUIDE. PARTNER IN YOUR HEALTH.

★★★★★

4.9 STAR RATING

SERVING SARASOTA & FLORIDA VIA TELEHEALTH