



Semaglutide 101

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What is Semaglutide?

- Semaglutide is a weight loss medication received by weekly injection
- Semaglutide is FDA approved for weight loss
- Semaglutide is more effective than all prior weight loss medications!

How Does Semaglutide Work?

- Slows down stomach emptying so that after eating, you feel full longer
- Suppresses appetite and food cravings (on average patients eat ~30% less)
- Lowers blood glucose levels (without making glucose levels too low)

Your body naturally produces several substances that affect your appetite. One of these is called glucagon-like peptide-1 (GLP-1). The body produces GLP-1 naturally when you eat. GLP-1 stops you from feeling hungry and makes you feel full or satisfied.

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

Reduced food intake: Because Semaglutide reduces feelings of hunger, you eat less food. When combined with a healthy diet and exercise, Semaglutide will help you lose weight.

Effect on plaques in your blood vessels: In animal studies, Semaglutide stopped the progression of plaque formation in blood vessels. This is likely why Semaglutide has also been shown to reduce the risk of cardiovascular events and strokes.

TIPS

- walk (or other exercise) for 20-30 minutes a day
- drink plenty of water
- incorporate a stool softer and pro-biotic into your daily regimen to avoid constipation.
- meal replacement shakes are good to incorporate if you are not feeling hungry-. your body needs protein and other nutrients.
- going into starvation mode can cause stalling. We recommend eating 1200-1500 calories/day.

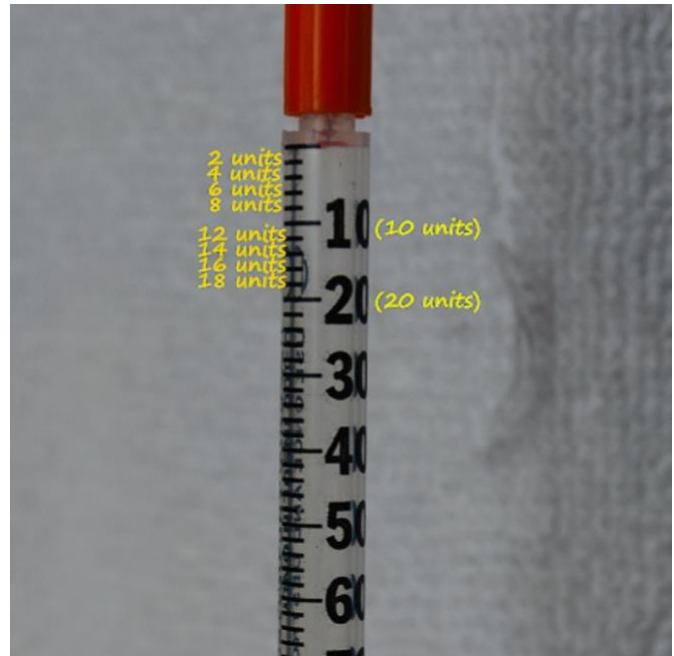
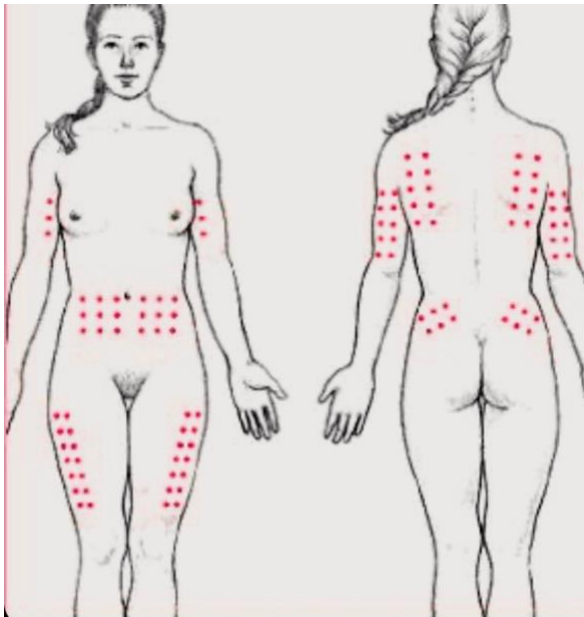
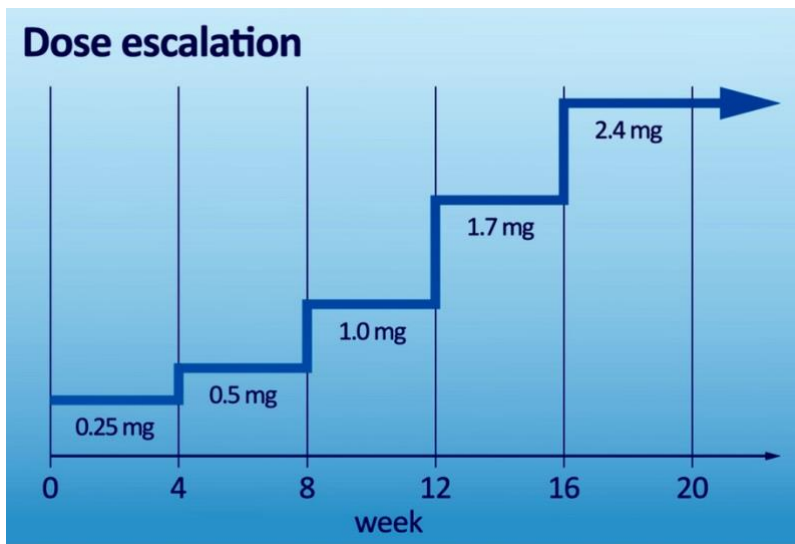
The *Skinny* on Semaglutide

On average, patients treated with Semaglutide for 68 weeks had the following results:

- Decreased body weight (on average, patients lose 26-34 lb. over 68 weeks)
 - 70% of patients achieve at least 10% weight loss
 - Over 50% achieve at least 15% weight loss
 - One-third achieve at least 20% weight loss
- 3 ½ inch reduction in waist circumference
- 4.5 decrease in body-mass index
- 5 mmHg decrease in systolic BP
- Improved physical functioning
- Improved lipid profiles: decreased total cholesterol, VLDL, free fatty acids, and triglycerides
- Lowered fasting blood glucose level (Semaglutide improves blood glucose control in adults with type 2 diabetes and may be used with diabetes medicines)
- Lowered C-reactive protein (a marker of inflammation)
- Semaglutide reduces the risk of heart attack and stroke

How Will Semaglutide be Administered?

- Semaglutide will be injected under the skin (subcutaneously) of your upper leg (thigh), stomach area, or upper arm.
- It is given once a week (every 7 days). It will not be given more frequently than every 7 days.
- It can be given on a full or empty stomach.
- Semaglutide can be given with insulin. It just needs to be injected separately from insulin. The injections should not be given right next to each other. Make sure that injection sites are rotated.
- The medication is to be stored in the refrigerator.



What If I Miss a Scheduled Dose?

If you miss a dose, give yourself the missed dose as soon as possible. Ideally within two days.

You can receive your missed dose up to 5 days after initial missed dose. Then, your next dose will be given at your regular day.

If it has been longer than 5 days after a missed dose, you will skip the missed dose and receive the next dose on your next regularly scheduled injection day.

You do not give double or extra doses.

What should I watch for while taking this medicine?

- It is very important for you to drink plenty of fluids while taking Semaglutide so that you remain well hydrated.
- You should drink enough fluid so that your urine is clear to light yellow in color.
 - Drink at least half a gallon of water daily.
 - Avoid sugary drinks and alcohol as these are major contributors to obesity.
- The loss of too much fluid can increase your risk of kidney injury while taking this medicine.
- If you have so much nausea, vomiting, and diarrhea that you feel dizzy, lightheaded, weak, tired, and/or have dark yellow urine, you must call us so that we can arrange for you to have a blood test to assess your kidney function.
- Learn the symptoms of low blood sugar and what to do if you notice these symptoms. Always carry a quick source of sugar with you in case you have symptoms of low blood sugar. Examples include hard sugar candy or glucose tablets.
- Do not become pregnant while taking this medicine. Men and women should stop Semaglutide at least 2 months before trying to get pregnant

Adverse Effects of Semaglutide:

- Up to 75% of patients have gastrointestinal side effects. These effects are generally mild-to-moderate in severity and are typically temporary.
- 95% of patients can continue using the medication despite these problems.
- The most common gastrointestinal side-effects are nausea, vomiting, diarrhea, and constipation.
- Patients may also experience abdominal pain, headache, fatigue, indigestion, dizziness, abdominal distension, bloating, burping, flatulence (gas), and gastroesophageal reflux (heartburn).

The average duration of these symptoms:

- Nausea, 5 days
- Diarrhea, 3 days
- Vomiting, 2 days
- Constipation, 27 days

Semaglutide is administered by injection once a week. It stays in your system for 7-14 days after each injection. It reaches its maximum concentration in the body 1 to 3 days after a dose. If you experience side effects, they will likely be most pronounced during the 1-3 days after each dose.

Side effects you should report to your doctor or health care professional as soon as possible:

- allergic reactions like skin rash, itching or hives, swelling of the face, lips, or tongue
- breathing problems
- changes in vision
- diarrhea that continues or is severe
- severe nausea
- frequent vomiting
- neck lump or swelling
- trouble swallowing
- signs and symptoms of infection like fever or chills; cough; sore throat
- signs and symptoms of low blood sugar (see below)
- signs and symptoms of kidney injury like trouble passing urine or change in the amount of urine

It is very important for you to drink plenty of fluids while taking Semaglutide so that you remain well hydrated. You should drink enough fluid so that your urine is clear to light yellow in color. Drink at least half a gallon of water daily. Avoid sugary drinks and alcohol as these are major contributors to obesity.

Things to Consideration Prior to Weight Loss Treatment with Semaglutide:

- Females and Males of Reproductive Potential: Semaglutide can increase the risk of birth defects and miscarriage. Semaglutide must be discontinued at least 2 months before a planned pregnancy.
- Risk of Thyroid C-Cell Tumors: Contact your primary care physician if you develop symptoms of thyroid tumors (e.g., a mass in the neck, difficulty swallowing, difficulty breathing, persistent hoarseness). This has occurred in lab animals given Semaglutide.

- Pancreatitis: Acute and chronic pancreatitis have been reported in clinical studies. Notify your primary care physician if you have signs and symptoms of pancreatitis (persistent severe abdominal pain, sometimes radiating to the back, with or without vomiting). If pancreatitis is suspected, discontinue Semaglutide promptly. If pancreatitis is confirmed, you will no longer be able to take the medication. This occurs in less than 1% of patients taking Semaglutide.
- Diabetic retinopathy: Rapid improvement in glucose control has been associated with a temporary worsening of diabetic retinopathy (vision problems).
- Hypoglycemia: Patients receiving Semaglutide in combination with insulin or a medication that increases insulin production (e.g., sulfonylurea) may have increased risk of hypoglycemia (low blood sugar), including severe hypoglycemia. Reducing the dose of insulin or other diabetes medications may be necessary while taking Semaglutide. You will need to tell the doctor that manages your diabetes that you are taking Semaglutide.

If you have symptoms of hypoglycemia, do the following: Eat or drink 15 to 20 grams of fast-acting carbohydrates.

These are sugary foods that are easily converted to sugar in the body:

- glucose tablets or gel
- fruit juice
- regular (not diet) soft drinks
- honey
- sugary candy

If you have the signs and symptoms of hypoglycemia, call your primary care physician or endocrinologist to discuss changing your medications.

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

- personal or family history of Medullary Thyroid Carcinoma (MTC)
- history of pancreatic cancer or pancreatic disease
- 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

*taking this medication will register on life insurance policies patient as a diabetic.

