

# Weight Loss Program

## Semaglutide Peptide Therapy (SPT)



Losing weight isn't always as simple as counting calories when your hormones are not at optimal levels. Semaglutide is medical solution to help do this and is FDA approved for weight management. The program is a weekly subcutaneous injection you can do at the privacy of your home that will help regulate appetite and blood sugar, optimize your body's glucose levels, and slow down the emptying of your GI tract.

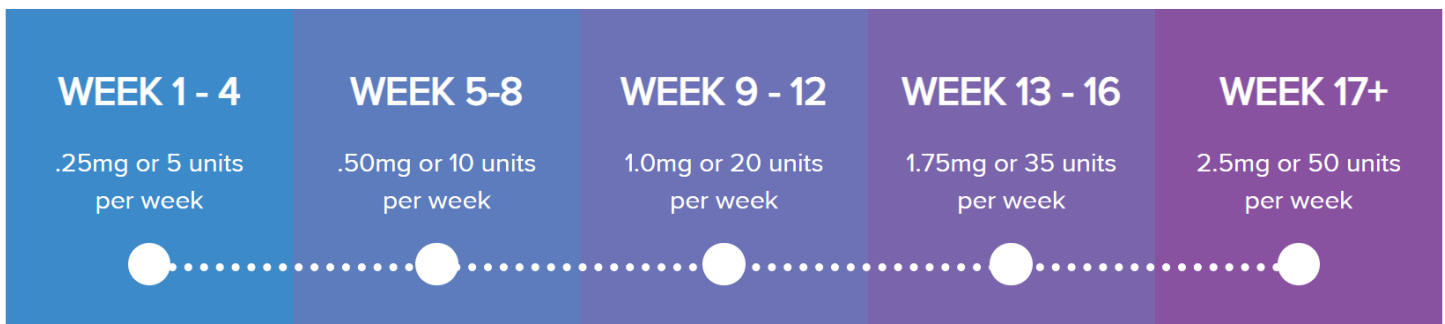
### What is Semaglutide?

Semaglutide is a glucagon-like peptide (GLP-1) that is multifaceted hormone with broad pharmacological potential<sup>1</sup>. The primary function is to lower blood sugar levels by naturally enhancing insulin secretion and inhibit glucagon release<sup>2</sup>. It has shown to significantly decrease appetite by slowing gastric emptying and help regulate appetite.

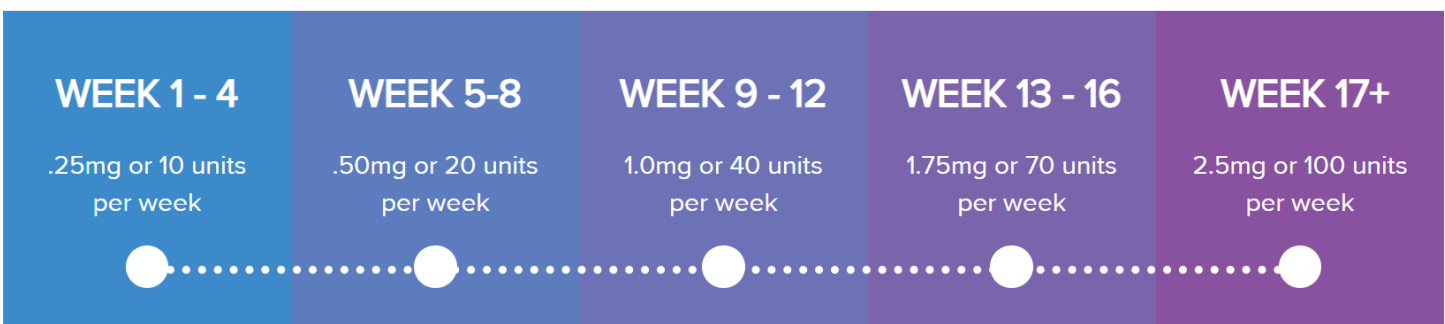
### How does the program work?

Weekly subcutaneous injections (usually in the abdomen) are administered with a step-up program.

#### Empower Pharmacy Dosing Guidelines (5mg/ml x 2.5mL= 12.5 total mg of semaglutide)



#### Hallandale Pharmacy Dosing Guidelines (2.5 mg/ml semaglutide x 5mL= 12.5 total mg of semaglutide)



If you are already using Semaglutide and are at 1.0mg/week (weeks 9-12), you could stay at that level, and the bottle would last approximately 12.5 weeks at 20 units per week.

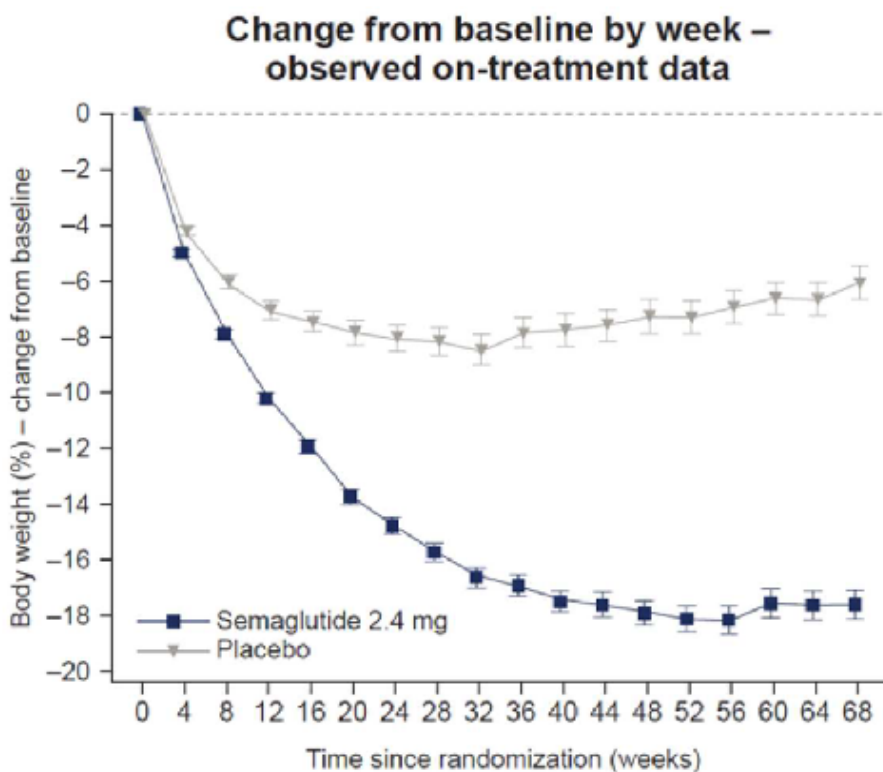
## Scientific Results for Semaglutide

An article published in 2021 documented the results of 611 randomized participants (placebo n=204 and semaglutide n=407)<sup>3</sup>. At the end of the study (68 weeks) the mean body weight change was 16% for semaglutide and 5.7% for placebo. In this, the semaglutide group achieved at least 10% lost baseline body weight in 75% of the participants compared to the placebo at 27%. In addition, participants on semaglutide had a significant reduction in waist circumference (8.3cm reduction) and a reduction in systolic blood pressure (3.9mm Hg). To further illustrate the impact of semaglutide 35% of the participants achieved a 20% loss in baseline weight compared to the placebo at 3.7%.

How much weight is this really? In this publication the average person lost 28.5 lbs more on semaglutide than the placebo.

## What to expect?

Some participants will see significant weight loss in weeks; however, the full benefits may take 12-24 weeks. In first few weeks you should begin to have less cravings, feel full faster, and start to see a reduction in your overall weight. As you continue this program (month – months) you should continue to see a reduction in your overall weight and fullness at an appropriate amount. It is not necessary to achieve the highest dose if you are at a healthy weight loss and at a balanced intake, however if you hit a plateau then increasing dosage may help.



*\*Side effects may occur: upset stomach, heartburn, gas, low blood sugar, bloating, nausea, vomiting, diarrhea, constipation, headache, dizziness, tiredness, and burping.*

## Literature Cited:

1Müller TD, Finan B, Bloom SR, D'Alessio D, Drucker DJ, Flatt PR, Fritsche A, Gribble F, Grill HJ, Habener JF, Holst JJ, Langhans W, Meier JJ, Nauck MA, Perez-Tilve D, Pocai A, Reimann F, Sandoval DA, Schwartz TW, Seeley RJ, Stemmer K, Tang-Christensen M, Woods SC, DiMarchi RD, Tschöp MH. Glucagon-like peptide 1 (GLP-1). *Mol Metab.* 2019 Dec;30:72-130. doi: 10.1016/j.molmet.2019.09.010. Epub 2019 Sep 30. PMID: 31767182; PMCID: PMC6812410.

2Rix I, Nexøe-Larsen C, Bergmann NC, et al. Glucagon Physiology. [Updated 2019 Jul 16]. In: Feingold KR, Anawalt B, Boyce A, et al., editors. *Endotext* [Internet]. South Dartmouth (MA): MDText.com, Inc.; 2000-. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK279127/>

3Wadden TA, Bailey TS, Billings LK, et al. Effect of Subcutaneous Semaglutide vs Placebo as an Adjunct to Intensive Behavioral Therapy on Body Weight in Adults With Overweight or Obesity: The STEP 3 Randomized Clinical Trial. *JAMA.* 2021;325(14):1403–1413. doi:10.1001/jama.2021.1831