

# Semaglutide

## Prescription Weight Loss

### DOSAGE & ADMINISTRATION

- **Month 1:** 0.25 mg (0.1ml) once weekly
- **Month 2:** 0.5 mg (0.2 ml) once weekly
- **Month 3:** 1.0 mg (0.4 ml) once weekly
- **Month 4:** 1.75 mg (0.7 ml) once weekly
- **Month 5:** 2.5 mg (1 ml) once weekly

-injectable Semaglutide can be taken with or without food

-if you need to change the day of the week, it is no problem as long as last dose was given 2 or more days before



LIFESTYLE BY SKINTASTIC MED SPA

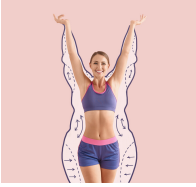
## WHAT IS SEMAGLUTIDE AND HOW DOES IT WORK?

Semaglutide is a medication that is used as an injection for weight loss. It works by mimicking the hormone GLP-1, which helps regulate appetite and slow down digestion. By increasing GLP-1 levels, semaglutide can help reduce hunger and promote feelings of fullness, leading to weight loss in people with obesity or overweight. Semaglutide is usually given once a week and used in combination with a reduced-calorie diet and increased physical activity.

## TIPS FOR SUCCESS WHEN GETTING STARTED ON SEMAGLUTIDE:

1. Follow a balanced and calorie-controlled diet: Semaglutide works best when used in combination with a healthy diet and regular physical activity.
2. Increase physical activity: Aim to be physically active for at least 30 minutes most days of the week. You can start by incorporating light activities such as walking, yoga, or swimming and gradually increase the intensity and duration as your body adjusts.
3. Keep track of progress: Keep track of your weight and other body measurements, such as waist circumference, and monitor any changes over time. This can help you stay motivated and on track.
4. Stay hydrated: Drink plenty of water throughout the day to help flush out toxins and keep your body functioning optimally.
5. Talk to your healthcare provider: Make sure to regularly check in with your healthcare provider to monitor your progress and address any questions or concerns you may have.
6. Be patient: Weight loss with Semaglutide can take time, so be patient and consistent with your diet and exercise regimen.
7. Stay consistent: Consistency is key when it comes to weight loss. Stick to your diet and exercise plan, even when faced with setbacks or obstacles.
8. Eat regularly: Try to eat three meals a day and avoid skipping meals, as this can slow down your metabolism and negatively impact weight loss.
9. Focus on fiber: Fiber helps you feel full and satisfied, making it easier to stick to a healthy diet. Incorporate fiber-rich foods, such as whole grains, fruits, and vegetables, into your diet.





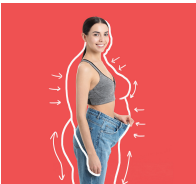
### DECREASED APPETITE

Semaglutide can cause a reduction in hunger, leading to decreased food intake and weight loss.



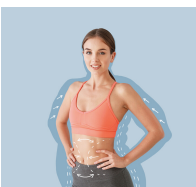
### INCREASED INSULIN SECRETION

Semaglutide stimulates the pancreas to release insulin, which can improve glucose control and promote weight loss



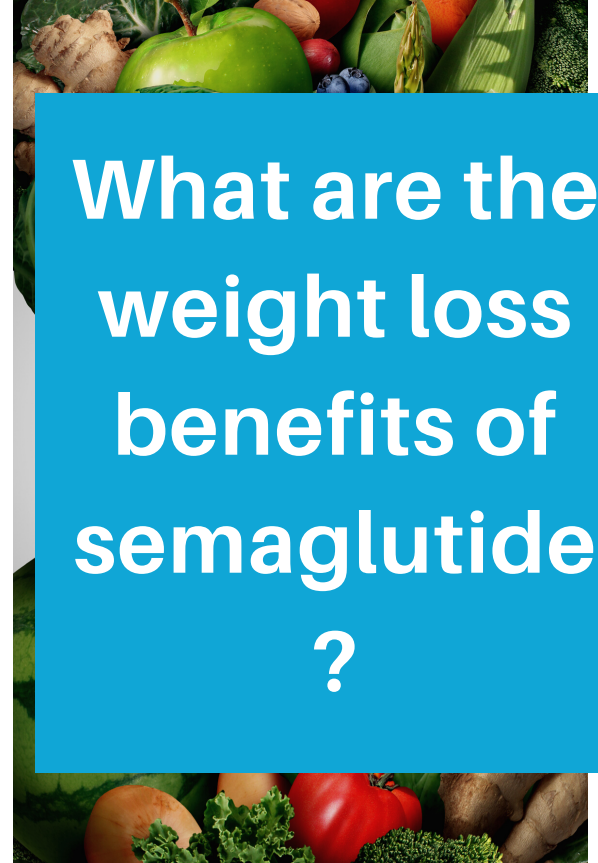
### REDUCED GLUCAGON SECRETION:

Semaglutide reduces the release of glucagon, a hormone that increases glucose production in the liver and contributes to weight gain.



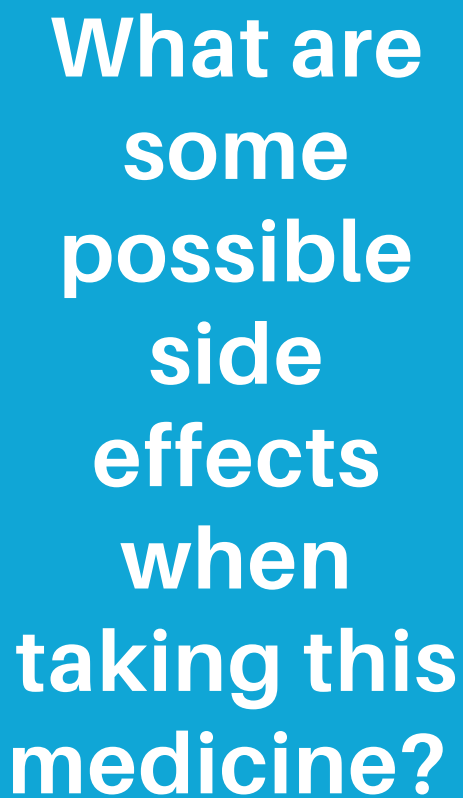
### SLOWED GASTRIC EMPTYING

Semaglutide slows the rate at which food leaves the stomach, leading to a feeling of fullness and decreased food intake.



**What are the  
weight loss  
benefits of  
semaglutide  
?**

Overall, the weight loss benefits of taking Semaglutide can be substantial, with some individuals losing up to 10% of their body weight when used in combination with lifestyle changes such as a reduced-calorie diet and increased physical activity. However, it is important to note that individual results may vary and that semaglutide should be used as part of a comprehensive weight management program.



# What are some possible side effects when taking this medicine?

**NAUSEA:** One of the most common side effects of semaglutide is nausea. This can be mitigated by taking the medication with food. (Zofran may be prescribed if necessary)

**DIARRHEA:** Some people may experience diarrhea while taking semaglutide. This can be managed by drinking plenty of fluids and avoiding foods that can exacerbate the symptoms.

**HEADACHES:** Headaches are another common side effect of semaglutide. If the headaches are severe or persistent, it is important to speak with a healthcare provider.

**CONSTIPATION:** Some people may experience constipation while taking semaglutide, this can be managed by drinking plenty of fluids, eating high-fiber foods, and getting regular physical activity.

**HYPOGLYCEMIA:** Semaglutide may cause low blood sugar, particularly in people with diabetes. This can be mitigated by monitoring blood sugar levels regularly.

**INJECTION SITE REACTIONS:** Semaglutide is administered via subcutaneous injection and some people may experience redness, swelling, or pain at the injection site.

**FATIGUE:** Some people may experience fatigue or a lack of energy while taking semaglutide. This can be managed by getting enough sleep and regular physical activity.

**DEPRESSION & ANXIETY:** Some people may experience depression or anxiety while taking semaglutide. If this occurs, it is important to speak with a healthcare provider.

It is important to note that these side effects are not experienced by everyone who takes semaglutide, and some people may experience side effects not listed here. It is important to speak with a healthcare provider about any concerns or questions regarding side effects while taking semaglutide.





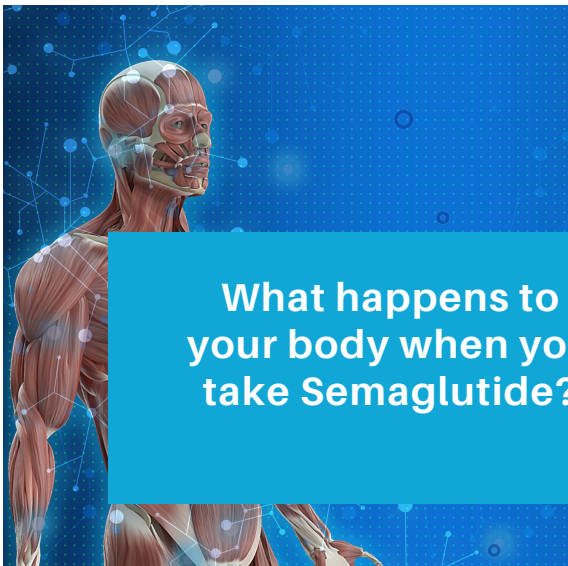
**How much weight can someone lose in a week while taking semaglutide for weight loss?**

The amount of weight someone can lose in a week while taking Semaglutide will vary from person to person. However, in clinical trials, adults who took Semaglutide lost an average of 6-8% of their body weight over a period of 68 weeks. This is equivalent to about 12-16 pounds (5.4-7.3 kg) for a 200-pound person. It's important to note that weight loss results will vary depending on a person's individual characteristics and adherence to a healthy diet and exercise program.



**How long can you take semaglutide for?**

The length of time that semaglutide can be taken depends on the individual and their health status. It is generally used as a long-term treatment for people with obesity or overweight, and some people may continue to take it for several years. The safety and effectiveness of semaglutide for weight loss should be regularly monitored by a healthcare professional.



**What happens to your body when you take Semaglutide?**

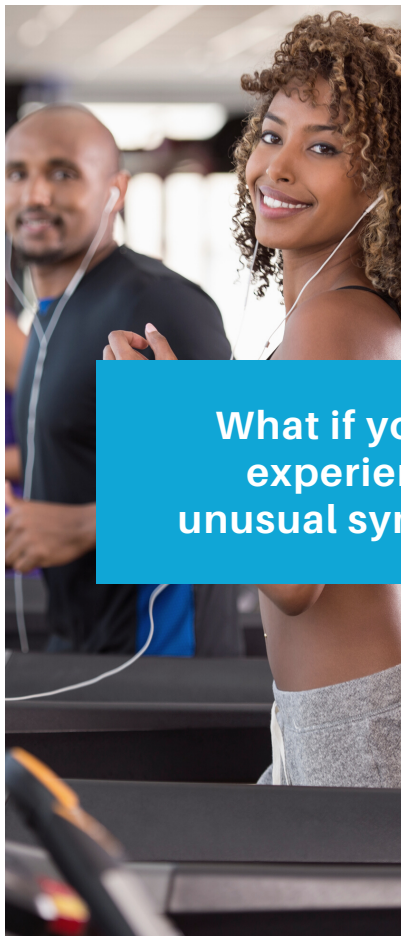
The medication helps regulate appetite, slows down digestion, and promotes feelings of fullness. By increasing the levels of GLP-1 in the body, semaglutide can help reduce hunger and promote feelings of fullness, which can lead to weight loss in people with obesity or overweight.

In addition to its effects on appetite and weight, semaglutide can also have other effects on the body, such as reducing blood glucose levels and improving insulin sensitivity in people with type 2 diabetes.



**Be sure to stay in touch & let us know about your progress**

Regular communication with your healthcare practitioner (i.e. such as Monthly Weight Goals) and sticking to the weight loss program is crucial for achieving optimal success while on any weight loss program, including semaglutide. It helps to monitor progress, make necessary adjustments and develop healthy habits for long-term success.



**What if you start experiencing unusual symptoms?**

If you start experiencing any unusual symptoms while taking semaglutide for weight loss, you should promptly report these to your doctor. Some of the things a patient should report to their doctor include:

1. Persistent nausea, vomiting, or diarrhea
2. Severe abdominal pain
3. Dehydration or signs of dehydration, such as dark urine or dry mouth
4. Signs of low blood sugar, such as dizziness, lightheadedness, confusion, shakiness, or sweating
5. Unexplained weight loss or weight gain
6. Changes in appetite or eating habits
7. Severe skin rash or itching
8. Difficulty breathing or shortness of breath
9. Swelling of the face, lips, tongue, or throat
10. Dark urine or pale stools
11. Fatigue or weakness
12. Yellowing of the skin or eyes

It is important to note that the above symptoms are not an exhaustive list, and patients should report any other unusual symptoms they may experience while taking semaglutide. Prompt reporting of any adverse events can help the physician adjust the medication regimen or provide appropriate treatment to prevent any serious complications.

\*Should you need to contact us, please call the office at 972-999-1155 or call Howard's cell at 214-471-4471



What are  
some of the  
results from  
using  
semaglutide?

- **Weight loss (obviously!)**
- **Reduced appetite**
- **Improved blood sugar control**
- **Reduced risk of cardiovascular disease**
- **Reduced risk of cardiovascular disease**
- **Improved insulin sensitivity**
- **Lowered blood pressure**
- **Improved lipid profile**
- **Improved kidney function**
- **Improved quality of life**

## WHAT'S NEXT?

We understand that everyone's wellness journey is unique, which is why we have developed a comprehensive wellness plan customized for each individual. Our plan begins with assessing and balancing hormones, as hormonal imbalances can often lead to a range of health issues. Peptides can also play a vital role and help increase muscle mass, reduce body fat, improve bone density, and enhance overall physical performance. They've also been found to help slow the aging process, improve cognitive function, and promote overall health and well-being.

With a combination of natural hormone therapies, peptides and your input; together we'll work to have you feeling your best self yet!

**Be sure to Read our Lifestyles by Skintastic Program for more insight on Healthy Tips & Insight for Better Success on Your Weight Loss Journey!**

Disclaimer: The use of peptides or hormones is not guaranteed to produce expected results and should only be considered under the guidance of a licensed healthcare professional. Misuse can lead to serious health complications. Please consult with a healthcare professional before considering hormone therapy.