

## GLP-1 Weight Loss Medication

Thank you for choosing Pūr Skin Clinic for your treatment. Proper patient education and care is essential to ensure an optimal experience.

### What are GLP-1 Medications?

GLP-1 (glucagon-like peptide-1) medications are a class of drugs used to aid in weight loss. They work by mimicking a natural hormone in your body that helps regulate appetite, glucose levels, and insulin production. GLP-1 medications can help you feel fuller longer, reduce hunger, and ultimately lead to weight loss when combined with a healthy diet and regular physical activity.

GLP-1 medications offered at Pur Skin Clinic include:

- **Semaglutide** (*compounded with glycine and vitamin B12*)
- **Tirzepatide** (*compounded with glycine and vitamin B12*)

These medications are typically administered through once weekly injections.

### We offer two weight loss packages:

- **Gold Package** (*minimum 3-month commitment*):
  - Semaglutide: \$1900 for 3 months
    - Compound formula includes glycine and B12 to reduce side effects and muscle loss
    - Ideal for patients who are close to their goal weight
    - Includes initial consult and 2 follow up appointments
- **Diamond Package** (*minimum 3-month commitment*):
  - Tirzepatide: \$2100 for 3 months
    - Compound formula includes glycine and B12 to reduce side effects and muscle loss
    - Ideal for candidates who want to lose more than 10 pounds of weight
    - Includes initial consult and 2 follow up appointments

### How Do GLP-1 Medications Help with Weight Loss?

- **Appetite Regulation:** GLP-1's increase feelings of fullness, which can help you eat less.
- **Slowed Gastric Emptying:** They slow down how quickly food leaves your stomach, helping you feel full for a longer period after eating.

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- **Improved Blood Sugar Control:** By helping regulate blood sugar levels, GLP-1 medications can also prevent overeating triggered by blood sugar spikes and crashes.
- **Reduced Food Cravings:** They may decrease cravings for high-calorie foods, making it easier to make healthier choices.

### **Recommended Diet Guidelines While Using GLP-1 Medications**

For the best results, it's important to pair your GLP-1 medication with a healthy, balanced diet.

Here are some helpful dietary guidelines:

#### **Eat Balanced Meals:**

- Focus on whole foods, such as lean proteins, vegetables, fruits, whole grains, and healthy fats. Daily protein recommendation is 1 gram of protein per 2.2 pounds (or 1 kg) of body weight daily OR at least 60g protein daily
- Aim for balanced meals that include protein, fiber, and healthy fats to help maintain fullness and stabilize blood sugar.

#### **Smaller, Frequent Meals:**

- Since GLP-1 medications can make you feel full faster, try eating smaller meals more often to prevent overeating.
- Consider 4–6 smaller meals per day instead of 3 large meals.

#### **Hydrate:**

- Drink plenty of water throughout the day to stay hydrated.
- Limit sugary drinks like soda and fruit juices, as they can add unnecessary calories.

#### **Limit Processed and High-Sugar Foods:**

- Reduce intake of processed foods, sugary snacks, and refined carbohydrates.
- Choose complex carbs like whole grains, vegetables, and legumes for steady energy release.

#### **Recommended Physical Activity Guidelines**

- Exercise is a critical part of any weight loss journey. GLP-1 medications are most effective when combined with regular physical activity. Aim for a mix of aerobic exercise (cardio) and strength training.

#### **Aim for at Least 150 Minutes of Moderate-Intensity Activity per Week:**

- The American Heart Association recommends at least 150 minutes of moderate-intensity aerobic exercise, such as brisk walking or swimming, spread out over the week.
- Alternatively, you can aim for 75 minutes of vigorous-intensity exercise, such as jogging or running.

#### **Strength Training:**

- Include strength training exercises (like bodyweight exercises, weightlifting, or resistance bands) at least two days a week to build muscle mass.
- Building muscle helps increase metabolism, supports weight loss efforts, and prevents loss of muscle mass.

#### **Stay Consistent:**

- Consistency is key to weight loss. Try to find activities you enjoy, so you're more likely to stick with your exercise routine.

### **Important Tips and Considerations**

- **Side Effects:** Common side effects of GLP-1 medications include nausea, vomiting, and diarrhea. These symptoms often resolve with continued use of medication (after first 4-6 weeks). Our providers can also provide medications for nausea and diarrhea as needed!
- **Gradual Changes:** Weight loss with GLP-1 medications can be gradual. Be patient and focus on long-term lifestyle changes rather than quick fixes. Approx 1-1.5lbs of weight loss per week is ideal.
- **Medical Supervision:** Always take your GLP-1 medication as prescribed by your healthcare provider. They will monitor your progress monthly and make adjustments as needed.
- **Healthy Habits:** GLP-1 medications are most effective when combined with other healthy lifestyle habits, including a balanced diet, physical activity, adequate sleep, and stress management. Stopping this medication can lead to regain of weight if healthy habits are not established.

### **When to Contact Your Healthcare Provider**

- If you experience severe side effects such as persistent nausea, vomiting, or abdominal pain.
- If you notice any signs of low blood sugar (*hypoglycemia*), such as shaking, sweating, dizziness, or confusion.
- If you have any concerns about your weight loss progress or need additional support with diet and exercise.

By following these guidelines and working closely with your healthcare provider, GLP-1 medications can help you achieve and maintain a healthy weight. Remember, the key to success is consistency and combining medication with healthy lifestyle changes!

**Thank you for trusting us with your aesthetic journey. If you have any questions or concerns, don't hesitate to contact your Pūr Skin Clinic healthcare team for personalized advice.**

*This handout is intended for informational purposes only and should not replace professional medical advice. Always consult with your healthcare provider before starting any new medication or making significant changes to your diet and exercise routine.*