

Cape Cod HotShots

Simply Sema

Medication-Assisted Weight Loss Program



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Welcome to the Cape Cod HotShots **SIMPLY SEMA** weight loss program. This lean program has been created for those who want to utilize semaglutide with the proper support but don't necessarily want additional services. Unlike many other semaglutide weight loss programs that hand you medication and turn their back, Cape Cod HotShots will be by your side through your weight loss journey. You will have weekly visits with your practitioner where you can share your progress, questions, concerns, and goals. Additionally, you will have the support of both Cape Cod HotShots and Nauset Fit Co. gym whenever you need it. We will always be just a phone call away!

The **SIMPLY SEMA** Program includes:

- Initial Consultation to determine what your goals are, and to evaluate if semaglutide is appropriate for you. (May require initial and as needed bloodwork)
- Weekly Visit: (*In-home visit subject to travel fee)
 - Time to speak to your nurse practitioner about questions, concerns, and progress.
 - Administration of semaglutide
 - Weigh-in
- Free Nauset Fit Co. Gym Membership
- Free Styku Body Scanning
- 25% Discount off Cape Cod HotShots services
- Nutritional Support if needed
- Fitness Support if needed

Your Commitment to the Program

Transforming your lifestyle is a journey that unfolds gradually, with progress measured by the accumulation of small victories. Even with semaglutide, patience and resilience are essential. Therefore, we ask for at least a three-month commitment from you to maximize your chances of success.

Our Commitment to You

Cape Cod HotShots is dedicated to standing by your side as you embark on this transformative journey, providing a supportive environment free of judgment. Our goal is to assist you in every possible way to help you achieve your objectives. Your health, happiness, and success are our highest priorities.

How To Contact Us

Serious concerns: Call 911 or go to the nearest emergency room. Serious concerns may include severe abdominal pain or allergic reaction. Then please call Cape Cod HotShots @203-510-1956

Non-emergent concerns: Please email, call, or text us @Cape Cod HotShots.

Other questions: Please email Justin@capecodhotshots.com

Thank you for choosing Cape Cod Hotshots! We are proud to be a part of your life changing journey. Always remember that your weight does not define you... **Your Actions Do!**

Let's Go!

Sincerely,



Justin Bennett MSN, FNP-BC

*Owner/Operator Cape Cod
HotShots, LLC*

E: Justin@capecodhotshots.com

T: 203-510-1956

What is Semaglutide?

1. Introduction

Semaglutide is a GLP-1 (glucagon-like peptide) receptor agonist that helps facilitate weight loss.

2. Indication

Weight Management:

- Indicated for adults with an initial body mass index (BMI) of 30 kg/m² or greater, or 27 kg/m² or greater with at least one weight-related comorbidity (such as hypertension, type 2 diabetes, or dyslipidemia).
- Intended to be used alongside a reduced-calorie diet and increased physical activity.

3. How Semaglutide Works

Mechanism of Action:

- Semaglutide mimics the action of incretin hormones, leading to increased feelings of fullness, reduced appetite, and decreased food intake.
- It also helps slow gastric emptying, which aids in maintaining satiety after meals.

Impact on Weight Loss:

- Clinical studies have shown that people using semaglutide can achieve significant weight loss, with some losing over 15.8% of their body weight over 68 weeks.

4. What to Expect

Dosage and Administration:

- Administered as a subcutaneous injection once weekly.
- Initial dose: 0.25 mg once weekly for 4 weeks to allow for tolerance; then increase to 0.5 mg once weekly to maintenance dose.
- Maintenance dose: 2.4 mg once weekly, depending on tolerance and treatment goals.

Week	Dose
1-4	0.25mg
5-8	0.5mg
9-12	1mg
13-16	1.5mg
17+	2.4mg

Onset of Action:

- People may begin to see weight loss results within a few weeks, with more significant changes typically observed after 12-16 weeks.

Lifestyle Changes:

- People should be encouraged to follow a reduced-calorie diet and engage in regular physical activity to maximize the benefits of semaglutide.

5. Possible Side Effects

Common Side Effects:

- Gastrointestinal symptoms: Nausea (up to 20%), vomiting, diarrhea, constipation, and abdominal pain. These potential effects often decrease over time as the body adjusts to the medication.
- Injection site reactions: Temporary redness, swelling, or itching at the injection site.

Serious Side Effects:

- Pancreatitis: Seek immediate medical attention for severe abdominal pain that may radiate to the back.
- Kidney problems: Risk of dehydration and worsening kidney function; monitor for decreased urine output.
- Allergic reactions: Signs such as rash, itching, or difficulty breathing should prompt immediate medical evaluation.
- Thyroid tumors: Based on animal studies; unclear risk in humans; monitor if there is a family history of thyroid cancer.

6. Adverse Reactions

Reporting Adverse Reactions:

- Report any unexpected side effects.

Importance of Medical Attention:

- Immediate medical advice should be sought if symptoms such as severe abdominal pain, persistent nausea, or signs of allergic reactions occur.

7. Contraindications

Do Not Use If:

- Personal or family history of medullary thyroid carcinoma (MTC) or Multiple Endocrine Neoplasia syndrome type 2 (MEN 2).
- History of serious hypersensitivity to semaglutide or any of its components.

8. Drug Interactions

Potential Interactions:

- May interact with insulin or other antidiabetic medications, increasing the risk of hypoglycemia.
- Caution is advised when used with oral medications that require gastric emptying for absorption.
- Inform healthcare providers of all medications, supplements, and herbs being taken to assess for potential interactions.

9. Monitoring and Follow-Up

- Regular Follow-Ups: Regular follow-up appointments every week during semaglutide administration to monitor weight loss progress, side effects, and overall health.
- Lab Tests: Routine checks of kidney function and thyroid levels may be recommended, along with monitoring for signs of pancreatitis.

10. Client Resources

Websites:

- FDA Semaglutide Information (<https://www.fda.gov>)
- American Society of Bariatric Physicians (<https://www.asbp.org>)
- Cape Cod HotShots (www.capecodhotshots.com)

Dietary Guidelines for Semaglutide Weight Loss Support

If you are using Semaglutide as part of your weight loss journey, it's important to adopt a balanced and nutritious eating plan to maximize your results. While Semaglutide can help regulate appetite and improve blood sugar levels, pairing it with a mindful diet can enhance its effectiveness and support sustainable weight loss. Below are dietary guidelines to follow:

1. Prioritize Protein

- Why: Protein helps to maintain muscle mass during weight loss and keeps you fuller for longer, reducing overall calorie intake.
- How: Include a source of lean protein at each meal, such as:
 - Chicken breast, turkey, or lean beef
 - Fish (salmon, tuna, cod) or seafood
 - Plant-based options like lentils, chickpeas, and tofu
 - Eggs and low-fat dairy (yogurt, cottage cheese)

2. Focus on Fiber-Rich Foods

- Why: High-fiber foods help improve digestion, regulate blood sugar, and keep you feeling full.
- How: Incorporate fiber from:
 - Vegetables (broccoli, spinach, carrots, zucchini)
 - Whole grains (quinoa, brown rice, oats, whole wheat)
 - Fruits (berries, apples, pears, citrus fruits)
 - Legumes (beans, lentils)

3. Healthy Fats are Key

- Why: Fats are essential for hormone production and help your body absorb key nutrients. Choose healthy fats in moderation.
- How: Include sources of healthy fats like:
 - Avocados
 - Olive oil and avocado oil
 - Nuts and seeds (almonds, chia seeds, flaxseeds)
 - Fatty fish (salmon, mackerel)

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4. Stay Hydrated

- Why: Staying hydrated is important for digestion, metabolism, and overall well-being.
- How: Aim for at least 8 glasses of water per day. Incorporate herbal teas, lemon water, and flavored water to keep it interesting. Avoid sugary beverages like sodas and fruit juices.

5. Limit Processed Foods and Sugars

- Why: Processed foods and added sugars can spike blood sugar levels, contribute to cravings, and hinder weight loss.
- How: Focus on whole, minimally processed foods. Limit:

Sugary snacks and desserts (cakes, cookies, candy)

Refined carbs (white bread, pastries)

Packaged and fast food

6. Eat Smaller, Balanced Meals

- Why: Semaglutide helps control hunger, so smaller, balanced meals can prevent overeating and support steady blood sugar levels.
- How: Aim for 3 smaller meals and 1-2 snacks daily. Make sure each meal includes a mix of protein, healthy fats, and fiber-rich carbs.

7. Avoid Alcohol and Caffeine

- Why: Alcohol and caffeine can interfere with weight loss, impact hydration, and affect blood sugar levels.
- How: Limit alcohol intake and opt for decaffeinated beverages or herbal teas.

8. Practice Mindful Eating

- Why: Being mindful while eating can help you recognize hunger cues, prevent overeating, and foster a positive relationship with food.
- How: Eat slowly, savor each bite, and pay attention to your body's signals of hunger and fullness.

Helpful Tip: Make meal prep your best friend! Taking a little time at the start of the week to prep some meals and snacks can save you time and help you stay on track. When healthy options are readily available, you're less likely to reach for something that doesn't support your goals.



Cape Cod HotShots Services

- IV Hydration Therapy
- Red Light Therapy (RLT)
- Massage Chair Sessions
- Custom Meal Plans by Gina RN



Healthy Meal Plan



IV Hydration and
Nutrients



Hooga Pro300 Red Light Therapy

*Book!
Now!*
→



Osaki OS-3D Hamilton LE Massage Chair



Nauset Fit Co. Services

- Gym Membership
- Personal Training Sessions
- Fitness Classes
- Styku Body Scanning

CHECK
IT OUT
↓



Styku Pro Body Scanner

