



## ESSENTIALS OF WEIGHT LOSS

### What?

BMI 25-29.9 = Overweight

BMI 30-34.9 = Class 1 Obesity

BMI 35-39.9 = Class 2 Obesity

BMI > 40 = Class 3 Obesity (Morbid or Severe Obesity)

### Who?

Obesity is now an epidemic in the US, no states in the US have less than 20% , some states up to 35% prevalence

### Why?

Obesity Related Health Problems:

Metabolic - Diabetes, high blood pressure, high cholesterol

Cardiovascular - heart disease and Stroke

GI - acid reflux, gallbladder disease, fatty liver

Respiratory - Sleep Apnea, worsening asthma, hypoventilation syndrome, dyspnea on exertion

Musculoskeletal - arthritis, aches and pains, gout

Dermatological - stretch marks, hirsutism, fungal skin infections, venous stasis/dermatitis

Psychological - depression, social stigmatization

### How?

Partner with me, I will be your coach

First and Foremost is DIET

A calorie is a calorie is a calorie

Calculate your BMR (basal metabolic rate), number of calories required to keep your body functioning at rest, adjust for activity level, subtract 500 calories per day to lose about 1-2 pounds per week

Role of Exercise

Medicine and other therapeutics

Weight Loss Apps: Loselt!, myfitnesspal.com, Noom

Other modalities: Bariatric surgery

## Weight Loss PEARLS

- \*Diet is the most important factor
- \*Exercise is an adjunct and more beneficial for weight loss maintenance than initial weight loss
- \*Drink plenty of water, it increases satiety, increases calorie burning and it's needed to burn fat
- \*You need proper sleep to lose weight, lack of sleep affects hunger hormone levels, increasing Ghrelin, which makes you feel hungry, and decreasing Leptin, which makes you feel full
- \*Connection between Inflammation and Obesity, inflammation can increase the hunger hormone Ghrelin and chronic inflammation can lead to cardiovascular disease, Diabetes and Autoimmune disorders
- \* Inflammatory foods: sugar, gluten, processed foods, fried foods, fatty foods, refined carbs
- \*Glycemic Index: foods with a high glycemic index, or GI, are quickly digested and absorbed, causing a high rise in blood sugar; a lower glycemic index diet can help maintain weight loss
- \*You need to eat to lose weight....if you significantly decrease your caloric intake, body goes into protection mode to prevent starvation, and you won't lose weight
- \*Reasonable goal:5-10 % in 6 months
- \*End points other than weight loss = energy, mood, clothes size, self image
- \*Stick with natural foods ie. foods you can pick, gather, harvest, hunt or farm ie fruit, vegetables, grains, nuts, beans, real carbohydrates (not packaged/processed) , fish, poultry , lean pork and beef
- \*Don't eat until you are stuffed
- \*Use the Plate portion method
- \*Don't be fooled with salads
- \*Don't drink your calories
- \*Limit Alcohol
- \*Learn how to read labels on foods
- \*Meal ideas:
  - <https://www.diabetes.org/healthy-living/recipes-nutrition/meal-planning/quick-meal-ideas>
  - <https://www.allrecipes.com/recipes/22607/healthy-recipes/weight-loss>
  - <https://www.foodnetwork.com/healthy>
  - <https://www.eatingwell.com/recipes/18045/weight-loss-diet>
  - <https://www.health.com/food/weight-loss-meals>

## Selected Types of Diets

Mediterranean Diet: Based on the traditional foods that people used to eat in countries bordering the Mediterranean Sea, including France, Spain, Greece, and Italy. It typically encourages fruits, vegetables, whole grains, legumes, nuts, seeds, and heart-healthy fats. Processed foods, added sugar, and refined grains should be restricted. Studies have now shown that the Mediterranean diet can promote weight loss and help prevent heart attacks, strokes, type 2 diabetes, and premature death.

Eat: vegetables, fruits, nuts, seeds, legumes, potatoes, whole grains, herbs, spices, fish, seafood, and extra virgin olive oil

Eat in moderation: poultry, eggs, cheese, and yogurt

Eat rarely: red meat, sugar-sweetened beverages, added sugars, processed meat, refined grains, refined oils, and other highly processed foods

Paleo Diet: Centers on the idea that eating like our ancestors aligns with our genetics and promotes good health. A paleo dieter's food choices are limited to what could be hunted, fished, or gathered in prehistoric times such as meats, fish, and vegetables. A paleo eating plan that is high in fiber, potassium and antioxidants while being low in simple carbohydrates, sodium and sugar can be a healthy eating plan. It discourages foods that are highly processed or have artificial ingredients and colorings.

Intermittent Fasting: There are several different ways to do intermittent fasting, but they are all based on choosing regular time periods to eat and fast. For instance, you might try eating only during an eight-hour period each day and fast for the remainder. Or you might choose to eat only one meal a day two days a week. There are many different intermittent fasting schedules. After hours without food, the body exhausts its sugar stores and starts burning fat.

Keto Diet: The ketogenic diet is based on the principle that by depleting the body of carbohydrates, which are its primary source of energy, you can force the body to burn fat for fuel, thereby maximizing weight loss

Vegetarian Diets: heart healthy but need to make sure you get protein. Vegan: excludes all meat, poultry, fish, seafood, eggs and dairy. Vegetarian: includes eggs and dairy

**\*\* People are all different, so not just one diet suits everyone\*\***

# 10 ways to cut 500 calories a day

No matter what type of diet you follow, to lose weight, you need to burn more calories than you take in each day. For most overweight people, cutting about 500 calories a day is a good place to start. In general, if you can eat 500 fewer calories every day, you should lose about a pound a week.

## How to Cut Calories

Try these 10 ways to cut 500 calories every day. It is easier than you may think.

- **Swap your snack.** Many people reach for a snack or two in between meals. Snacking is fine, but be sure to choose lower-calorie options. The key is to have some [healthy snacks](#) ready when hunger hits. Instead of a 3-ounce (85 g) bag of flavored tortilla chips (425 calories), choose a cup (250 mg) of air-popped popcorn (31 calories), a cup (250 mg) of grapes and a low-fat cheese stick (180 calories) or a small apple and 12 almonds (160 calories). Choosing healthy snacks twice a day will save you 500 calories.
- **Cut out one high-calorie treat.** Try to remove one high-calorie food item each day. Whether it is a donut in the morning, a brownie or bag of chips at lunch, or chocolate cake after dinner, you will save 250 to 350 calories or more. To burn another 150 calories, take a 40-minute brisk walk after lunch or dinner.
- **Do not drink your calories.** One 12-ounce (355 mL) regular soda has about 150 calories, and a 16-ounce (475 mL) flavored latte can pack 250 calories or more. Even fruit smoothies have lots of calories, as many as 400 in a 16-ounce (475 mL) serving. A couple of sweet drinks a day can easily add up to 500 calories or more. Choose water, sparkling water, or black coffee or tea instead and save your calories for foods that will help you feel full.
- **Skip seconds.** Taking a second helping can add up to unwanted calories. It is easy to keep filling your plate when you serve food family style on the table. Instead, fill your plate once and keep extras in the kitchen. Or, if you still do not feel satisfied, add a second helping of vegetables, fruit, or salad.
- **Make low calorie substitutions.** Substitute lower-calorie options for some of your high-calorie favorites. For example, if a recipe calls for a cup (250 mL) of sour cream (444 calories), use plain low-fat yogurt or Greek yogurt instead (154 calories).
- **Ask for a doggie bag.** The portions at most restaurants are much larger than recommended serving sizes. Instead of cleaning your whole plate, ask the server to put half in a container for you to take home for another meal. You can also share an entrée with a friend, or make a meal out of an appetizer and a large salad. Just be sure to go easy on the dressing and fried toppings.

- **Just say "no" to fried food.** Frying food adds lots of unhealthy calories and saturated fat to any dish. Instead of fried chicken or fish, choose grilled, broiled, or poached instead. And skip the French fries. A large serving of fries alone can add almost 500 calories to a meal. Instead, see if you can substitute for the vegetable of the day or a side salad.
- **Build a thinner pizza.** Skip the meat toppings, extra cheese, and deep-dish crust, and have a couple slices of thin-crust vegetable pizza instead. You will save a little over 500 calories.
- **Use a plate/bowl.** Eat all food from a plate or bowl, including snacks. When you snack out of a bag or box, it is easy to eat more than you intend to. This is especially true if you are sitting in front of the TV. You may be surprised to learn that a large bag of chips could be more than 1000 calories. Instead, place one portion in a bowl, and put the rest away.
- **Avoid alcohol.** Cutting back on alcohol is an easy way for many people to trim [calories](#). Alcohol does not have any nutritional value, so when you imbibe (drink) alcohol, you are getting empty calories, up to 500 for some mixed drinks made with syrupy sweeteners, fruit juices, and ice cream or heavy cream. If you do order a drink, choose a 12-ounce (355 mL) light beer (103 calories) or a 5-ounce (145 mL) glass of wine (120 calories).

## Foods to Reduce

These foods can cause spikes in blood sugar or contain unhealthy fats. Foods to avoid or limit can include:

- processed grains, such as white rice or white pasta
- fruits with added sweeteners, including apple sauce, jam, and some canned fruits
- full-fat dairy
- fried foods or foods high in trans fats or saturated fats
- foods made with refined flour, such as white bread
- sugar-sweetened beverages, including soda, some juices, and flavored coffee drinks
- foods high in added sugar, like some flavored yogurts, pastries, cakes, candies, and sweetened breakfast cereals

## TIPS for Eating Healthy When Eating Out

When eating out at a restaurant, keep portion sizes small and carefully select food and beverages for their healthfulness. Making wise choices will help keep your body and mind in tip top shape. Going out to eat should be a pleasurable, social experience with family and friends.

Take small steps to choose healthy foods and beverages. Start by following some of these tips:

- As a beverage choice, ask for water or order fat-free or low-fat milk, unsweetened tea, or other drinks without added sugars.
- Ask for whole wheat bread for sandwiches.
- In a restaurant, start your meal with a salad packed with veggies with low fat dressing, to help control hunger and feel satisfied sooner.
- Ask for salad dressing to be served on the side. Then use only as much as you want.
- Choose main dishes that include vegetables, such as stir fries, kebobs, or pasta with a tomato sauce.
- Order steamed, grilled, or broiled dishes instead of those that are fried or sautéed.
- Choose a “small” or “medium” portion. This includes main dishes, side dishes, and beverages.
- Order an item from the menu instead heading for the “all-you-can-eat” buffet.

If main portions at a restaurant are larger than you want, try one of these strategies to keep from overeating:

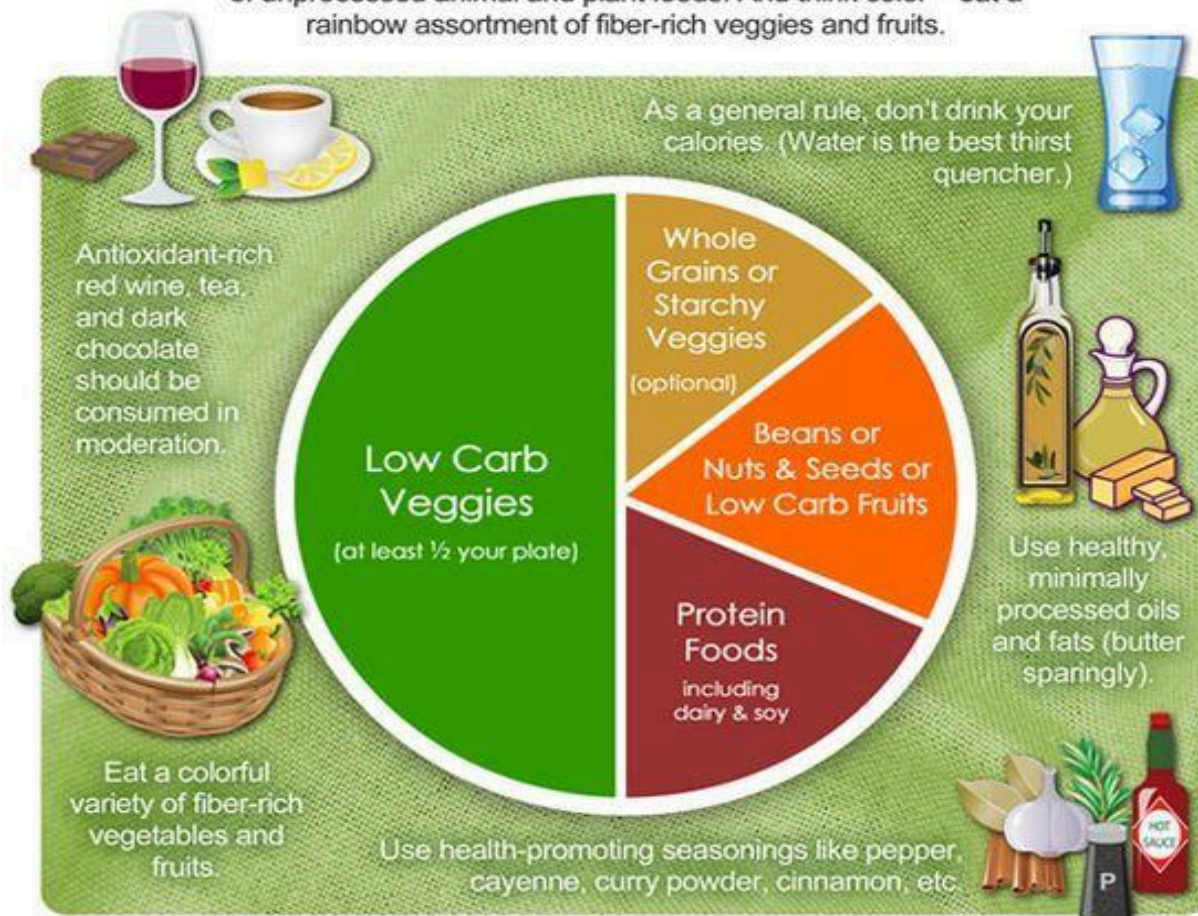
- Order an appetizer or side dish instead of an entrée.
- Share a main dish with a friend.
- If you can chill the extra food right away, take leftovers home in a “doggy bag.”
- When your food is delivered, set aside or pack half of it to go immediately.
- Resign from the “clean your plate club” – when you’ve eaten enough, leave the rest.

To keep your meal moderate in calories, fat, and sugars:

- Order foods that do not have creamy sauces or gravies.
- Add little or no butter to your food.
- Choose fruits for dessert most of the time.



Keep this plate in mind for meal planning and your overall approach to daily eating. Also remember to spread your carbs throughout the day, choose high-fiber carb foods, and always pair them with protein. Keep healthy by eating a good variety of unprocessed animal and plant foods. And think color – eat a rainbow assortment of fiber-rich veggies and fruits.



Note: If you have special dietary needs or restrictions, talk to your doctor before changing your eating habits.

Low Carb Vegetables	Whole Grains & Starchy Veggies	Beans, Nuts & Seeds, Low Carb Fruits	Protein Foods (including dairy & soy)
<b>At least 1 to 3 cups</b> <ul style="list-style-type: none"> <li>• Kale</li> <li>• Spinach*</li> <li>• All leafy greens/lettuces*</li> <li>• Mushrooms</li> <li>• Broccoli</li> <li>• Cauliflower</li> <li>• Avocado</li> <li>• Artichoke</li> <li>• Cucumber</li> <li>• Celery*</li> <li>• Asparagus</li> <li>• Okra</li> <li>• Cabbage</li> <li>• Bell pepper*</li> <li>• Beets</li> <li>• Green beans</li> <li>• Carrots</li> <li>• Sugar snap peas</li> <li>• Chili peppers</li> <li>• Radishes</li> </ul>	<b>No more than 1/4 to 1/2 cup, cooked</b> <ul style="list-style-type: none"> <li>• Barley (pearl, ok; hulled, better)</li> <li>• Steel cut oats</li> <li>• Bulgur</li> <li>• Popcorn (home popped)</li> <li>• Wild rice</li> <li>• Quinoa</li> <li>• Buckwheat groats/kasha</li> <li>• Wheat berries</li> <li>• Sweet potato/yams</li> <li>• Peas</li> <li>• Corn</li> <li>• Parsnips</li> <li>• Turnips</li> <li>• Squashes/pumpkin</li> </ul>	<b>About 1/4 to 1/2 cup, depending on carb count</b> <ul style="list-style-type: none"> <li>• Lentils</li> <li>• Soybeans (including edamame)</li> <li>• Black beans</li> <li>• All beans &amp; legumes</li> </ul> <b>About 1/4 cup</b> <ul style="list-style-type: none"> <li>• Almonds</li> <li>• Macadamias</li> <li>• Brazil nuts</li> <li>• Peanuts</li> <li>• All nuts &amp; seeds (and unsweetened nut butters)</li> </ul> <b>About 1/2 to 1 cup, depending on carb count</b> <ul style="list-style-type: none"> <li>• Melons</li> <li>• Raspberries/blackberries</li> <li>• Strawberries*</li> <li>• Plums</li> <li>• Citrus fruits</li> </ul>	<b>About 3 to 6 oz. (3 oz. is about the size of a deck of cards)</b> <ul style="list-style-type: none"> <li>• Whole, unprocessed meats &amp; poultry (avoid cold cuts, sausage, bacon, etc.)</li> <li>• Eggs (free range, organic, if available)</li> <li>• Fish, especially oily, cold-water species (wild caught, whenever possible) &amp; Shellfish</li> <li>• Tofu</li> <li>• Yogurt (unsweetened, full fat)</li> <li>• Cheese (full fat)</li> <li>• Cottage cheese (4% milk fat)</li> </ul>



# FOODS THAT FIGHT INFLAMMATION

Chronic inflammation has been linked to cancer, heart disease, diabetes, arthritis, depression, and Alzheimer's. Fight inflammation with a healthy diet.



## ANTI-INFLAMMATION FOODS



**Tomatoes**



**Fruits**

Strawberries, blueberries, oranges and cherries.



**Nuts**

Almonds, walnuts, and other nuts.



**Olive oil**



**Leafy greens**

Spinach, kale, collards, and more.



**Fatty fish**

Salmon, mackerel, tuna, and sardines.

## INFLAMMATION FOODS



**Fried foods**



**Sodas**



**Refined carbs**



**Lard**



**Processed meats**





U.S. FOOD & DRUG  
ADMINISTRATION

## Quick Tips for Reading the Nutrition Facts Label

Healthy cooking and eating start at the grocery store. Bring this Tip Card with you when food shopping to help you make nutritious choices. To create your Tip Card:

1. Use a pair of scissors to cut along the dotted lines.
2. Fold along the center line.
3. Keep the Tip Card in your wallet or purse.



## The Nutrition Facts Label Tip Card

### Quick Tips for Reading the Nutrition Facts Label

**Check the serving size** when comparing calories and nutrients in different food products. The nutrition information listed on the Nutrition Facts label is based on the serving size listed on the label.

**Consider the calories.** 2,000 calories a day is used as a general guide for nutrition advice. Your calorie needs may be higher or lower and vary depending on your age, sex, and physical activity level. You can find your personal daily calorie needs at <https://www.fda.gov/downloads/Food/LabelingNutrition/UCM606203.pdf>

**Use Percent Daily Value (%DV) as a guide.** The %DV shows how much a nutrient in a serving of the food contributes to a total daily diet. As a general guide: 5% DV or less of a nutrient per serving is considered low and 20% DV or more of a nutrient per serving is considered high.

**Nutrients to get less of include:** saturated fat, trans fat, sodium, and added sugars.

**Nutrients to get more of include:** dietary fiber, vitamin D, calcium, iron, and potassium.

Keep the Tip Card in your wallet or purse

### Nutrition Facts

8 servings per container

**Serving size** 2/3 cup (55g)

Amount per serving

**Calories** 230

% Daily Value\*

**Total Fat** 8g 10%

Saturated Fat 1g 5%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 160mg 7%

**Total Carbohydrate** 37g 13%

Dietary Fiber 4g 14%

Total Sugars 12g

Includes 10g Added Sugars 20%

**Protein** 3g

Vitamin D 2mcg 10%

Calcium 260mg 20%

Iron 8mg 45%

Potassium 235mg 6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# SEMAGLUTIDE/ TIRZEPATIDE

## What are they and how do they work?

Semaglutide is a GLP1 receptor agonist that was originally developed to treat diabetes by lowering blood glucose levels. It later received FDA approval as a weight loss medication for obese patients. Tirzepatide is a GIP receptor plus GLP-1 receptor agonist.

GLP-1 is an important, gut-derived, regulator that is released after the oral ingestion of carbohydrates or fats. GLP-1 enhances insulin secretion and synthesis, suppresses glucagon secretion (glucagon increases sugar production), slows gastric emptying, reduces appetite and food intake and signals you to feel full.

GIP agonists activate the GIP (gastric inhibitory polypeptide) receptor, essentially mimicking the natural hormone GIP and promoting insulin secretion, which can be used to help manage blood sugar levels. GIP agonists may also increase the effectiveness of GLP-1 receptor agonists by enhancing appetite suppression.

When used in conjunction with diet and exercise, the medications can cause significant weight loss. It can also improve or lower the risk of diabetes and heart disease in people who are obese or overweight.

## What are the side effects?

The most common side effects may include nausea, diarrhea, constipation and possible ileus, vomiting, stomach/abdominal pain, headache, fatigue, upset stomach, dizziness, bloating, belching, gas, and heartburn. Gastrointestinal issues are the most common complaint among people just starting the medications. To limit nausea: eat bland, low-fat foods, like crackers, toast and rice, eat foods that contain water, like soup and gelatin, avoid laying down after eating, eat slowly, go outdoors for fresh air. There are also prescription anti-nausea medications if needed.

## Would I Make a Good Candidate?

Almost anyone dealing with obesity qualifies for treatment with these medications, regardless of their age, ethnicity or Body Mass Index (BMI). The best candidates are obese adults or those suffering from Type-2 diabetes, hypertension, gastroesophageal reflux, or osteoarthritis.

## **Who Should Not Take Semaglutide/ Tirzepatide?**

Avoid these medications:

If you are pregnant, breastfeeding

Or if you have:

History of Active Gallbladder disease

History of Pancreatitis

A personal or family history of medullary thyroid cancer or multiple endocrine neoplasia type 2 (MEN2) syndrome

## **Will I Still Need to Diet and Exercise?**

Yes. In fact, it's essential. Even though semaglutide will help you manage your weight, it should not be thought of as a magic bullet for weight loss. However, if you combine your treatment with a healthy diet and solid exercise routine, you can expect to enhance your weight loss efforts.

## **How Much Weight Will I Lose?**

Although every person is different, patients typically lose anywhere from 10 to 15% of their body fat after regularly using the medications for 6 – 8 weeks and dieting and exercising.

## **Why is Vitamin B12 or B6 added?**

B12 is a vitamin which can help with increased energy and may also help with metabolism. In addition, it can help with some of the side effects.

B6 helps the body metabolize fats, proteins, and carbohydrates. It also helps the body use food more efficiently to generate energy. B6 may help curb appetite by stimulating the thyroid and balancing hormones that trigger hunger. Some people also report that B6 reduces cravings for sugar and carbs. B6 can help the body break down stored fat. When blood sugar is low, B6 works with other vitamins to convert fat stores into energy.

## **Updated GLP 1 regimen and pricing**

### **Rush Pharmacy**

**All pricing includes shipping AND injection supplies!**

#### **Semaglutide/B6 - 2ml Vial (Injectable)**

**Month 1:** 0.25mg/injection x 4 weekly injections **\$199**

**Month 2:** 0.5mg/injection x 4 weekly injections **\$225**

**Month 3:** 1mg/injection x 4 weekly injections **\$240**

**Month 4:** 1.25mg/injection x 4 weekly injections **\$255**

**Month 5:** 2.5 mg/injection x 4 weekly injections **\$270**

#### **Tirzepatide/B6 - 2ml Vial (Injectable)**

**Month 1:** 2.5mg/injection x 4 weekly injections **\$ 275**

**Month 2:** 5mg/injection x 4 weekly injections **\$ 299**

**Month 3:** 7.5mg/injection x 4 weekly injections **\$ 325**

**Month 4:** 10mg/injection x 4 weekly injections **\$ 350**

**Month 5:** 12.5mg/injection x 4 weekly injections **\$ 375**

**Month 6:** 15mg/injection x 4 weekly injections **\$ 399**

**\*\* There will be a one time initial consultation visit with MD prior to starting medication.....\$50**

### **New pricing for Semaglutide from Empower Pharmacy**

**5 mg/ml, 2.5 ml Vial \$280**



## **What if I cannot tolerate the side effects of an increased dose?**

If you are unable to tolerate a particular dose, go back down to the previous dose and continue for 4 weeks. Then you can try to increase your dose again.

## **How do I Inject the Medication?**



You will need your medication syringe and an alcohol swab. Wash your hands. Clean the injection site with the alcohol swab. Pinch the injection site to create a firm surface. Inject at least two inches away from the belly button on either side. Insert the needle into the skin between the index finger and thumb at 90 degrees. Using a slow and constant pressure, push the plunger rod until it reaches the bottom. Gently pull the syringe out of the skin. Alternate injection sites between either side of the stomach, back of the arm, or thigh. Subcutaneous injections will typically cause very little pain because it is only injected directly under the skin. Video tutorials are also available online for injecting subcutaneous injections.

## Storage

Keep the Semaglutide or Tirzepatide injections out of reach of children. Store in the refrigerator in-between doses. Dispose of needles in a sharps container available at your retail pharmacy. If not accessible, place needles in a hard, closed container, such as a sealable bottle or can.



## How does the Program Work?

To start, we will need to see you for an initial one time consultation. (\$100). The cost of the medication is additional and depends on which medicine is chosen and also what dose.

We will collect payment at that visit. We will always start new patients on the lowest dose to lessen the chance of side effects. An order for the medication will be called into the compounding pharmacy, then shipped either to our office or your residence. Typical turnaround time is 1 week, sometimes less.

After the first month, if all goes well, you may contact the office and order your subsequent month. We will take payment at the time an order is placed. Most people generally will want to slowly increase their dose each month but it is not always necessary if you are doing well enough on a certain dose or if you experience side effects on the higher doses.

Unfortunately, we are unable to give any refund after you make your payment and we order your medication. It is non-refundable and non-returnable.

A quick follow up questionnaire by phone at the time of ordering will be done to ensure everything is going well. If you ever have any questions or concerns we are available to assist you. The doctor can speak with you by phone or in person if needed.

## Weight Loss Consent

- Prior to my treatment, I have fully disclosed any medical conditions or diseases. If I fail to disclose any medical condition that I have, I release the doctor and facility from any liability associated with this procedure.
- I agree to immediately report any problems that might occur to my medical provider during the treatment program. I further understand that not complying with the dosage recommendations and dietary restrictions could increase risks. If I do not follow these recommendations and restrictions, I agree to release the doctor and facility from any liability arising as a result of this. While adverse side effects or complications are not expected, in the event that an illness does occur, I understand that I need to contact Dr. Gopez immediately. If I experience an emergency situation, I understand that I need to go to an emergency facility.
- I understand that if there are any changes in my medical history or there are any changes in my medications or any other changes relevant to this procedure, I will advise the doctor at that time.
- I give permission for photographs of the treated area(s) to be kept in my file, and to be used for teaching purposes, and/or promotional purposes. Complete patient confidentiality will be maintained at all times.
- I understand that I can be successful without the use of appetite suppressants or injections as long as I am following a reduced calorie nutrition plan and increasing my activity level, however the use of such medications and injections may significantly help with my weight loss progress.
- I understand that there is no guarantee that this program will work for me. I understand that I must follow the program as directed in order to achieve weight loss.
- By consenting to treatment, I agree to pay, in full, for all visits and charges incurred at each visit. I understand that these charges are not covered by my insurance and Meridian Aesthetics and Wellness does not provide or fill out claim forms for insurance purposes.
- I have read and fully understand the above terms. All my questions have been addressed to my satisfaction. I agree to release the doctor and the facility from any liability associated with this treatment.

Client's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Client's name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

- Regarding Semaglutide and Tirzepatide:

I understand my physician is recommending a prescription for the medication to facilitate and promote weight loss.

Serious side effects of taking this drug may include: prolonged vomiting, inflammation of your pancreas (pancreatitis), changes in vision, low blood sugar (hypoglycemia), kidney problems, and serious allergic reactions.

Common side effects may include nausea, vomiting, diarrhea, stomach pain, constipation and possible ileus.

I agree to report any adverse reaction, side effect, or problem that might be related to the medication..

I understand that I will be in charge of administering the prescribed drug and will conform with the recommended dosages and methods of administration provided by my physician.

The drug provided to me is a compounded drug provided by a state licensed pharmacy.

Compounding pharmacies are regulated and monitored for quality purposes by the state. The Food and Drug Administration permits its use, but the FDA does not review these drugs to evaluate their safety, effectiveness, or quality.

I understand and have been advised that I should not receive Semaglutide or Tirzepatide if I have a history of angioedema, anaphylaxis or other serious hypersensitivity reaction to Semaglutide or Tirzepatide or if I am pregnant or breastfeeding.

Semaglutide and Tirzepatide is contraindicated in patients with a personal or family history of certain types of thyroid cancer, specifically thyroid C-cell tumors such as medullary thyroid carcinoma (MTC) or in patients with multiple endocrine neoplasia syndrome type 2 (MEN 2). It is also contraindicated in patients with type 1 diabetes and history of pancreatitis.

I understand, in studies, some laboratory animals given Semaglutide and Tirzepatide developed thyroid tumors, but it is not known if this medication increases the risk of tumors in humans.

Semaglutide and Tirzepatide should be used cautiously for people on other blood sugar lowering medications and you should limit the amount of alcohol intake while on this medication.

By signing below, I acknowledge that I am not presently suffering from any of the above conditions.

I certify that I have read this form and that I understand its contents. I have been given the opportunity to ask questions about my condition, the medication to be used and the risks and side effects involved, as well as alternative treatments. I have sufficient information to give this informed consent.

I understand I am required to pay in full at time of order and that the medication is non-refundable and non-returnable.

Client's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Client's name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_