

# BOBO GAZETTE



**Letter from the Editor:** I am so excited about this month's issue of the BOBO Gazette. It is about Semaglutide (Ozempic, Wegovy). It's a drug that has been prescribed for diabetic patients but now it has been discovered it helps in weight loss too! Our reporters have researched the facts about this treatment and have presented their findings in this issue.

***Happy thinner days ahead!***

***BOBO***

## **Semaglutide for weight loss – what you need to know**

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The search for effective and safe weight loss treatment seems never-ending. But the newest anti-obesity medication, Semaglutide, is still making waves more than a year after its 2021 approval by the U.S. Food and Drug Administration.

The injectable drug, initially only used as diabetes medication, is the first drug since Saxenda (2014) approved to treat chronic weight management in the 70% of American adults who are obese or overweight. Research continues to show the effectiveness of Semaglutide injections for weight loss. It also highlights the value of

treating obesity as a chronic metabolic disease instead of expecting people to rely solely on willpower and lifestyle changes to manage their condition. But Semaglutide is not a miracle drug. And it's not for everyone.

"It is important to remember that obesity is heterogenous, chronic and complex," says Vijaya Surampudi, MD, physician nutrition specialist and assistant director of the UCLA Weight Management Program (RFO). "There is no cure for obesity. It requires lifelong treatment that's not one size fits all."

## ***Here's what you need to know about Semaglutide:***

### **What is Semaglutide?**

Semaglutide belongs to a class of medications known as glucagon-like peptide-1 receptor agonists, or GLP-1 RAs. It mimics the GLP-1 hormone, released in the gut in response to eating.

One role of GLP-1 is to prompt the body to produce more insulin, which reduces blood sugar (glucose). For that reason, health care providers have used Semaglutide for more than 15 years to treat Type 2 diabetes.



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But GLP-1 in higher amounts also interacts with the parts of the brain that suppress your appetite and signal you to feel full. When used in conjunction with diet and exercise, it can cause significant weight loss — and a reduced risk of cancer, diabetes and heart disease — in people who are obese or overweight.

## **Semaglutide injections for weight loss**

Currently, Semaglutide is only approved for weight loss under the brand name Wegovy. The typical dose for weight loss is 1 to 2.4 milligrams, administered weekly as subcutaneous (under the skin) self-injections.

But as interest in Semaglutide for weight loss continues to grow, health care professionals are finding ways to manage the demand. Many prescribe other brands of Semaglutide, such as Ozempic and Rybelsus, off-label (using a drug that is FDA-approved for a different reason).

## **How effective is Semaglutide for weight loss in non-diabetics?**

There have been several anti-obesity medications that help suppress appetite and achieve weight loss. But Semaglutide performs on a new level.

An early study of 2,000 obese adults compared people using Semaglutide plus a diet and exercise program with people who made the same lifestyle changes without Semaglutide. After 68 weeks, half of the participants using Semaglutide lost 15% of their body weight, and nearly a third lost 20%. Participants who incorporated only

lifestyle changes lost about 2.4% of their weight.

Since then, additional studies have shown similar results. But they've also revealed that participants tend to regain the weight lost when they stop taking Semaglutide.

“The fundamentals of obesity management will always be changes to diet and exercise,” Dr. Surampudi says. “But having anti-obesity medications is another tool in the toolbox — depending on the person’s clinical history.”

## **What are the side effects of Semaglutide injections?**

The side effects of Semaglutide are typically mild — especially when compared to the complications associated with overweight and obesity.

People taking Semaglutide for weight loss may experience:

- Dizziness
- Fatigue
- Gastrointestinal issues, such as diarrhea, constipation and gassiness
- Headache
- Stomach issues, including nausea, vomiting, pain or distension (bloat)

Gastrointestinal issues are the most common complaint among people just starting Semaglutide. But you may be able to reduce the side effects by beginning with a lower dose and then slowly increasing the amount you take.



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## Who should (and should not) take Semaglutide for weight loss?

The FDA recommends Wegovy (Semaglutide) for weight loss if you meet one of the following criteria:

- Have a body mass index (BMI) of 27kg/m<sup>2</sup> or greater and at least one weight-related condition, such as high blood pressure, Type 2 diabetes or high cholesterol.
- Have a BMI of 30kg/m<sup>2</sup> or greater.

### Avoid Semaglutide if you have:

- History of medullary thyroid cancer
- History of gallbladder disease
- History of pancreatitis
- Multiple endocrine neoplasia syndrome type 2 (MEN2)

If you're considering Semaglutide for weight loss, Mind and Body Infusions is going to be offering this as part of a weight loss program starting this July. We will be sending out a follow up email going over what our plan entails. Those that are interested can contact our office to find out more. If you have diabetes and already take a different medication, talk to your physician about acceptable (and safe) combinations of diabetes medication.

\*UCLA Health: Jan 2023 "Semaglutide for weight loss - what you need to know."

Due to this being an off-label use, this program is not covered by insurance. We have financing options available for those who would like more information. Look for our follow-up newsletter that will detail our program and related costs.

## MIND AND BODY INFUSION IMPLEMENTS A NEW WEIGHT LOSS PROGRAM. HERE ARE THE HIGHLIGHTS.

- Extensive wellness check with our Nurse Practitioner prior to starting the program. Patient eligibility will be determined on this initial visit.
- Nutrition education and guidance, consultation with both our Nutrition Educator and Fitness coach, and weekly exercise options.
- Weekly medication administered by our licensed staff members.
- Participants are closely monitored and required to have the following.
  - Weekly weigh-ins and recording of vital signs.
  - Monthly rechecks with our Nurse Practitioner.
  - Blood work monitoring.

### \*NEW CONCIERGE SERVICES\*

Upon request and reservation, we will have our Registered Nurses come to you. Concierge services will be limited to the following IV infusions.

- Basic Hydration
- Pre-party boost
- Post-party boost

There will be a non-refundable booking fee of 80\$, along with a 20% travel fee added to the total services. We can accommodate groups as large as 10. All payments will be processed by our office prior to your appointment, so staff members will not be carrying any currency. Please contact our office for more information.