

## *Compass Wellness Weight Management FAQ*



### **What is the key treatment in this program?**

This is a safe and effective medically managed weight loss program. We provide a weekly injection of medicine called GLP-1 Agonists (Semaglutide or Tirzepatide) as well as other fat burners and vitamins to enhance results, keep you energized, and nourished.

### **What Is GLP-1 Agonist?**

We use either Semaglutide or Tirzepatide, both are breakthrough drugs for people who struggle with chronic weight management challenges. First isolated as effective diabetes drugs, these insulin-boosting medications are now available to patients who need to lose a significant amount of weight in a consistent way and achieve results long-term. This treatment method doesn't rely on stimulants, harmful crash diets, unsustainable exercise plans, or any other mechanism that can jeopardize the patient's overall health.

Both Semaglutide and Tirzepatide are extremely safe and well-researched substances. This group of medications have already been prescribed for over a decade and are now FDA approved for long-term weight loss.

## How often do I need an Injection?

Your dedication to healthy lifestyle choices will be crucial for sustainable, long-term weight management. These medications are injected just under the skin on a weekly basis, you can reach your ideal body weight in a way that can be maintained for the rest of your life. You can do so without turning to starvation-based “diets” or unrealistic 30-day workout plans. Likewise, you can stop treatment at any time.

## What results can I expect?

GLP-1's are not miracle cures or a gimmicky “fat-burning” supplement. It is a long-acting prescription medicine designed to be used over an extended period of several months or more. Studies show an average weight loss of 15% of your total body weight within 6 months with these medications alone. Results are enhanced with corrective diet and consistent exercise.

For those who chose to work with our Nurse Practitioner, we offer a comprehensive evaluation and ongoing nutritional counseling and support to help you make the lifestyle changes you need to succeed.

## Do GLP-1's Really Work for Losing Weight?

There is an impressive body of scientific evidence backing GLP-1's effectiveness as a weight-loss drug. Some of the research that was conducted leading up to its recent FDA approval for weight management includes several high-level randomized trials done in both the United States and Europe on both diabetic and non-diabetic patients. All these studies prove repeatedly that it is the best treatments options for people struggling to lose weight.

## How Do These Medications Work?

GLP-1 agonists work by stimulating your pancreas to increase insulin. This additional insulin causes the stomach to empty over a longer period of time. The idea of the stomach processing food more slowly can seem counterintuitive to patients who have turned to stimulant-based diet pills in the past. However, this slow and consistent digestion is merely an early step in the chain reaction that makes Semaglutide and Tirzepatide such effective weight loss drugs.

A GLP-1 regimen will also lead to healthier blood sugar levels, which can help you feel more energetic throughout your day. Stabilized and controlled blood sugar levels can also help improve other areas of your overall health. Even if you aren't at risk for diabetes, this effect can contribute to a general sense of well-being, which is a crucial component in any weight loss journey.

## **What are the potential side effects while on GLP-1 Agonists?**

Our Compass Wellness Weight Management plan offers Semaglutide or Tirzepatide in the form of a weekly subcutaneous injection. With potent medications like these, it's extremely important to adhere to your prescribed dosing schedule. Your body needs time to adjust to such powerful medicine, so it is crucial to titrate your dose up slowly. Our physician or nurse practitioner will recommend titrated dosing levels that are custom to you and your progress and needs, but typically follows a 4-week schedule per dose change. GLP-1s are well tolerated by most patients. But like any medication, you should be aware of potential side effects, including:

- Loss of appetite (i.e., constant feelings of fullness that go beyond the desired results)
- Light-headed or dizzy sensations
- Persistent lethargic feeling
- Gastrointestinal discomfort
- Diarrhea
- Nausea

Report these or any other negative side effects immediately. These side effects are easily treatable. We will be able to make any necessary adjustments to your dose or titration schedule to ensure that your GLP-1's treatment is working for you as efficiently and effectively as possible.

## **GLP-1s: A New Approach for Weight Loss Success**

Losing a significant amount of weight is difficult, and many people give up because they don't see immediate results. This medication provides hope for those patients who have tried other methods without success. GLP-1s are a novel treatment that have been shown to be both safe and effective. If you are struggling with your weight, talk to our medical providers about whether this medication might be right for you.