

I AM WELLNESS MD - Understanding Safety And Side Effects Of Treatment Options

Your safety is our top priority. Our physician-guided programs are designed to help you achieve results safely and effectively. This guide will help you understand what to expect, what is normal, and when to reach out for support.

Overview

Most patients tolerate treatment very well, especially when starting at lower doses and gradually increasing over time. Side effects are typically mild and temporary as your body adjusts to the medication.

Safety

Safe, Guided, And Monitored Care

With proper medical guidance, these treatments are considered safe and effective for appropriate candidates. Our team monitors your progress and provides support to ensure the best possible experience.



Common

Mild symptoms as your body adjusts.



Temporary

Often improve within a few weeks.



Manageable

Can be minimized with guidance.

Common Effects

- Mild nausea or fullness
- Reduced appetite
- Occasional constipation
- Temporary fatigue

Need assistance?

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Normal

It's common to experience mild nausea, decreased appetite, or changes in digestion when starting treatment. These effects are typically your body adjusting to the medication and are usually temporary. Most patients notice that symptoms improve over time as their body becomes more accustomed to the treatment.

Support

Simple strategies—such as staying well hydrated, eating smaller, balanced meals, and following your recommended dosing schedule—can help minimize side effects and improve overall comfort. Our team is also available to provide guidance and make adjustments as needed to support you throughout your treatment journey.

When

While most side effects are mild, you should contact a provider if symptoms become severe, persistent, or concerning. Our team is always available to help guide you and make adjustments if needed.



01

Start Low

Begin with a lower dose.

02

Adjust Slowly

Increase as tolerated over time.

03

Monitor Response

Track how your body responds.

04

Stay Supported

Reach out with any concerns.



Guided

Your treatment is monitored and adjusted to ensure safety and comfort.



Personalized

Dosing and recommendations are tailored to your response and needs.

Safety Tips

- Stay well hydrated
- Eat smaller, balanced meals
- Follow dosing instructions carefully
- Communicate any concerns promptly