

Medically Supervised Weight Loss

A SAFE AND EFFECTIVE PATH TO A HEALTHY WEIGHT

As obesity has become increasingly more common in the U.S. in the past few decades, many physicians and clinics around the country are focused on providing medically supervised weight management programs. Through these specialized programs, patients can overcome obesity in a healthy, safe way. The best weight management programs offer medical supervision, diet and exercise plan.

Obesity:

As of 2020, CDC data found that 4 in 10 U.S. adults are considered obese. Adult obesity rates now exceed 35% in 16 states, as reported by the Behavioral Risk Factor Surveillance System, with the highest obesity prevalence found among middle-aged adults and seniors.

The specific weight at which one is considered “obese” varies based on factors like age and height. The most common way for doctors to define obesity is with body mass index, or BMI. One’s BMI is calculated by dividing the individual’s weight in kilograms by the square of height in meters.

The CDC lists the following categories for interpreting an individual adult’s BMI:

- <18.5 = underweight
- 18.5 to <25.0 = healthy weight
- 25.0 to <30 = overweight
- 30.0 or higher = obesity

In addition to excess body fat, obese individuals may experience the following symptoms:

- Sudden loss of breath
- Increased sweating
- Increased snoring/sleep apnea
- Inability to handle sudden physical activity
- Extreme daily exhaustion
- Back and joint pain

Obesity has also been linked to several secondary conditions, including high blood, high cholesterol, type 2 diabetes, sleep apnea, osteoarthritis, gallstones and gallbladder disease.

Benefits of Weight Loss:

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- Higher-self esteem
- Mental health improvement
- Lowered lifetime risk of osteoporosis
- Lowered risk of cardiovascular disease
- Improved mood
- Better sleep
- Improved mobility & reduced pain

What is Semaglutide?

Semaglutide is a revolutionary GLP-1 receptor agonist that was originally developed for patients with Type 2 diabetes. When providers and pharmaceutical developers noticed how much weight their patients were losing, they began to study semaglutide exclusively for weight loss. A series of clinical trials, (known as the STEP clinical trials), demonstrated that almost 90 % of patients lost 5% or more of their body weight. In June of 2022, the FDA approved administering semaglutide for weight loss in qualified patients.

How does semaglutide work?

After you eat a meal, the hormone GLP-1 begins a chain reaction by increasing insulin and lowering glucagon (the hormone responsible for eating). Because of this reaction, there is a delay in the body's gastric emptying, which sends signals to the brain that the stomach is full. Secondly, GLP-1 receptors bind to the brain appetite centers, reducing cravings. Specific cravings such as sweet, fatty foods and carbohydrates change. Lastly, with a decrease in carbohydrates, there is a reduced energy intake.

The potential/ possible side effects include but are not limited to the following:

- Commonly reported gastrointestinal side effects – nausea, vomiting, diarrhea, constipation, abdominal discomfort
- Site reactions (injection site)
- Fatigue
- Headaches
- Alcohol intolerance

Who is NOT a candidate for semaglutide at Chance to Change?

- Less than 18 years old
- Pregnant or breastfeeding
- Type 1 diabetes mellitus
- Diabetes ketoacidosis
- Hypersensitivity to semaglutide or any components of this medication
- Personal or family history of medullary thyroid carcinoma
- History of multiple endocrine neoplasia syndrome
- History pancreatitis



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- End stage renal disease (on dialysis)
- BMI<25
- Patients with diabetic retinopathy

Caution in patients:

Type 2 diabetic patients that are on insulin or a sulfonylurea- due to increased need for glucose monitoring. Patients on several antihypertensive medications- due to hypotension concerns

For those who qualify for semaglutide treatment:

Health history, medications and body weight information will be carefully reviewed by a licensed provider to determine each candidate's eligibility.

Alternative Weight Loss Therapies:

- Tirzepatide is another weight loss option. It has similar actions to Semaglutide, helping you lose weight in similar ways. Compounded Tirzepatide is also available at Chance to Change with vitamin b6, in order to help mitigate unwanted GI symptoms. It is an affordable option!
- Liraglutide (Saxenda)
- Phentermine
- Vyvanse
- Contrave
- Topiramate
- Metformin
- Plenity