



If you are looking for guidance to assist with lifestyle changes:



 217-788-3948

Is a GLP Right for Me?



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Could I benefit from a medication?

- BMI of 27 with other conditions associated with excess weight
- BMI of 30 or greater without other health conditions
- Willing to make lifestyle changes to support the use of this tool
- Diabetes diagnosis
- Cravings, disruptive thoughts about food, not feeling sensations of fullness after eating

Have you recently been prescribed a medication for weight loss or are you wondering if this type of medication might be right for you?

Weight loss medications are clinically proven to improve health through weight loss, improved blood pressure and a reduction of intrusive thoughts of food, as well as several other positive effects.

As with any medication, there are some important considerations to think about before you start taking it. This is a review of what you may expect while taking weight loss medication and what you can do to minimize side effects.

Benefits

- Decreased hunger
- Increased feelings of fullness
- Slower digestion
- Decreased food cravings
- Fewer thoughts about food
- Loss of around 10–20% of body weight
- Decrease of about 1% in HA1C
- Lower blood pressure
- Lower cholesterol



Potential Side Effects

- Risk of imbalanced nutrition due to decreased intake of calories
- Dehydration
- Nausea or vomiting
- Indigestion
- Constipation
- Diarrhea
- Increased intake of anti-nausea foods (*refined carbohydrates, regular soda*)
- Headaches
- Fatigue
- Gastroparesis
- Mood changes
- Acute pancreatitis
- Acute kidney injury due to severe vomiting and diarrhea
- Severe allergic reaction

How to Reduce Side Effects

- **Practice modified eating.**
 - Aim to eat small, frequent meals and snacks (*every 3–4 hours*).
 - Eat slowly. Aim for 20 minutes per meal/snack.
 - Track your foods to ensure you are getting the nutrients you need.
 - Eat protein foods first. Aim for at least 60 grams each day.
 - Get enough fiber. Aim for at least 25 grams each day.
 - Avoid high-fat foods. These foods contribute to nausea and reflux.
- Avoid foods that are not nutrient-dense (*refined carbohydrates and ultra-processed foods*).
- **Exercise.** Moving your body each day will help you stay regular.
- **Drink hydrating fluids.** Aim for at least 64 ounces each day. Limit drinks that are high in sugar or alcohol.
- **Talk to prescriber regarding injection site** (*abdomen, thigh, arm*).

GLP-1 Medications

FDA-approved for weight loss

(this does not mean insurance will cover medication)

Saxenda (liraglutide)

Once daily injection

Wegovy (semaglutide)

Once weekly injection

Zepbound (tirzepatide)

Once weekly injection

FDA-approved for type 2 diabetes melitus

Trulicity (dulaglutide)

Once weekly injection

Victoza (liraglutide)

Once daily injection

Ozempic (semaglutide)

Once weekly injection

Mounjaro (tirzepatide)

Once weekly injection

Byetta (Exenatide)

Twice daily injection

Rybelsus (Semaglutide)

Oral

Important things to think about

- Medication is an injection administered once a day or once a week (*except oral Rybelsus*).
- This medication can lead to low blood glucose if taken with other diabetes medications. Your medical provider may discuss ways to monitor blood glucose at home.
- Your medical provider will monitor blood glucose/HgbA1C and kidney function through routine labs.

Additional considerations

- This medication should be avoided in those who are pregnant or considering becoming pregnant.
- This medication is not recommended for those with personal or family history of multiple endocrine neoplasia or medullary thyroid cancer.
- This medication should be avoided in those who have history of pancreatitis.



If you are having any procedure that requires anesthesia, you are required to stop your GLP-1 medication one week before your procedure.