



Semaglutide

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The hormone insulin is made naturally in the body by the pancreas and helps to control the levels of sugar (glucose) in your blood. When the body makes too much insulin or doesn't use it effectively, it can result in central weight gain, increased blood pressure, abnormal lipid levels, and eventual diabetes.

What Is Semaglutide?

Semaglutide is a glucagon-like peptide (GLP-1) analog approved for weight management and is also used for diabetes. It closely resembles the natural hormone glucagon-like peptide-1 (GLP-1) which is secreted in the gut and targets receptors throughout the body, including the brain. Researchers believe that patients with obesity secrete less GLP-1 in response to eating. When a person is eating, GLP-1 sends the brain the "I'm full" signal. Semaglutide also decreases the emptying time of the stomach which makes you feel fuller fasting causing little desire to go back for seconds or snack later. In addition to the benefit of weight loss, semaglutide also has cardiovascular benefits, and can improve fertility.

Semaglutide helps reverse insulin resistance by making your cells more sensitive to insulin. By making cells more sensitive to insulin, it decreases the likelihood of developing type 2 diabetes. However, this medication is a great effective treatment for those already diagnosed with type 2 diabetes.

Side Effects & Other Contradictions

The most commonly reported side effects include:

- Nausea (*which can be managed by dosing*)
- Constipation/Diarrhea
- Abdominal pain
- Indigestion
- Vomiting
- Fatigue
- Decreased appetite

Rare Side Effects Include:

- Pancreatitis
- Hypotension

*Contraindicated In Pregnant
& Breastfeeding Women*

How To Use Semaglutide

Semaglutide is administered by injection through a very small needle. Self-injections are given once weekly in the subcutaneous (fatty) tissue of the abdomen, thigh, or buttocks. Patients start on a very low dose, and slowly titrate the dose up as instructed by your provider. Semaglutide provides the best results when coupled with intermittent fasting and a diet rich in vegetables, fruits, and lean meats.