

# WHAT IS GLP-1?

**GLP-1** is a medication that belongs to a class of drugs known as glucagon-like peptide-1 receptor agonists, or GLP-1 RAs. It was originally used to treat Type 2 diabetes, but has been found effective for weight loss.



## BLOOD SUGAR REGULATION



GLP-1 acts on the GLP-1 receptor, which is present in various tissues like the pancreas, liver, and brain. When GLP-1 binds to its receptor, it leads to an increase of insulin secretion, inhibits glucagon release, and reduces glucose production by the liver. This results in a lower blood sugar.

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## APPETITE REGULATION



By mimicking GLP-1, GLP-1 also slows down the rate at which the stomach empties its contents, leading to a feeling of fullness and reduced appetite. This can help with weight management by reducing food intake.

## HEALTH BENEFITS

-  Reduced Insulin Resistance
-  Blood Sugar Control
-  Weight Loss

# GLP-1:

## A breakthrough in Weight Loss



### HOW DOES IT WORK?

GLP-1 is a glucagon-like peptide-1 receptor agonist (GLP-1RA). It targets an area in the brain called GLP-1 receptors that help regulate your appetite and how much you eat. When used in conjunction with diet and exercise, it can lead to significant weight loss and a reduced risk of cancer, diabetes, and heart disease in people who are obese or overweight.

### THE MECHANISM OF ACTION OF GLP-1:

#### Regulates Appetite

Targets areas of the brain that help regulate your appetite and how much you eat. It reduces food intake by lowering your appetite.

#### Slows Down Digestion

Slows digestion down in the stomach, leading to a feeling of fullness, which helps reduce body fat

#### Increases Insulin Production

GLP-1 prompts the body to produce more insulin, which reduces blood sugar (glucose).





# EXPLORING GLP-1: Is it Right for You?

Who are the best candidates for GLP-1 treatment?

## IDEAL CANDIDATES FOR TREATMENT

- ✓ **Age:** GLP-1 is approved for adults.
- ✓ **Body Mass Index (BMI):** BMI should be 30 or higher. However, adults with a BMI of 27 or greater and have at least one weight-related comorbid condition are also good candidates for treatment.
- ✓ **Weight-Related Comorbid Conditions:** Individuals with weight-related medical conditions like high blood pressure, type 2 diabetes, or lipid disorders are also eligible for treatment with GLP-1.



## WHO DOES NOT QUALIFY?

- ✗ GLP-1 treatment should not be used for individuals with the following medical conditions:
  - Type 1 Diabetes
  - Personal or Family History of medullary thyroid carcinoma, or Multiple Endocrine Neoplasia syndrome type 2
  - Severe gastrointestinal disorders i.e. gastroparesis
  - History of pancreatitis
  - Pregnancy
  - Known diagnosis of Proliferative Diabetic Retinopathy (PDR), severe Non-Proliferative Diabetic Retinopathy (NPDR), Macular Edema (ME) or Diabetic Macular Edema (DME), unless risk/benefit discussions and have been discussed with your provider.

\*\*\*Please note that the decision to start GLP-1 treatment should be made by a health care professional based on the individual's medical history and current health status and this information guide does not replace medical provider assessment.

# GLP-1 SIDE EFFECTS

## WHAT THEY ARE, AND HOW TO HANDLE THEM

While GLP-1 can be effective for weight loss, it's not a miracle drug and may have side effects and should be used under the supervision of a health care provider.

### Nausea and Vomiting

Nausea is the most common side effect of GLP-1. Here are some tips:

- **Eat Slower:** Eating too fast can make nausea worse.
- **Consume Smaller Meals:** Large meals can cause your stomach to stretch, which can worsen nausea.
- **Stay Upright After Eating:** Laying down after eating can slow digestion and increase feelings of nausea
- **Avoid High Fat Meals:** High-fat foods take longer to digest, which can lead to symptoms like bloating and indigestion.



### Diarrhea

If you experience diarrhea while taking GLP-1, consider the following:

- **Stay Hydrated:** Diarrhea can lead to dehydration. Make sure to drink plenty of fluids.
- **Eat Foods High in Pectin:** Foods like bananas, rice, applesauce, and toast can help solidify stools.



### Constipation

If you experience constipation while taking GLP-1, these tips may help:

- **Increase Fiber Intake:** Foods high in fiber, like fruits, vegetables, and whole grains, can help stimulate bowel movements.
- **Stay Hydrated:** Drinking plenty of water can help soften stools and make them easier to pass.



### Fatigue

If you're feeling tired or weak during exercise, consider these tips:

- **Have a Snack Before Exercise:** Eating a small snack before any intense exercise lasting longer than 30 minutes can help maintain your energy level.
- **Stay Hydrated:** Dehydration can lead to fatigue. Make sure to drink plenty of fluids before, during, and after exercise.



# Eating Right with GLP-1

GLP-1 is a medication that can help manage blood sugar levels and aid in weight loss. However, it's important to pair this medication with a healthy diet for the best results. Here are some dietary recommendations for patients on GLP-1:

## HEALTHY EATING GUIDELINES

**Whole Foods:** Emphasize lean, whole-food proteins, high-fiber carbohydrates with a low glycemic load, and an array of micronutrient-rich plants and vegetables.

**Fruits and Vegetables:** Include fresh fruits and vegetables in your diet. These provide essential vitamins and minerals and are low in calories.

**Whole Grains and Fiber:** Choose whole grains and foods high in fiber. These can help control blood sugar levels and keep you feeling full.

**Lean Proteins:** Consume a variety of proteins like seafood, lean meats, poultry, or eggs. These provide essential amino acids without adding extra fat.

## FOODS TO AVOID

**High-Fat Foods:** High-fat and greasy foods can slow digestion and cause gastrointestinal upset. These foods can also trigger heartburn, a common symptom people experience when taking GLP-1.

**Processed Foods:** High-sugar foods and drinks, such as soda, can exacerbate side effects like nausea and vomiting. Try to limit your intake of these foods.

**Alcohol:** Alcohol can interfere with the effectiveness of GLP-1 and increase the risk of side effects.

## ADDITIONAL TIPS

**Small Meals:** Eating regular small meals helps metabolize this medication more seamlessly.

**Hydration:** Staying well-hydrated is important, especially when taking GLP-1.



# GLP-1 Injection Instructions

## (Vial & Syringe)

**Important:** Always follow your provider's instructions. This guide is for educational purposes and assumes you've been trained on proper technique



### What You'll Need:

- GLP-1 medication vial
- Syringe with needle (as prescribed)
- Alcohol prep pad
- Sharps container
- Optional: small adhesive bandage

### Injection Site:

- Best areas for subcutaneous injection (just under the skin):
  - Abdomen (avoid 2-inch area around belly button)
  - Thigh (front or outer side)
  - Back of upper arm (if someone helps you)
- Rotate injection sites each time to prevent irritation.

## 1 Prepare Your Materials

- Wash hands thoroughly with soap and water.
- Gather all supplies on a clean surface.
- Check the expiration date on the vial.

## 3 Draw the Medication

- Remove syringe cap without touching the needle.
- Pull back the plunger to draw in air equal to your dose.
- Insert the needle into the vial's rubber stopper.
- Push the air into the vial (this makes drawing easier).
- Turn the vial upside down and slowly pull back the plunger to your prescribed dose.
- Check for air bubbles. If present:
  - Tap the syringe gently to bring bubbles to the top.
  - Push the plunger slightly to remove air.
  - Pull medication again if needed.

### Important Reminders:

- Never reuse syringes or needles.
- Store medication according to label instructions (usually refrigerated).

## 2 Prepare the Vial

- Wipe the rubber stopper of the vial with an alcohol pad.
- If the vial is refrigerated, let it sit at room temp for a few minutes (do not heat).

## 4 Inject the Medication

- Clean the injection site with a new alcohol pad.
- Pinch a small fold of skin.
- Insert the needle at a 45° to 90° angle (based on provider's instruction).
- Push the plunger down slowly and steadily.
- Once done, remove the needle and release your skin fold.
- Dispose of the syringe immediately in a sharps container.
- Apply a bandage if needed.

- Keep out of reach of children.
- Report any signs of allergic reaction, severe nausea, or injection site infection to your provider.





GLP-1 is a medication used for weight loss and to lower blood sugar levels in type 2 diabetic patients. However, for optimal results, it's important to pair this medication with increased physical activity.

Exercise may enhance the therapeutic effects of GLP-1, potentially by improving insulin sensitivity, and aiding in weight management. Exercise stimulates the body to use glucose more efficiently, which can complement the glucose-regulating properties of GLP-1.

# Exercise & GLP-1

## A Winning Combination

## Guidelines



### Aerobic Exercise

Aim for at least 150 minutes of moderate intensity or 75 minutes of high intensity aerobic activity each week. This could include activities like walking, cycling, or swimming.



### Strength Training

Include strength training exercises in your routine at least two days a week. This could involve lifting weights or doing bodyweight exercises like push-ups and squats.



### Flexibility & Balance Exercises

Incorporate flexibility and balance exercises into your routine. This could include activities like yoga.



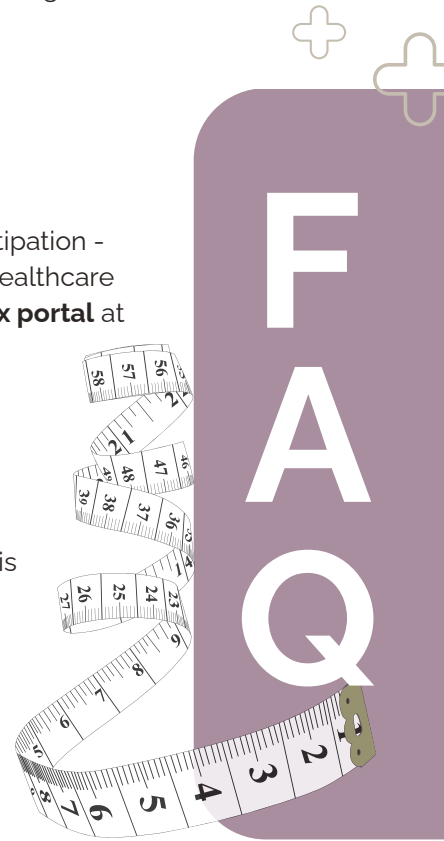
\*\* Always consult with a medical professional before starting or increasing any exercise program.





# GLP-1 FOR WEIGHT LOSS

- 1 What is GLP-1 and how does it work for weight loss?**  
GLP-1 is a GLP-1 receptor agonist that helps reduce appetite and increase feelings of fullness, leading to weight loss.
- 2 Who can use GLP-1 for weight loss?**  
Adults with a BMI of 30 or more, or adults with a BMI of 27 or more who also have a weight-related medical condition.
- 3 How is GLP-1 administered?**  
GLP-1 is available in both injectable and oral forms.
- 4 What are the common side effects of GLP-1?**  
Common side effects include nausea, vomiting, diarrhea, abdominal pain, and constipation - please see pharmacy details. As a **Newest Beginnings Rx client**, your prescribing healthcare provider is available to answer your questions. Login into the **Newest Beginnings Rx portal** at <https://newestbeginningsrx.com> to message your provider.
- 5 How long does it take for GLP-1 to work?**  
GLP-1 can work within the first week, with full effect taking 8 weeks or longer.
- 6 What is the difference between the oral and injectable forms of GLP-1?**  
The oral form is taken daily as a tablet or sublingual drop, while the injectable form is administered as a subcutaneous injection once a week.
- 7 Can GLP-1 be used for weight loss in individuals without diabetes?**  
Yes, GLP-1 is approved for weight loss in certain patients, even those without diabetes.
- 8 Are there any dietary restrictions while taking GLP-1?**  
No specific dietary restrictions, but a healthy diet and regular exercise are recommended for best results. Avoid spicy, greasy, high sugar foods.
- 9 Can GLP-1 be used in combination with other diabetes medications?**  
Yes, but always consult with a healthcare provider before starting any new medications.
- 10 Are there any long-term risks associated with GLP-1 treatment?**  
Long-term risks are still being studied, please consult with a medical provider prior to taking GLP-1.



# Understanding Obesity

Obesity is a complex disease involving an excessive amount of body fat. It's not just a cosmetic concern. It's a medical problem that increases the risk of other diseases and health problems.



## Health Risks

Obesity can lead to a number of serious health conditions, including:

**Heart Disease and Stroke:** Extra weight makes it more likely that you'll develop high blood pressure, high cholesterol, and type 2 diabetes.

**Type 2 Diabetes:** Obesity can affect the way your body uses insulin to control blood sugar levels, increasing your risk of insulin resistance and diabetes.

**Certain Cancers:** Obesity may increase your risk of certain types of cancer, including breast, colon, endometrial, kidney, esophagus, and pancreatic cancers.

**Digestive Problems:** Obesity increases the likelihood of developing heartburn, gallbladder disease, and liver problems.



## Body Mass Index (BMI)

For adults, the World Health Organization (WHO) and the Centers for Disease Control and Prevention (CDC) define obesity as having a Body Mass Index (BMI) OF 30 or higher. BMI is calculated using a person's weight and height. A BMI chart is a tool that can quickly help you determine your BMI. Calculate your [BMI HERE](#)

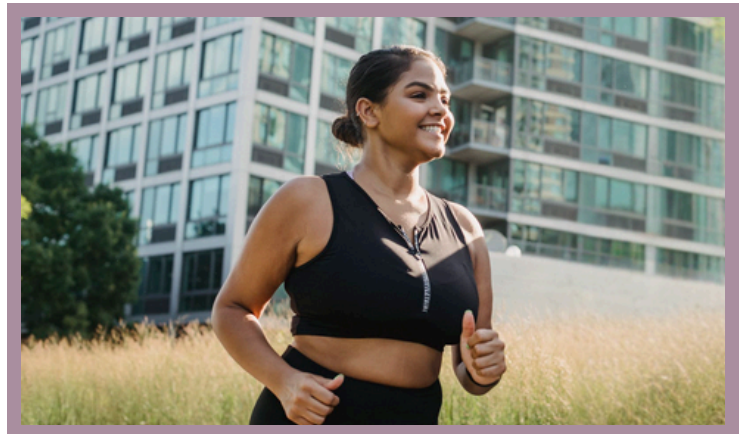
Obesity is frequently subdivided into categories:

Class 1: BMI of 30 to 35

Class 2: BMI of 35 to 40

Class 3: BMI of 40 or higher

Class 3 obesity is sometimes categorized as "severe" obesity.



## Managing Obesity

Obesity is a complex, chronic, and multifactorial disease that requires a comprehensive and long-term treatment approach. Lifestyle modifications, including diet and exercise, are the cornerstone of obesity management. However, for some individuals, these interventions may not be enough to achieve or maintain a healthy weight

Initially used as a diabetes medication, GLP-1 has been found to be effective for weight loss and is now also used for weight management in certain patients. By reducing appetite and increasing feelings of fullness, GLP-1 can lead to weight loss.

