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# Welcome To Somi GLP-1 Program

Patient Information GLP-1 Handout

# Introduction

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Somi **GLP-1** Patient Information Handout



Hello! Welcome to Your Somi Weight Loss Treatment Program



Thank you for choosing Somi for your **GLP-1** weight loss journey. This packet provides important information about your medication, potential side effects, lifestyle tips, and legal disclaimers. Please read it thoroughly to help ensure a safe & successful treatment experience.

# A Guide To GLP-1 Medications



**GLP-1** receptor agonists, including semaglutide (Wegovy, Ozempic, Rybelsus) and tirzepatide (Mounjaro, Zepbound), are medications aimed at supporting weight loss by suppressing appetite and enhancing blood sugar management. For optimal results, these medications work best when paired with a high-protein diet and consistent exercise routine.

## How Does GLP-1 Medications Work?



Reduce hunger by targeting the hunger-regulating centers in the brain.



Delay gastric emptying to increase feelings of fullness.



Enhance insulin sensitivity and help maintain stable blood sugar levels.

# Important Information



Your prescribed dosage schedule may differ from standard recommendations.

Some patients may experience benefits without reaching the maximum dose.

Be sure to inform your primary care provider that you are using this medication.

This medication may slow the absorption of other medicines you are taking.



## Thyroid Tumor Risk:

Animal studies have shown that **GLP-1** medications can cause thyroid tumors in mice; however, it's unknown if this applies to humans. No direct link has been established between **GLP-1** drugs and thyroid cancer, including medullary thyroid carcinoma (MTC). If you have a personal or family history of thyroid cancer, consult your healthcare provider before starting this medication.



## Contraceptive Guidance (for Female Patients of Reproductive Potential):

Women are strongly advised to use effective contraception during treatment with a **GLP-1** medication and for at least two months afterward. For those on Zepbound or tirzepatide (Mounjaro), switching to a non-oral contraceptive or adding a barrier method is recommended during the first four weeks after starting the medication and after each dose increase.



# Common Side Effects Of GLP-1 Medications & Management

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## Nausea

Eat smaller, more frequent meals, avoid greasy or spicy foods, and stay hydrated. Symptoms often improve over time as your body adjusts to the medication.



## Vomiting

Similar to nausea, try eating bland foods and avoid overeating. If vomiting persists, contact your healthcare provider.



## Diarrhea

Stay well-hydrated and consider eating bland, low-fiber foods. If diarrhea continues or becomes severe, consult your doctor.



## Constipation

Increase your fiber intake, drink plenty of water, and stay active. If constipation persists, your healthcare provider may recommend a gentle laxative.



## Loss of Appetite

Ensure you're eating enough to maintain proper nutrition, and discuss any significant weight loss with your provider.



# Common Side Effects Of GLP-1 Medications & Management conti..

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# Additional GLP-1 Risk Factor

## Caution For Age 65 & Over

### ⦿ **Increased Risk of Hypoglycemia:**

Older adults may be more prone to low blood sugar, especially if taking other diabetes medications. Regular blood sugar monitoring is important.

### ⦿ **Gastrointestinal Side Effects:**

Nausea, vomiting, diarrhea, and constipation are common, which can lead to dehydration, electrolyte imbalances, or discomfort. Managing diet, hydration, and bowel health is key.

### ⦿ **Risk of Falls Due to Dizziness or Weakness:**

Side effects like dizziness or lightheadedness can increase fall risk. Rising slowly and ensuring a safe environment are recommended.

### ⦿ **Potential Impact on Kidney Function:**

Dehydration from gastrointestinal side effects may impair kidney function, which is more vulnerable in older adults. Regular kidney monitoring is advised.

### ⦿ **Thyroid Tumor Risk:**

Although the connection in humans is unconfirmed, those with a history of thyroid cancer or a family history should discuss risks with their healthcare provider.

### ⦿ **Muscle Loss (Sarcopenia):**

Some evidence suggests weight loss medications may contribute to muscle mass reduction, which can exacerbate frailty. Adequate protein intake and resistance exercises may help.

### ⦿ **Bone Loss and Increased Fracture Risk:**

There is some concern that **GLP-1** medications could affect bone density, increasing fracture risk. Ensuring sufficient calcium and vitamin D intake, along with weight-bearing exercises, can be beneficial.

### ⦿ **Cognitive and Functional Considerations:**

Fatigue or dizziness may impact daily activities or mental clarity. Regular assessments and supportive measures are recommended.

### **Summary:**

Older adults should use **GLP-1** medications under close medical supervision, with regular health evaluations. Monitoring for side effects like muscle loss, constipation, and bone health, & taking preventive steps, can help ensure safe and effective treatment. Always report any new or worsening symptoms promptly.

# Who Should Not Take GLP-1 Medication?

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GLP-1 Medications Is Not For You If You Have The Following:

## Personal or Family History of Medullary Thyroid Carcinoma (MTC):

- History of Pancreatitis
- Hypersensitivity or Allergic Reactions to **GLP-1**
- Pregnancy and Breastfeeding or actively trying to become pregnant
- Severe Gastrointestinal Disease
- Type **1** Diabetes or Diabetic Ketoacidosis (DKA)
- Medullary Thyroid Carcinoma (MTC) or MEN 2
- End Stage Liver or Kidney disease
- Active Cancer diagnosis or in remission for less than **5** years
- History of organ transplant or being on anti-rejection medication
- History of alcohol or drug abuse
- History of active or prior eating disorder



# Legal Disclaimers

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## Essential Information:

It is important to understand that compounded medications are not approved by the U.S. Food and Drug Administration (FDA). As a result, they may carry certain inherent risks that are not present with FDA-approved treatments. Since these medications are customized and not regulated in the same way as standard pharmaceuticals, their safety, efficacy, and quality can vary, and there is no guarantee regarding the specific outcomes or side effects that an individual might experience.



Patients should be proactive in discussing any concerns, questions, or health conditions with their primary care provider or healthcare professional before starting or continuing use of compounded medications. Open communication with your healthcare provider is essential to ensure that your treatment plan is safe, appropriate, and tailored to your specific needs.



Furthermore, it is crucial to recognize that medication alone is not sufficient for optimal results. Achieving the desired health outcomes often requires a comprehensive approach that includes adherence to recommended dietary modifications, regular physical activity, and lifestyle changes. Patients are responsible for actively following these guidelines and maintaining consistency in their health-related behaviors to maximize the benefits of their treatment and promote overall well-being. Always remember that your healthcare team is there to support you and guide you through your treatment journey, so do not hesitate to seek their advice whenever needed.

# Lifestyle Changes For Optimal Results

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## Follow A Balanced, High-protein Diet

Focus on consuming lean proteins, vegetables, whole grains, and healthy fats. Eating smaller, more frequent meals can help manage appetite and stabilize blood sugar levels.



## Reduce Caloric Intake

Aim for a calorie-controlled diet tailored to your individual needs. Limiting calorie intake supports weight loss and enhances medication effects.



## Increase Physical Activity

Incorporate regular exercise, such as walking, cycling, swimming, or strength training, at least **150** minutes per week. Exercise helps improve insulin sensitivity, burn calories, and boost overall health.



## Practice Mindful Eating

Pay attention to hunger and fullness cues, eat slowly, and avoid distractions during meals. This can prevent overeating and promote better digestion.



## Stay Hydrated

Drink plenty of water throughout the day to stay hydrated, especially if experiencing gastrointestinal side effects like nausea or diarrhea.



## Limit Processed And Sugary Foods

Reduce intake of sugary drinks, sweets, and processed snacks to help control blood sugar and prevent weight gain.



# Lifestyle Changes For Optimal Results Conti..

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## Maintain Consistent Sleep Patterns

Aim for **7-9** hours of quality sleep each night, as poor sleep can affect hunger hormones and blood sugar regulation.



## Manage Stress

Engage in stress-reducing activities such as meditation, yoga, or hobbies, as stress can impact blood sugar levels and overall health.



## Monitor Blood Sugar and Weight

Regular self-monitoring helps track progress and identify any issues early, allowing for timely adjustments in lifestyle or medication.



## Follow Medical Advice and Attend Regular Check-Ups

Keep regular appointments with your healthcare provider to monitor your progress, address any side effects, and make necessary adjustments to your treatment plan.

**Implementing these lifestyle modifications alongside GLP-1 therapy can significantly enhance your results, improve health outcomes, and support long-term success. Always consult your healthcare provider before making significant changes to your diet or exercise routine.**





## It Is Important To Follow Your Healthcare Provider's Guidance Regarding Discontinuing GLP-1 Therapy. You Should Consider Stopping The Medication In The Following Situations:



### 🕒 **Achieving Your Goal Weight:**

Once you have reached & maintained your target weight for a sustained period, your healthcare provider may recommend stopping the medication. They will assess whether continued use is necessary or if other strategies should be implemented to maintain your weight loss.

### 🕒 **Severe Side Effects or Adverse Reactions:**

If you experience severe or persistent side effects such as severe nausea, vomiting, diarrhea, allergic reactions (rash, swelling, difficulty breathing), or signs of pancreatitis (severe abdominal pain radiating to the back), contact your healthcare provider immediately. They may recommend stopping the medication.

### 🕒 **Lack of Effectiveness:**

If, after an adequate trial period, the medication does not provide the expected benefits in weight loss or blood sugar control, your healthcare provider may advise discontinuing or adjusting the treatment.

### 🕒 **Personal or Medical Reasons:**

Pregnancy, planning to become pregnant, or breastfeeding may require stopping **GLP-1** medications, as their safety during pregnancy or lactation has not been established. Also, if you develop certain health conditions or contraindications, your provider may recommend stopping.





## It Is Important To Follow Your Healthcare Provider's Guidance Regarding Discontinuing GLP-1 Therapy. You Should Consider Stopping The Medication In The Following Situations:



### **Development of Contraindications or Risks:**

If new health issues arise, such as a personal or family history of medullary thyroid carcinoma (MTC) or multiple endocrine neoplasia (MEN 2), your provider may advise discontinuation.



### **Doctor's Recommendation:**

Always consult your healthcare provider before stopping any medication. They will provide personalized advice based on your health status and treatment goals.



### **Important:**

Do not stop taking **GLP-1** medications abruptly without medical guidance. If you need to discontinue your medication, your healthcare provider will help develop a safe plan for tapering or switching to alternative treatments.

# For Questions Please Contact Us!

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**For medication questions, side effect , or assistance:**



Somi Support Line: text (704) 386-6871



[support@joinsomi.com](mailto:support@joinsomi.com)



[www.joinsomi.com](http://www.joinsomi.com)

The Somi logo, featuring the word 'somi' in a dark blue serif font, enclosed within a white circle that has a subtle drop shadow.

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# Reignite Your Weight Loss Momentum

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Experiencing A Weight Loss Plateau—where Your Progress Stalls Despite Continued Efforts—can Be Frustrating, But It's A Common Part Of The Weight Loss Journey. Here Are Some Effective Strategies To Help Break Through A Plateau And Continue Making Progress:

## ● **Reassess Your Caloric Intake**

As you lose weight, your body requires fewer calories. Reevaluate your daily caloric needs and adjust your intake accordingly to create a new calorie deficit.

## ● **Increase Physical Activity**

Incorporate more activity into your routine. This could mean adding extra cardio sessions, increasing workout intensity, or including strength training to build muscle, which boosts metabolism.

## ● **Mix Up Your Exercise Routine**

Changing your workout types, durations, or intensity can stimulate your metabolism & prevent your body from adapting to the same routine.

## ● **Track Your Food and Activity**

Keep a detailed journal of your meals and workouts to identify any unnoticed calorie intake or activity lapses that might be hindering progress.

## ● **Prioritize Protein Intake**

Consuming adequate protein can help preserve lean muscle mass, increase satiety, and boost calorie burn through the thermic effect of food.

## ● **Ensure Adequate Hydration**

Drinking enough water supports metabolism and can help reduce hunger or cravings.

# Reignite Your Weight Loss Momentum

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Experiencing A Weight Loss Plateau—where Your Progress Stalls Despite Continued Efforts—can Be Frustrating, But It's A Common Part Of The Weight Loss Journey. Here Are Some Effective Strategies To Help Break Through A Plateau And Continue Making Progress:

## ● **Get Enough Sleep**

Poor sleep can affect hunger hormones and slow metabolism. Aim for **7-9** hours of quality sleep per night.

## ● **Manage Stress Levels**

Elevated stress can increase cortisol, which may promote fat retention. Practice relaxation techniques like meditation, yoga, or deep breathing.

## ● **Review Your Medications and Health Conditions**

Some medications or health issues can affect weight loss. Consult your healthcare provider to rule out or address any underlying factors.

## ● **Be Patient and Stay Consistent**

Plateaus are temporary. Continue with your healthy habits, stay motivated, and give your body time to adjust.

### **Remember:**

If you're struggling to break through a plateau, consider consulting a healthcare professional or registered dietitian. They can provide personalized guidance and support to help you reach your goals effectively and safely.

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# Disclaimer

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The information provided by Somi, including any guidance regarding the use of GLP-1 medications for weight loss, is for informational purposes only and is not intended as a substitute for professional medical advice, diagnosis, or treatment. Somi, its affiliates, and its employees expressly disclaim any liability for any direct, indirect, incidental, or consequential damages, including but not limited to lack of weight loss, adverse health outcomes, or complications that may arise from the use or misuse of GLP-1 medications. The effectiveness of **GLP-1** medications varies among individuals and depends on numerous factors beyond the control of Somi. By utilizing our information or products, you acknowledge that you assume all risks associated with the use of these medications and agree to hold Somi harmless from any and all claims, losses, or damages arising from your reliance on this information. It is strongly recommended that you consult with a qualified healthcare professional before starting any new medication or weight loss program.



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Thank you