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Prescription Weight-loss

Welcome to the Moscare family! Here's what to expect as you start your wellness journey using medical weight-loss treatment. This can be exciting, nerve-wrecking, or just plain terrifying. We are always available to answer questions, or to provide encouragement along the way. We want you to get the best benefits out of your commitment to wellness, so please don't hesitate to reach out!

How does this work?

Semaglutide works by targeting the GLP-1 receptor to slow digestion and increase feelings of fullness. When you eat, you'll feel full quicker and be able to decrease calories consumed in each meal. An overall reduction in calories will lead to a calorie deficit which stimulates weight-loss. The medication also provides appetite-suppression and craving-control elements which in turn helps cut back on emotional, boredom, or stress eating even when you are full.

Tirzepatide goes a step further by targeting both GLP-1 and GLP-2 receptors. The added activation of GIP receptors means this medication can enhance the way your body processes sugar and fat. This leads to not only greater weight loss, but also a more significant improvement in metabolic health. is a dual acting medication causing a person to lose weight faster. This medication works for individuals that are insulin resistant.

My first appointment is over and I just had my first injection, now what?

You may feel the effects a lot or you may feel nothing! Often, we are asked when you'll start to notice some weight-loss. There is a different answer for everyone and can depend on several factors such as your beginning weight, your eating habits, how your body interacts with the medication, etc are all important factors that play into how quickly it works. Many people notice the effects of feeling fuller quicker within the first few days, but if you don't, don't stress on it.

The medication works by compounding in your body, so it may take a couple of days or weeks, or even months to feel the full effects. Focus on little things at first! Can you feel when you are full? Are you eating less and less of your meals while still feeling satisfied? These are far better indicators that the medication is working in the beginning than the actual weight loss.

You may notice some side effects. The first four weeks are spent slowly titrating, or increasing, to your full dose. This is done to avoid the bulk of the side effects seen when we jump to the full dose immediately. However, there are still some of us that still experience side effects in the small doses. We have listed the side effects below and some specific remedies. Please let us know if they ever become severe or persistent.

- Nausea
 - Eat smaller meals
 - Avoid excessively greasy or rich foods
 - Ginger chews or whole ginger root steeped in water
 - OTC dramamine every 8 hours, as needed
 - Prescription meds if the others fail such as zofran or phenergan
- Heartburn
 - Limit trigger foods such as coffee/tea, chocolate, citrus, cows milk, greasy foods, alcohol
 - Tums or Maalox, as needed
 - OTC Famotidine or Omeprazole, as needed
- Bloating
 - Eat smaller meals
 - Consider limitation of trigger foods as stated above
 - OTC Gas-x, as needed
- Constipation
 - Increase fluids
 - Magnesium Citrate 600 mg daily, as needed
 - Miralax 1 capful in 8 oz of water, as needed
- Diarrhea
 - Imodium, if you are having >3 stools per day not to exceed 2 days
- Fatigue
 - B Complex aka B100 vitamin
 - 7 to 8 hours of sleep per night
 - Increase fluids and ensure consumption of nutritious meals daily
 - If the above measure fail, we can order a lab panel and review
- Headaches
 - Increase fluids
 - Tylenol 1,000 mg every 6 to 8 hours, max of 3,000 mg within 24-hours
 - Ibuprofen 600 mg every 6 to 8 hours, max of 2,400 mg within 24-hours

Diet, diet, diet ... we know it is sad to hear this word or even read it. However, weight-loss requires some work on your part. If you are investing time, money and energy into your weight-loss journey, well we have to make some changes with that diet too. This will make a HUGE impact with results. Cutting back on processed, greasy, or fatty foods and replacing them with whole, raw, and protein based snacks will not only aid in your goals, but will also improve how you feel while on Semaglutide. If you're going to be eating less each time you eat,

make the food count! You will want to fill up on things that give you energy and make you feel good.

How often will I be coming in and seeing the nurse practitioner?

Great question and mark your calendar! Week 1, 5, 9, 13, 17 and so forth. Every fourth visit, you will meet with the nurse practitioner for a little bit longer to address any concerns before a dosage increase is made. Your injections however, are done on the same day each and every week and you should be in and out of the office within 5 minutes.

How can Mokscare help me?

We are here to make sure you're successful! If you have questions or concerns, always reach out. We are happy to help or pass your concerns on to the physicians. Some things are always ready to chat about:

- Side effects
- Dosage increases
- Diet or exercise suggestions
- Adding strength training to your exercise routine
- Overall, we are here to support you! We look forward to seeing you succeed and will be there every step of the way. If you need anything, please reach out to us.

Other questions I may have ...

I noticed a lot of weight-loss the first few weeks, then it stopped, what's happening?

This is common, but something we want to avoid if possible. It's all over the news that this is a "skinny" shot that works instantly and without any effort, but that just isn't the case. Here are a few things to know about weight-loss, and how to make it sustainable and safe.

- It should be SLOW. Ideally, you will lose ½ a pound to 1 pound per week. Some weeks may be more and some may be less, but after a few months, we want to be able to look back and see that average. Dropping weight too quickly can cause you to have side effects, muscle loss, and nutrition issues.
- If it happens too quickly, you will probably plateau. Rapid weight-loss is typically caused by a sharp decrease in the amount of calories we are eating. While decreasing calories is the goal, when we drop too quickly, we send our body and metabolism into starvation mode which will cause your body to act against your goals and start clinging to any energy source it can get ahold of. This is what causes a weight-loss plateau in many people. It's hard to see only a small difference week to week, but if you're committed to big results over time, trust the process and make sure you are eating enough food to sustain your body.

- Rapid weight-loss causes muscle mass loss. While this looks good for the number on the scale, losing muscle is the opposite of what we want! We want total wellness. As we age, we are already losing muscle mass and strength, and we don't want to aid that process. Losing muscle also decreases your resting metabolic rate, this is the rate at which we burn calories when we are at rest. What does this mean? It means that if you want to burn calories and help yourself in your weight-loss goals, maintaining and growing as much muscle as possible is KEY.
- What can you do to help this? Lose weight slowly! Make sure you are eating enough. Eat when you are hungry, hunger is not bad. This medication will help you fight cravings, but it shouldn't completely eliminate hunger. The effect we want is quicker fullness when you eat.
- Eat protein! Protein is key to building and maintaining muscle, and helps your metabolism work even better. Make sure you are getting enough protein in your daily diet.
- Build muscle! Add in some light strength training to your exercise regime.

I'm not sure what to eat! Help!

There is not necessarily a right or wrong answer. Many patients are successful with a variety of diets or eating habits. Our biggest suggestions again is protein and well balanced meals which should make you feel great and full without the feeling of overeating. Be sure to drink some water with this meal as well. Try to cut out the sodas, multiple dinner rolls, eat half the baked potato rather than the full one (and sometimes think to yourself, do I really need it loaded).

That's it, it doesn't need to be complicated. Many of our patients enjoy intermittent fasting or pairing their semaglutide with another program like weight-watchers. Others just enjoy eating intuitively and listening to their body. Our general suggestion is to prioritize protein, fruits and vegetables, and don't cut out the things you love but rather limit the amount. Yogurt over ice cream, 1 serving of cookies not two or three. We have to be real with this as we don't typically stick with something if it becomes work. Having a treat once in a while will not affect your goals. We want this to be a sustainable option for you so you can continue to enjoy all the things you enjoy.

What else can I do to make my journey successful?

We love this question because the patients who are invested and willing to do what it takes, generally see the best results. Here are a few ideas.

- Add in some exercise. Do you already walk 3 times a week? Add another walk in, or a couple hills (up and down) or even an extra 10 minutes of rapid walking to the routine. Grab a friend and turn this walk into some friend time. An accountability partner usually helps with encouragement and motivation.

- Add supplements. While not required, lab work will help indicate any deficiencies you may have so you know what types of vitamins or supplements to add. In general, we suggest a multivitamin, or even a prenatal for women as they are one of the most cost-effective ways to get a ton of good vitamins and minerals.

Medical Weight Loss Patient Acknowledgement

Our goal is to see you be successful in reaching your weight loss and health goals. Part of the success is to understand the expectations of a weight loss treatment, and the potential outcomes. Patient results are strongly related to their level of commitment for an overall healthy lifestyle.

Please read and initialize each statement below to acknowledge understanding of the treatment. Feel free to ask questions if you need to.

1. I understand that the medication is a tool that assists in weight loss through slowing gastric emptying and assisting with craving and appetite control, but its effect can vary from one person to another. _____
2. I understand that safe and healthy weight loss is between ½ to 2 pounds per week, and that it may take a few weeks to start seeing results. _____
3. I understand that my individual diet and exercise routine has a huge impact on the results I will see. _____
4. I understand I need to prioritize water, protein, and fibrous vegetables in order to get the best weight loss results, and to support my body through any side effects. _____
5. I understand that at times it may be necessary to increase my dose to continue seeing results, and that there may be an additional cost associated with these increases. I have been provided with a fee schedule. _____
6. I understand that the Nurse Practitioner at Mokscare can order labs to see if there are other underlying factors as to why I am not losing the weight desired. _____
7. I agree to do my part through lifestyle changes while using the medication and will be up front with my Nurse Practitioner if there are situations in my life that may be preventing me doing so. _____

By signing this form, you are acknowledging that you understand the above expectations to reach your desired outcome. You understand that you can't compare your results to your friends or families because we are all different and will respond differently to the medication.

Patient Name _____

Patient Signature _____

Date _____

Medical Weight Loss Fee Schedule

Semaglutide		Med and Physical	Med Only (monthly costs)
Weeks 1 - 4	0.2 ml	\$275.00	\$200.00
Weeks 5 - 8	0.4 ml	\$395.00	\$320.00
Weeks 9 - 12	0.8 ml	\$415.00	\$340.00
Weeks 13 - 16	1.2 ml	\$435.00	\$360.00
Weeks 17 - 20	1.4 ml	\$555.00	\$480.00
Weeks 21 - 24	1.4 ml	\$555.00	\$480.00

Tirzepatide		Med and Physical	Med Only
Weeks 1 - 4	2.5 mg	\$435.00	\$360.00
Weeks 5 - 8	5 mg	\$475.00	\$400.00
Weeks 9 - 12	7.5 mg	\$515.00	\$440.00
Weeks 13 - 16	10 mg	\$575.00	\$500.00
Weeks 17 - 20	12.5 mg	\$615.00	\$540.00
Weeks 21 - 24	15 mg	\$675.00	\$600.00

Lipostat (booster)

\$100.00

Weeks 1, 5, 9, 13, 17, and 21 are when you will meet and discuss any concerns, etc with the Nurse Practitioner. Physicals can be billed through your health insurance.