

I AM WELLNESS MD

Semaglutide vs. Tirzepatide

Both Semaglutide and Tirzepatide are prescription medications used in physician-guided weight loss programs. This guide explains how each works and how your provider helps determine the best option for you.

Choice

There is no one-size-fits-all solution for weight loss. Your provider considers your health history, goals, and response to treatment when selecting the right medication.



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How These Medications Work

Both medications help regulate appetite and support weight loss by acting on hormones involved in hunger and fullness. They are taken as once-weekly injections under provider supervision.



Appetite

Both medications help reduce hunger and increase feelings of fullness.



Satiety

You may feel satisfied with smaller portions and fewer cravings.



Consistency

Weekly dosing supports steady, sustainable progress over time.

Guided

- Prescription-only treatment
- Provider-guided dosing
- Individualized care plans
- Ongoing medical oversight

Need assistance?

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Semaglutide

Semaglutide works by activating GLP-1 receptors that help regulate appetite, slow digestion, and increase feelings of fullness. This can lead to reduced hunger, fewer cravings, and better portion control. It has a well-established history of use in medical weight loss and is commonly chosen for its predictable, steady results.



Tirzepatide

Tirzepatide targets two pathways, GLP-1 and GIP, which work together to support appetite regulation and metabolic response. This dual action may enhance weight loss outcomes for some patients, particularly those who have struggled with plateaus. It is often selected when additional metabolic support is appropriate.

Comparing the Options

Both medications are effective tools for weight loss when combined with healthy lifestyle changes. Some patients respond better to one option than the other based on metabolism and tolerance. Your provider helps guide this decision through medical review.



- 01 Medical Review**
Your provider reviews your health history and goals.
- 02 Medication Selection**
The appropriate option is chosen based on individual needs.
- 03 Starting Dose**
Treatment begins at a safe, gradual dose.
- 04 Ongoing Adjustments**
Doses are adjusted over time as needed.



Established

Semaglutide is a well-studied medication with a strong track record of safety and effectiveness.



Enhanced

Tirzepatide's dual-pathway approach may offer additional metabolic support for some patients.

Important Considerations

- Both medications are taken once weekly
- Results vary from person to person
- Stay hydrated and prioritize protein
- Final decisions are made after medical review