

SEMAGLUTIDE/TIRZEPATIDE

Semaglutide+Cyanocobalamin (Vitamin B-12) is a once weekly glucagon-like peptide-1 (GLP-1) injection. This medication improves glycemic control and delays gastric emptying. This results in decreased appetite, reduction of food cravings, and improved control of eating. This peptide is well studied and is successful at decreasing HbA1c in those with diabetes and is associated with weight loss.

What Is Semaglutide?

Semaglutide belongs to a class of medications initially used to treat diabetes by mimicking a natural hormone (GLP-1) that prompts the body to produce more insulin after eating. That, in turn, reduces blood sugar levels and impacts the areas of the brain that regulate food intake and appetite; therefore reducing your appetite and feelings of hunger. And yes, these drugs often come with the bonus side effect of weight loss.

Other prescription weight loss medications on the market that act on the central nervous system to suppress appetite (though by a different mechanism than GLP-1 drugs) include bupropion-naltrexone (Contrave) and phentermine-topiramate (Qsymia). None of these other drugs come close to the efficacy of semaglutide, according to experts and published studies.

What Does Semaglutide Do to Your Body?

Semaglutide helps to keep your blood sugar low, to allow fat burning to happen while also slowing gastric emptying to aid in appetite control and keep you feeling fuller longer. Semaglutide is in a class of medications called incretin mimetics which work by helping the pancreas to correctly release insulin when blood sugar levels are high. Insulin helps move glucose from the blood into the tissue around the body, which is then used for energy.

Is Semaglutide Good for Weight Loss?

According to the CDC, 73% of American adults are overweight or obese. Being overweight or obese is a serious health risk associated with health conditions such as stroke, heart disease, and diabetes. Plus, it's linked to an increased risk of certain types of cancer. Losing 5-10% of body weight through diet and increased physical activity lowers the risk of cardiovascular disease in obese and overweight adults.

Recent research has shown that semaglutide is an effective treatment for weight loss.

How is our Semaglutide Injection different from the other semaglutide prescriptions on the market like Wegovy and Ozempic?

Our Semaglutide injection contains the same compounded active ingredient as in Wegovy and Ozempic, making it a compounded version of these brand name medications. What differs is that our injection also contains Vitamin B12 to aid in preventing nausea. Our injection also comes compounded in a multi dose vial to be drawn up into insulin syringes, whereas the brand name medications come in a single pre-loaded pen.

How do I take Semaglutide?

Semaglutide is taken in a weekly injection. The injection is administered in the abdomen, thigh, or arm subcutaneously. Patients come to the clinic once a week to receive the injection. Patients also weigh-in and document side effects.

****** After 2 weeks of in-office injections, a patient if comfortable may elect to learn how to self administer the medicine at home. We have the option of prescribing a one month supply for at home administration. It is more expensive than the office administered version.

What is the difference between Semaglutide and Tirzepatide?

Tirzepatide is a 2nd Generation GLP-1 medication. It works the same as Semaglutide but lowers the chance of side effects.

Do I need Lab Work?

Yes, you will need a CBC, CMP, HbA1C, TSH, and Lipid panel.

If you had these labs done with Clark Integrated Medical Clinics in the past 3 months we can use them.

Cost of labs: \$50

Semaglutide Injection Schedule

Because of the common side effects, we slowly increase the dose and stay at the lowest effective dose possible.

Month 1: 0.25 mg Semaglutide + Cyanocobalamin

Month 2: 0.5 mg Semaglutide + Cyanocobalamin

Month 3: 1 mg Semaglutide + Cyanocobalamin

****Most patients stay at 1 mg dose and have success.**

Month 4: 1.7 mg Semaglutide + Cyanocobalamin

Month 5: 2.5 mg Semaglutide + Cyanocobalamin

How Much Does our Semaglutide Cost?

We do not charge a consult fee or an office visit. We bundle our charges which are priced below in weekly installments.

Our compounded Semaglutide injections are affordable, not insurance dependent, and readily available for UPS 2 day shipping. Our Semaglutide ranges between **\$100-\$200 weekly** depending on the dose.

0.25 mg dose is \$75 per injection

0.50 mg dose is \$100 per injection

1 mg dose is \$125 per injection

One month supply of at home injection is \$500-\$600 per month.

Tirzepatide Cost

5 mg dose is \$125 per injection

7.5 mg dose is \$150 per injection

10 mg dose is \$175 per injection

Semaglutide Common Side Effects

The most commonly reported side effects include: nausea, vomiting, diarrhea, dizziness, stomach pain, bloating and constipation. The risk of serious side effects increases in patients with hypoglycemia, kidney problems, and risk of allergic reactions. In addition, vitamin B12 has been shown to assist with the tolerance of semaglutide and can ease some of the gastrointestinal side effects such as nausea.

Contraindications

Semaglutide injections shouldn't be combined with other GLP-1 receptor agonists such as rybelsus, bydureon, trulicity, or victoza. In addition, semaglutide should not be used in patients with a family or personal history of medullary thyroid cancer or Multiple Endocrine Neoplasia Type 2 (MEN 2). Gallbladder disease also appears to be worsened in some individuals.

What can I take for the Side Effects?

Over the counter side effect treatment:

Alka Seltzer 2-3 times a daily for nausea and heartburn

Pepto 1 Tablespoon 3 times a day for upset stomach, heartburn and bloating

Pepcid 1 tablet 2 times a day for heartburn

Prilosec 1 tablet a day for heartburn

Tums 2-3 times a day for heartburn

Miralax and fiber supplement capsules between meals as needed for constipation

*If you experience severe nausea or vomiting, we can prescribe Zofran or Compazine.

Q&A

Semaglutide and Tirzepatide

1. **How much does it cost?** It is Cash only we **do not take insurance**. It cost about \$100/ a week. This is cheaper than what you spend dining out. So; by losing weight you will save money.
2. **How do I take it?** It is administered by subcutaneous Injection, Once a **WEEK** in the abdomen or thigh. It is a very small needle (30 gauge) and almost Painless. Once you are comfortable taking the medicine and injecting yourself you can choose to do your own injections at home.
3. **Will I need labs?** Yes, if you had labs done in the past three months at Clark Integrated, you can bring those. Otherwise, you will be required to do bloodwork. It cost \$50. (CBC, CMP, Hemoglobin A1C, Thyroid, and Lipids)
4. **Can anyone be treated?** No, you must be an Adult and have a **BMI greater than 30 or a BMI of 27 with an overweight related medical issue**. Like: Prediabetes, Diabetes, Joint Issues, Metabolic Syndrome, Hypertension, Cholesterol Issues, and Heart Issues. Dr Boudreaux will review your case to see if you Qualify.

****Absolute contraindications: a history of thyroid cancer or MEN syndrome; in you or a close family member.**

5. **Can you tell me how the medicine works?** It is a GLP-1 medication. Your body makes a similar chemical. The difference between **overweight people and skinny people** is; skinny people produce more GLP-1. It acts on the brain, the gut and multiple other receptors, ending hunger, cravings and curbs appetite. It slows digestion and lowers blood sugar by increasing insulin, **similar to Keto Diets and Fasting**. Because your body makes this chemical, it does not react with other medications or affect your major organs.
6. **What are the side effects?** There are many side effects. We will send you an email that list the most common; mainly it's gastrointestinal: nausea, heartburn, constipation, abdominal cramps, and in severe cases, people have gallbladder issues, pancreatitis, and severe vomiting. You will be monitored closely, that's why we do weekly injections and follow up. Dr Boudreaux is also an ER doctor and has seen many patients in the ER for improper treatment. Dr Boudreaux's Program is designed to go slow, Minimize Side effects and find your bodies appropriate treatment pathway.
7. **How much weight can I expect to lose?** Most of our patients lose about 25% of their body weight over a year. Dr Boudreaux has seen amazing results in his patients some losing close to 200 pounds. Here at Clark Integrated our goal is to slowly lose weight and create diet and exercise habits that can maintain you for the rest of your lifetime. **Dr Boudreaux has personally tried both medications and has lost 26 pounds. He is now off of Blood Pressure Medications, Cholesterol medications and has reversed his Prediabetes. Dr Boudreaux wants the same for you.**
8. **Do I have to stay on this indefinitely?** No, the goal is to lose weight and create healthy habits so you can get off of the medication. Most of our patients are on the medication for six months to a year.
9. **What is the Difference Semaglutide and Tirzepatide?** Tirzepatide is a 2nd Generation GLP-1 medication. It works similar as Semaglutide but **lowers the chance of side effects. Tirzepatide Costs** more because its harder to obtain and a newer medication.
10. **Is this like Ozempic which makes people sick?** Dr Boudreaux has tried all versions of this medicine on himself; Ozempic made him very sick. We use this product because it works the best on Dr Boudreaux and our patients. It has the best results with the lowest side effects.

Dr Boudreaux has had Amazing results on himself and with his patients. He has never seen such a fantastic medication. It by far is one of the best advancements in modern medicine.