

GLP-1 Weight Loss Therapy – Patient Education

What is GLP-1?

GLP-1 (glucagon-like peptide-1) medications are a class of treatments that help with weight loss and blood sugar control. These medications mimic a natural hormone in your body that:

- Helps you feel full sooner
- Slows how quickly food leaves your stomach
- Reduces appetite and cravings
- Helps regulate blood sugar

Common examples include:

- Semaglutide (Ozempic®, Wegovy®)
 - Tirzepatide (Mounjaro®, Zepbound®)
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How does it help with weight loss?

GLP-1 medications work by:

- Decreasing hunger
- Increasing fullness
- Helping you eat smaller portions

Most patients experience gradual, steady weight loss when combined with healthy lifestyle changes.

How is it taken?

- Usually given as a **once-weekly injection**
 - Doses are **slowly increased over time** to reduce side effects
 - It is important to take the medication consistently
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Common Side Effects

These are usually mild and improve over time:

- Nausea
- Constipation or diarrhea
- Decreased appetite
- Bloating or indigestion

Tips to reduce side effects:

- Eat smaller meals
 - Avoid greasy/fried foods
 - Stop eating when you feel full
 - Stay well hydrated
 - Eat slower
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Serious (but rare) risks

Contact your provider if you experience:

- Severe abdominal pain (possible pancreatitis)
- Persistent vomiting
- Signs of gallbladder issues (right upper abdominal pain)

These medications are **not recommended** for patients with:

- Personal or family history of medullary thyroid cancer
 - Multiple endocrine neoplasia syndrome type 2 (MEN2)
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Important Expectations

- Weight loss should be **gradual**, not immediate
 - Medication works best with:
 - Healthy diet
 - Regular physical activity
 - Stopping the medication may lead to weight regain.
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Lifestyle Recommendations

To maximize results:

- Focus on **protein intake**
- Limit processed foods and sugary drinks

- Stay hydrated
 - Aim for **regular movement/exercise**
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Follow-Up & Monitoring

- Regular monthly follow-ups are required
 - Dose adjustments are based on tolerance and progress on goals
 - Labs may be monitored as needed
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Storage

- GLP-1 medications must be stored in the refrigerator on the bottom shelf, as certain formulations may be sensitive to light exposure.