

What is Semaglutide?

Semaglutide is a glucagon-like peptide (GLP-1) analog approved in 2017 as a treatment method for improving glycemic control in patients with Type 2 diabetes. Semaglutide shows great promise for patients who are having difficulty losing weight.

Studies have demonstrated that Semaglutide reduced appetite, improved control of eating, and reduced food cravings in addition to improved glycemic control. The greatest weight loss benefits were observed when Semaglutide is used in combination with lifestyle changes, such as improved diet and consistent exercise.

How does Semaglutide work?

GLP-1 is a hormone produced in the small intestine that stimulates insulin secretion and inhibits glucagon secretion, thereby lowering blood sugar.

Semaglutide imitates GLP-1 in the body. This means that Semaglutide provides the same effect as this natural substance (GLP-1) in our bodies

Semaglutide has demonstrated beneficial effects on glycemia, in addition to a host of other benefits.

Reported Benefits:

- Weight Loss
- Neuroprotective
- Improved Fertility
- Treatment of PCOS
- Smoking Cessation
- Cardiovascular Benefits

How much Semaglutide do I inject?

**Start with 0.1 mL once weekly, increase to 0.2 mL if needed/tolerated.

How should Semaglutide be used?

Semaglutide is a subcutaneous injection which is most commonly dosed at 0.1mL(0.25mg) to 0.2mL(0.5mg) once weekly. This dosing may be after one month of treatment if needed.

This medication is generally well-tolerated and can be dosed continuously without breaking treatment with no diminishing effects.

Side effects/contraindications:

The most commonly reported side effects include:

- Nausea
- Vomiting
- Diarrhea
- stomach pain
- constipation.

The risk of serious side effects increases in patients with hypoglycemia, kidney problems, and

risk of allergic reactions.

This medication is **not** an insulin and should not be used if:

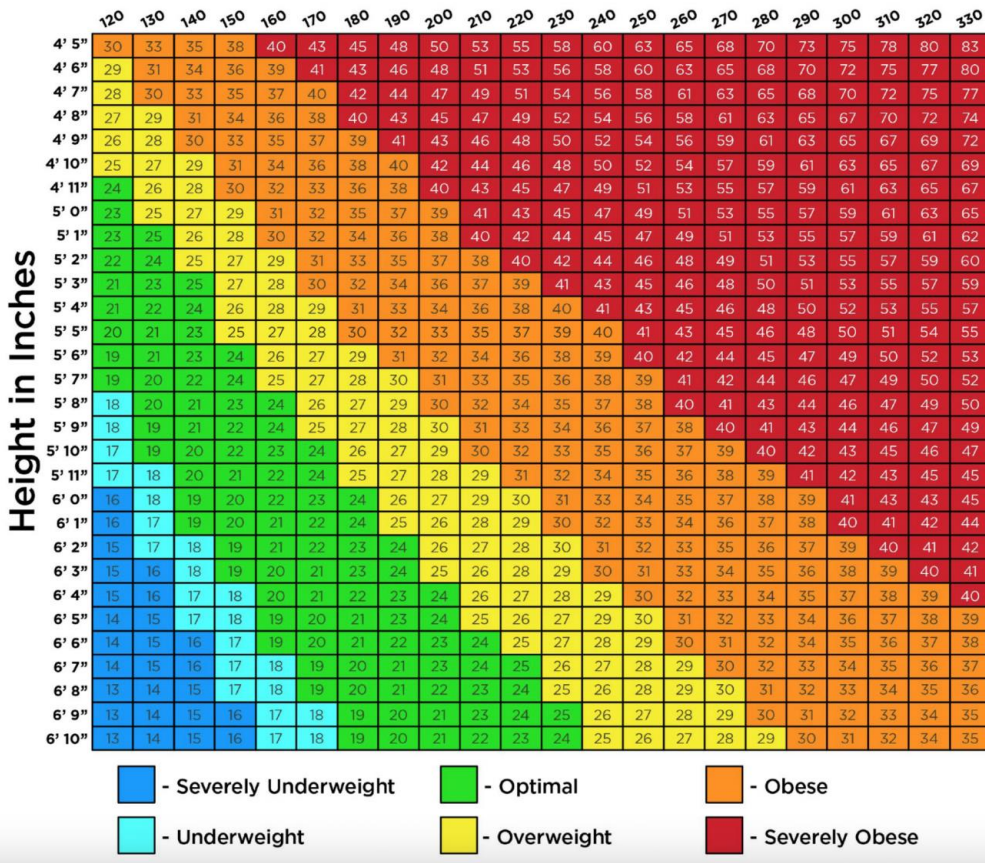
- You have type 1 diabetes **or** if you develop diabetic ketoacidosis.

Who Can Take Semaglutide?

Adult patients with an initial body mass index (BMI) of

- 30 kg/m² or greater (obesity)
- 27 kg/m² or greater (overweight) in the presence of at least one weight-related comorbid condition (e.g., hypertension, type 2 diabetes mellitus, or dyslipidemia)

Find Your Body Mass Index Weight in Pounds



Who Cannot Take Semaglutide?

You CANNOT take Semaglutide if you have any of the following conditions:

- personal or family history of Medullary Thyroid Carcinoma (MTC)
- personal or family history of Multiple Endocrine Neoplasia, type 2 (MEN 2)
- prior allergic reaction to Semaglutide or to any of its ingredients* (serious allergic reactions, including anaphylaxis and angioedema, have been reported with Semaglutide)
- diabetic retinopathy (diabetic eye disease)
- pregnant or trying to get pregnant (the estimated background risk of major birth defects is ~3% and the estimated background risk of miscarriage is ~18% – these percentages are increased with use of Semaglutide during pregnancy)
- breast-feeding (Semaglutide is present in breast milk)
- less than 18 years old
- depression with a history of suicidal thoughts

