



WEIGHT LOSS MEDICATION INFORMATION

Wegovy® was FDA approved as a weight loss drug after it's predecessor, semaglutide (Ozempic®) was noted to lead to weight loss in diabetic patients.

Semaglutide

Semaglutide works via mimicking (agonist) GLP-1 (glucagon like peptide) to increase insulin secretion to increase sugar metabolism, but also signals your brain to decrease appetite. Although there are going to be several competitors on the market soon based on this concept, right now, semaglutide has the highest risk benefit ratio of all weight loss drugs. In the landmark study, 1961 overweight and obese subjects were randomized to placebo or an escalating dose of semaglutide. All were instructed on lifestyle modification.

Some insurers cover Wegovy® but coverage is by no means universal, and it is very expensive. The cost is about \$1,627 per month. As of right now, there is a supply chain issue with the manufacturer. People who want it are having a hard time getting it. This has allowed compounding pharmacies to make generic versions of the drug, semaglutide, which can continue until the manufacturer gets caught up. This will probably be sometime next year.

In the interim, Tailor Made (who we get sirolimus cream from) and Empower Pharmacy are making the generic version available only to existing clients such as Hill Country Infusion. Looking at the graph from NEJM, weight loss occurs rapidly, about 10% of body weight in less than 5 months, with the additional weight coming off in the next 12 or so months. For people who want an edge to get some weight off, this may be a very good time for them.

Tirzepatide

Tirzepatide works via mimicking (agonist) GLP-1 (glucagon like peptide) and potently activates the GLP-1R signalling pathway to stimulate glucose-dependent insulin secretion through activity at the GIP receptor (GIPR) or the GLP-1R to increase insulin secretion and also signals your brain to decrease appetite. The following information includes only the average doses of this medicine. If your dose is different, do not change it unless your doctor tells you to do so.

The amount of medicine that you take depends on the strength of the medicine. Also, the number of doses you take each week, the time allowed between doses, and the length of time you take the medicine depend on the medical problem for which you are using the medicine.

For injection dosage form (solution):

For type 2 diabetes, obesity, or excess weight caused by medical problems (for our purposes we are using for weight loss): Adults—At first, .25 milligrams (mg) injected under the skin once a week for 4 weeks. Your doctor may increase your dose as needed. However, the dose is usually not more than 15 mg once a week.



WEEK 1-4: 0.05ml

WEEKS 5-8: 0.1ml

WEEKS 9-12: 0.2ml

The manufactured product comes as individual dose pens. We will offer our patients 2ml vials with 5mg/ml. using the small syringes 0.5 cc.

| Weeks 1-4 | Weeks 5-8 | Weeks 9-12 |
|-----------|-----------|------------|
| 0.05 ml | 0.1 ml | 0.2 ml |



WEIGHT LOSS MEDICATION INFORMATION

In conjunction with the prescription of GLP-1 Vici Wellness Group recommends healthy lifestyle changes to assure success on our patients' weight loss journey. On top of increasing one's activity levels, there are three key steps to optimize one's weight loss.

1. Switch from American Diet to Mediterranean Diet.

- a. Studies have been shown that a Mediterranean diet is one of the best for weight loss and healthy body. This eating style contains high amounts of vegetables, nuts, plant oils, (particularly olive oil), legumes (beans, peas, lentils) fruit, and whole grains. Most importantly, these diets have no processed foods, (no chips, processed, breads, energy bars, boxed meals, etc.), no red meat, occasional poultry, and modest fish consumption.

2. Management Of Gut Microbiome

- a. One's gut Microbiome is key and determining weight and overall gastrointestinal health.
- b. Pre-biotics help improve one's Microbiome, we emphasize the following two supplements:
 1. Galactooligosaccharide "GOS" sourced from various legumes. This supplement should be incorporated slowly, and titrated slowly to avoid upset stomach.
 2. Bata Thylakoid sourced from spinach. This supplement, which usually comes as a green powder can be mixed into meals, water, or a low sugar orange juice, to aid with taste.

3. Extra Virgin Olive Oil, Incorporation,

- a. Extra Virgin olive oil has been clinically shown to promote weight loss. This oil can be mixed into smoothies, added to food, or taken straight.
 1. Recommended 1.5 tablespoons daily, no need to start with smaller dosing.
 2. We advise patients to check the sourcing of their olive oil to assure quality and purity. Our favorite olive oils are from Chile, Australia, and the U.S. who have low likelihood of being counterfeit.
-