

MEDICALLY MONITORED GLP Weight Loss Treatments

At Precision Aesthetics, we offer in-person treatments that are medically supervised, as these medications require a prescription. Our PA, Donell Deremer, administers the injections on-site. Donell is Board-Certified in Internal Medicine and has a Doctorate of Medical Science in Dermatology.

While there are numerous GLP providers that operate through mail order or tele-health, most of the medications they offer are sourced from outside the US. This raises concerns about the safety, sterility, and efficacy of these products, as there is no oversight or certification. The FDA has even established a Watch List for such pharmacies.

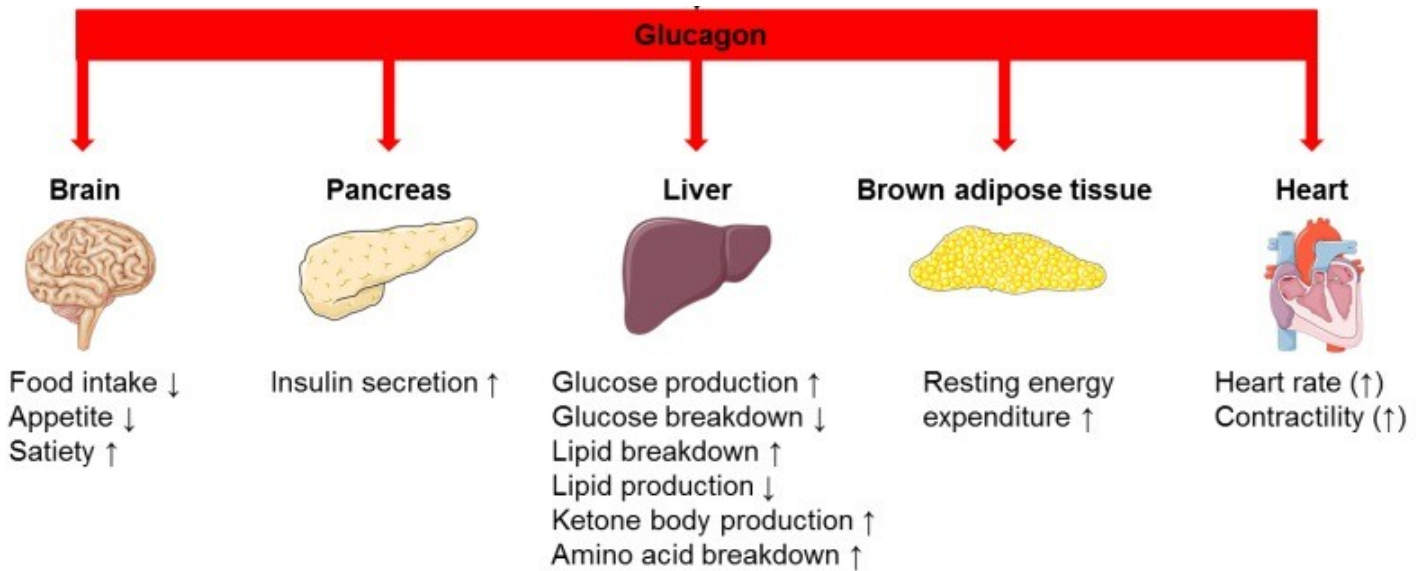
Recent news articles have highlighted cases of individuals self-injecting, often administering incorrect doses that led to emergency room visits for urgent medical care. Once you reach your maintenance dose of GLP, you will receive proper instructions on how to self-inject moving forward.

GLP stands for Glucagon-Like Peptide. The GLP medications prescribed at Precision Aesthetics are compounded semaglutide and compounded tirzepatide.

Semaglutide is sold under the brand name of OZEMPIC for diabetes, and WEGOVY for weight loss.

Tirzepatide is sold under the brand name of MOUNDJARO for diabetes, and ZEPBOUND for weight loss.

Glucagon is a hormone produced by your pancreas. Glucagon is normally released in times of fasting, intense exercise or hypoglycemia.



Who is eligible for treatment:

Adults: Obesity (BMI ≥30)

Adults: Overweight (BMI ≥27)

and 1 of the following

Hypertension

Cardiovascular disease

Abnormal lipids (cholesterol, triglycerides)

Obstructive sleep apnea

History of heart attack, stroke or blood vessel problem

Pediatric use: 12+ with weight at 95th percentile, >60kg (132lbs).

Who is NOT eligible for treatment:

Medullary Thyroid Cancer (MTC), self or family hx

Multiple Endocrine Neoplasia Type 2 (MEN2) self or family hx

Chronic/Severe /Recurrent: pancreatitis, cholecystitis, renal disease

Other severe GI disease

DM 1 or 2- We will not interfere with your doctor's treatment plan for your diabetes.

Taking medications lowering blood sugar, slowing GI motility

Pregnancy/Breast feeding

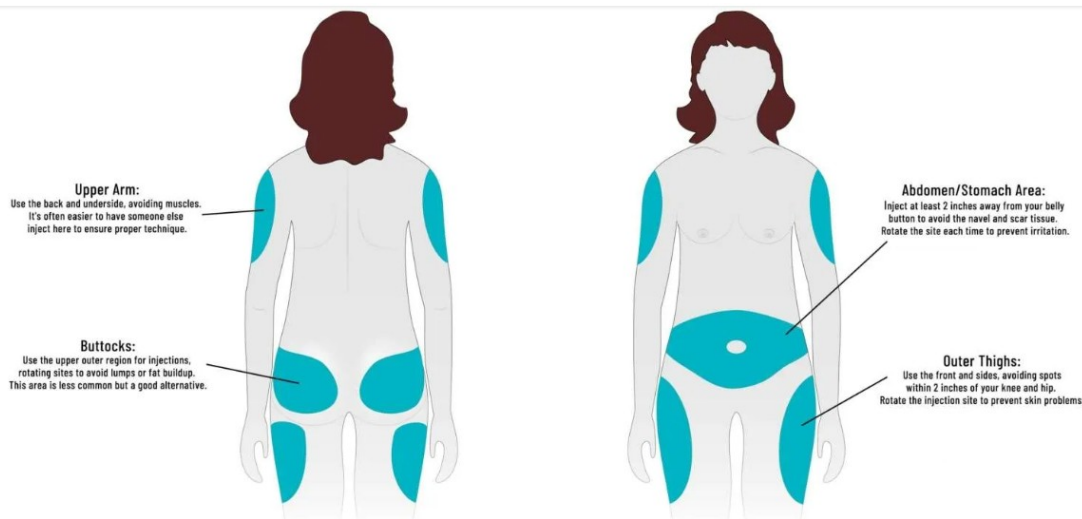
Already taking Adlyxin®, Byetta®, Bydureon®, Mounjaro®, Ozempic®, Rybelsus®, Trulicity®,

Victoza®, Wegovy®, Zepbound®.

Age < 12 years old

BMI < 27 at onset of treatment

GLP medications are given by very shallow injection. Just like how insulin is given, it is injected just under the skin, called a subcutaneous injection. The needle is a little bigger than a hair and only 4 mm long (about 1/8 th of an inch). Injections are only ONCE A WEEK!



WHO SHOULD NOT TAKE GLP-1 MEDICATIONS:

Medullary Thyroid Carcinoma (MTC)-self or family history. MTC is a rare genetic cancer of the thyroid. GLP-1 medication has caused thyroid cancer in rodents. It is not known if GLP-1 medications will cause thyroid cancer in people.

Symptoms of thyroid tumors include: lump in the throat/neck, difficulty swallowing, difficulty breathing, persistent hoarseness, and other. Seek appropriate evaluation for such signs or symptoms if present.

Multiple Endocrine Neoplasia syndrome type 2 (MEN-2)-self or family history. MEN-2 is a rare, genetic disorder that can cause tumors in the thyroid gland and other glands.

Pregnancy/Breastfeeding- Do not take GLP-1 medication if you are pregnant or plan to become pregnant as GLP-1's may cause fetal harm. When pregnancy is recognized, discontinue GLP-1 medications. Discontinue GLP-1 medications at least 2 months before a planned pregnancy.

Already taking a GLP-1 medication- Adlyxin®, Byetta®, Bydureon®, Mounjaro®, Ozempic®, Rybelsus®, Trulicity®, Victoza®, Wegovy®, Zepbound®.

Severe allergic reaction/angioedema/anaphylaxis- do not take this medication if you have had a serious allergic reaction to the medicine or any of its ingredients.

COMMON SIDE EFFECTS/HOW TO MANAGE:

Most side effects are gastrointestinal and are not serious.

To help avoid gastrointestinal side effects of GLP-1 drugs:

You may not be aware of how early you become full! Eat slowly and stop when you first start to feel full, eat smaller portions and avoid being too active immediately after eating.

You may notice your urine output is less while taking a GLP-1 medication. Drink more water than you think you need, and then drink more!

Nausea- can be managed by avoiding strong smells and eating crackers, mint, or ginger-based food or drinks about a half hour after taking a GLP-1 drug. If nausea interferes with your daily activities, a prescription medication may be needed.

Vomiting- vomiting can be managed with prescription medication to control nausea. It is VERY important to not become dehydrated! Drink small amounts of electrolyte solutions like pedicure or Gatorade. Do not drink only bottled water as this will do little to help your body rehydrate, you need salt, etc.

Eat smaller, more frequent bland meals, like the BRAT Diet: Bananas, Rice Applesauce and Toast. *If you are unable to keep down fluids, you may need to seek medical attention for IV rehydration.*

Diarrhea- It is VERY important to not dehydrate from water loss with diarrhea. Hydration can be managed by drinking plenty of electrolytes, by avoiding dairy products, and by eating high-fiber foods until symptoms go away. It is not recommended to take medications like Lomotil or the like to control diarrhea. GLP-1 medications slow the digestive system and anti-diarrheal medications can further slow your system. This may potentially increase your risk of bowel obstruction, pancreatitis, gall stones, kidney failure, etc. *If you feel you are unable to keep water in, seek medical attention as you may need IV rehydration.*

Constipation- can be managed by increasing fiber in your diet (fiber supplements) and drinking plenty of water.

Heartburn- manage with over-the-counter antacids, Pepcid/Tagamet/Zantac and Prilosec medications.

Flatulence/Bloating- over the counter Gas-X, any medication with simethicone

LESS COMMON/ADVERSE EVENTS:

The majority of adverse events are seen in those experiencing severe gastrointestinal side effects like vomiting and diarrhea, leading to dehydration needing urgent medical attention.

Pancreatitis- People taking GLP-1 reported pancreatitis, but studies do not show it was directly caused by the GLP-1. Symptoms of pancreatitis can include **upper abdominal pain which may feel like it's boring through to your back**, nausea, vomiting, fever, dark urine, clay-colored stools.

If pain is severe and vomiting is frequent, seek medical attention.

Gallbladder Disease-Occurrence of gallbladder disease was reported in 1.6% of patients. The occurrence of gallstones and gallbladder inflammation was higher in those with severe digestive symptoms. Symptoms of gallbladder disease can include severe, persistent **right upper abdominal pain which may feel like its spreading to your right back or shoulder**, flatulence, pain after fatty foods, nausea, vomiting, fever, yellowing of the skin or eyes.

Kidney Failure-Mainly due to dehydration from severe vomiting, and/or diarrhea. Signs of kidney trouble may include low back or side pain, abdomen pain, **little to no urine output, urine with dark color, and strong odor**. It is very important to stay hydrated, drink at least 32 oz of water per day to avoid constipation and dehydration.

Bowel Obstruction-Part of how GLP-1 helps you feel full is that it slows the movement of food through your digestive system.

Depression or suicidal thoughts-You should pay attention to any mental changes, especially sudden **changes** in your mood, behaviors, thoughts, or feelings. If your underlying depression worsens, stop GLP immediately. Call your healthcare provider right away if you have any mental changes that are new, worse or worry you.

SEEK URGENT MEDICAL ATTENTION WHEN:

Stomach pain- is common and is typically diffuse, crampy, gas-type pain that comes and goes.

If stomach pain is any of the following:

- Severe, persistent/recurrent

- Felt in Upper middle or left abdomen, can be felt through to the back

- Felt in Right upper abdomen, can be felt around to right shoulder blade

Especially if accompanied by any of following:

- Protracted nausea and vomiting, resulting in dehydration

- Vomiting yellow or green bile

- Protracted diarrhea, resulting in dehydration

- Clay-colored stools

- No bowel movements

- No or very little urine output/dark/odor

Mood changes-if you experience depression, worsening of depression, thoughts of suicide or self- harm, seek medical care immediately.

**If you believe you are experiencing a medical emergency, call 911
or go to the nearest emergency room immediately.**