



What is Semaglutide?

Semaglutide is a glucagon-like peptide (GLP-1) analog approved in 2017 as a treatment method for improving glycemic control in patients with Type 2 diabetes. Semaglutide shows great promise for patients who are having difficulty losing weight.

Studies have demonstrated that Semaglutide reduced appetite, improved control of eating, and reduced food cravings in addition to improved glycemic control. The greatest weight loss benefits were observed when Semaglutide is used in combination with lifestyle changes, such as improved diet and consistent exercise.

How does Semaglutide work?

GLP-1 is a hormone produced in the small intestine that stimulates insulin secretion and inhibits glucagon secretion, thereby lowering blood sugar.

Semaglutide has demonstrated beneficial effects on glycemia, in addition to a host of other benefits.

How much Semaglutide do I inject?

**Start with 0.25mL once weekly, increase to 0.5mL if needed/tolerated.

Reported Benefits:

- Weight Loss
- Neuroprotective
- Improved Fertility
- Treatment of PCOS
- Smoking Cessation
- Cardiovascular Benefits

How should Semaglutide be used?

Semaglutide is a subcutaneous injection which is most commonly dosed at 0.25mL(0.5mg) to 0.5mL(1mg) once weekly. This dosing may be increased to 1mL(2mg) once weekly after one month of treatment if needed.

This medication is generally well-tolerated and can be dosed continuously without breaking treatment with no diminishing effects.

Side effects/contraindications:

The most commonly reported side effects include nausea, vomiting, diarrhea, stomach pain, and constipation. The risk of serious side effects increases in patients with hypoglycemia, kidney problems, and risk of allergic reactions.

This medication is **not** an insulin and should not be used if:

- You have type 1 diabetes **or** if you develop diabetic ketoacidosis.