

Semaglutide & Tirzepatide



What are Semaglutide & Tirzepatide?

- Semaglutide is an FDA-approved medication that has shown remarkable results in aiding weight loss. As a glucagon-like peptide-1 (GLP-1) receptor agonist, this medication helps regulate appetite, reduce food intake, and improve blood sugar control.
- Tirzepatide is a dual agonist for the glucagon-like peptide-1 (GLP-1) and glucose-dependent insulinotropic polypeptide (GIP) receptors. This drug leads to significantly improved glycemic control and weight reduction in patients with T2DM, maximizing benefits similar to GLP-1 medications such as semaglutide.

Key benefits of incorporating a Semaglutide or Tirzepatide into your weight loss plan:

- **Effective Appetite Control:** These medications work by mimicking a hormone in your body that regulates appetite, helping you feel full longer and reducing overall calorie intake.
- **Improved Metabolic Health:** By supporting better blood sugar control, these medications can also contribute to improved metabolic health and reduced risk of type 2 diabetes and cardiovascular disease, which continues to be the number one cause of death in the US.
- **Sustainable Weight Loss:** Studies have shown that individuals using these medications experience significant and sustained weight loss, making it a valuable tool for long-term weight management.

Common misconceptions

- **Only for Diabetics:** While these medications are used to manage type 2 diabetes, some are now also approved for weight loss in individuals without diabetes. These medications can be a powerful tool for anyone looking to lose weight and improve their overall health.
- **Quick Fix:** Semaglutide and Tirzepatide are most effective when used as part of a comprehensive weight loss plan that includes healthy eating and regular physical activity. It's not a standalone solution, but a supportive aid.
- **It Causes Major Side Effects:** Like with any medication, you may experience side effects, but most are mild and manageable. At Suh Esthetics, we monitor you closely to ensure your safety.

What to expect

- We will discuss your past and present weight loss struggles and your goals.
- Your blood work will need to be checked and monitored by your Primary Care Physician before starting these medications and again after 3-6 months of treatment. Labs that will be requested include: CBC/diff, CMP, Lipid Panel, Hemoglobin A1c, TSH, Free T3-4.
- With these medications it is important to maintain a diet high in protein and low in carbohydrates. Increased water intake (approximately 2 liters per day) is recommended for most individuals.
- It is also important to preserve muscle mass while losing fat by lifting weights or incorporating resistance training into your workouts.
- These medications are a once per week injection that you will need to come into the office to receive.
- Potential side effects and blood pressure will be monitored for the first few weeks and periodically after.
- Common side effects include: fatigue, dizziness, abdominal pain, nausea, and constipation.

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- Serious uncommon side effects include: Thyroid Cancer, pancreatitis, kidney problems, gallstones, and constipation leading to bowel obstruction.
 - These medications are titratable based on effectiveness and tolerance. You want the lowest effective dose with minimal to no side effects.
 - Our goal with these medications is to safely help you lose 1-2 lbs per week until you reach your goal weight.
 - During your time on this medication it is imperative to listen to your body and learn how to properly nourish it so that you may eventually come off the medication without rebounding and gaining weight back.

A detailed consultation including medical history and current medications & supplements is required.



Wishing you endless confidence and beauty this summer!

Lacey Meyer, Advanced Registered Nurse Practitioner

Suh Esthetics