

ADAPS WEIGHT LOSS PROGRAM

What Are Semaglutide and Tirzepatide?

- Semaglutide (brand names Wegovy for weight loss and Ozempic for diabetes) and Tirzepatide (brand name Mounjaro for both diabetes and weight loss) are injectable medications originally designed to treat type 2 diabetes.
- Both medications help control appetite and promote weight loss by mimicking natural hormones in the body that regulate hunger and blood sugar. They work by slowing the movement of food through your stomach, helping you feel full longer and reducing cravings.
- Semaglutide mimics the hormone GLP-1, while Tirzepatide works on both GLP-1 and GIP, which makes it more powerful for some people in terms of weight loss
- Our product comes from either a compounded pharmacy and may have an additional vitamin mixed in which allows this to aid with weight loss and its side effects

How Do They Help with Weight Loss?

Both medications:

- Decrease hunger and food cravings.
- Slow down gastric emptying, meaning you feel full longer after eating.
- Reduce “food noise”, or constant thoughts about food

How the Program Works

1. Start the Program: If you choose to move forward, we will process payment for your medication (between \$150-400, depending on your selection and dose). Your medication will be shipped to the clinic in a bulk order to reduce the cost of shipping. Prices may increase at anytime depending on supply. Please let me know what your upper limit. I limit supply sources to keep the purest forms of the medication on hand.
2. Weekly Injections: You will inject the medication once a week. Most clients start with a low dose, then gradually increase based on how well they tolerate it. The injection is simple and can be done in the abdomen, outer thigh, or upper arm. I will provide clear instructions on how to prepare and administer the injection.
3. First Month: For semaglutide, we start with ___ units for the first 2 weeks, then increase to ___ units if there are no significant side effects. For tirzepatide, you will start with ___ units weekly.

ADAPS WEIGHT LOSS PROGRAM

4. Monthly Check-In: Every 3-4 weeks, you will complete a check-in form to report your weight, any side effects, and whether you'd like to adjust your dose. Based on your feedback, I will arrange for your next medication shipment and adjust your dose if needed

Common Side Effects

1. Mild Side Effects(often temporary): Nausea (common when starting the medication and changing doses) Fatigue, diarrhea, or constipation may also occur.
2. Serious Side Effects(very rare): Pancreatitis (inflammation of the pancreas), especially if you have a history of pancreatitis. Thyroid cancer: This was observed in rats in early studies but has not been seen in humans in significant numbers. It is most often a concern with long-term use. Gallbladder issues may occur with rapid weight loss

Safety and Monitoring

- Pancreatitis: We will discuss your medical history, especially any past issues with your pancreas.
- Thyroid Cancer: If you or your family have a history of thyroid cancer, we will carefully evaluate the risks.
- Ongoing Communication: You can message me through the Practice Better app if you experience any issues or need support throughout the program. I will also review your progress regularly and adjust the treatment as needed

How Long Will You Be on Medication?

- Duration of Use: Most people stay on semaglutide or tirzepatide for 6-12 months. We focus on using the lowest effective dose to minimize side effects while still achieving significant weight loss.
- Quarterly Follow-Up: After 3-4 months, we will schedule a quarterly check-in to review your progress and make any necessary adjustments.
- Ongoing Communication: You do not have to wait for your monthly call to follow up to reach out with questions or concerns. I want to be your teammate in this process! Message me on the app with any needs between visits. If it is extensive and requires a call, we will schedule it. Most issues can be resolved through messaging

ADAPS WEIGHT LOSS PROGRAM

IMPORTANT NOTES:

- Refrigeration: Store the medication in the refrigerator until you're ready to use it
- Expiration: Each vial expires 28 days after the first puncture. This allows for 5 weeks of shots, maximum, per vial. Do not exceed this. Any leftover medication must be thrown away.
- Dose Adjustments: I recommend that you stay at the lowest effective dose. If you're losing 4-6 lbs per month without side effects, maintain your dose. If you plateau for several weeks, request a dose increase. Use your check-in forms to communicate your desire to increase or stay at your current dose.
- NO NEWS IS GOOD NEWS: If you do not fill out your check-in form or message me, I will order the same dose as your previous vial, assuming that you are happy with your current regimen.
- Maintain PCP Relationship: Continue seeing your primary care provider for any medical concerns.