

# 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.



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## 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.



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## WILL IT IMPROVE MY OVERALL HEALTH?

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



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## 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.



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## IS IT SAFE?

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



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## HOW IS IT TAKEN?

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



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## WHAT ARE THE MOST COMMON SIDE EFFECTS?

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



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## 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.



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## DO I NEED TO EXERCISE?

Exercise is encouraged but not required. Movement enhances results, energy, muscle tone, and long-term health.



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## DO I NEED A PRESCRIPTION TO START TREATMENT?

Yes. DHmeds.com offers convenient complimentary consultations via telehealth.

*Your Path. Our Guidance.*

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



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*Dr. Brett Hirsch*  
PHYSICIAN. GUIDE. PARTNER IN YOUR HEALTH.

★★★★★  
4.9 STAR RATING

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