

# GLP-1 Medications

## Clinically proven to accelerate weight loss

GLP-1 medications (glucagon-like peptide 1s) are one of the most effective drug classes for long-term weight loss on the market. Research has shown that patients using GLP-1s can lose between 15% and 20% of their bodyweight. Weight reduction helped by GLP-1 medications are approaching the rates of long-term success observed after bariatric surgery.



Feel fuller longer  
Regulate appetite  
Reduce cravings  
Beneficial effects on the cardiovascular system



### How GLP-1 Medications Work

GLP-1 medications simulate the natural hormone produced in the intestines that helps people feel full after they eat. It also stimulates insulin secretion (allowing cells to take up glucose) and inhibits glucagon secretion (preventing more glucose from being released into the bloodstream) lowering blood sugar levels.

GLP-1s also increase satiety (how full you feel) after eating, which helps contribute to its weight loss properties. There's also evidence that they contribute to weight loss by lowering the body's natural "set point" for weight. GLP-1 medications are most effective when combined with the Options Diet System™ and daily activity.

### Dosing Information and Side Effects

The GLP-1 medication is prescribed in doses that increase every 4 weeks. Administration of medication is subcutaneously in the upper arm, thigh, or abdomen by scheduling an appointment in our clinic.

If a dose is missed with more than 48 hours until the next dose, then schedule an appointment to receive the missed dose immediately. If there is less than 48 hours until the next scheduled dose please consult with us to schedule the correct injection appointment day.

Common side effects of a GLP-1 medication are nausea, vomiting, diarrhea, constipation, fatigue, or headache. The most common side effect you may experience when you first start a GLP-1 medication is nausea. This usually gets better as your body gets used to the medicine. If you do experience nausea, here are some things that may help:

- Take in conjunction with a lipotropic injection
- Eat bland, low-fat foods, like crackers, toast, and rice
- Eat foods that contain water, like soups and gelatin
- Don't lie down after you eat
- Go outside to get some fresh air