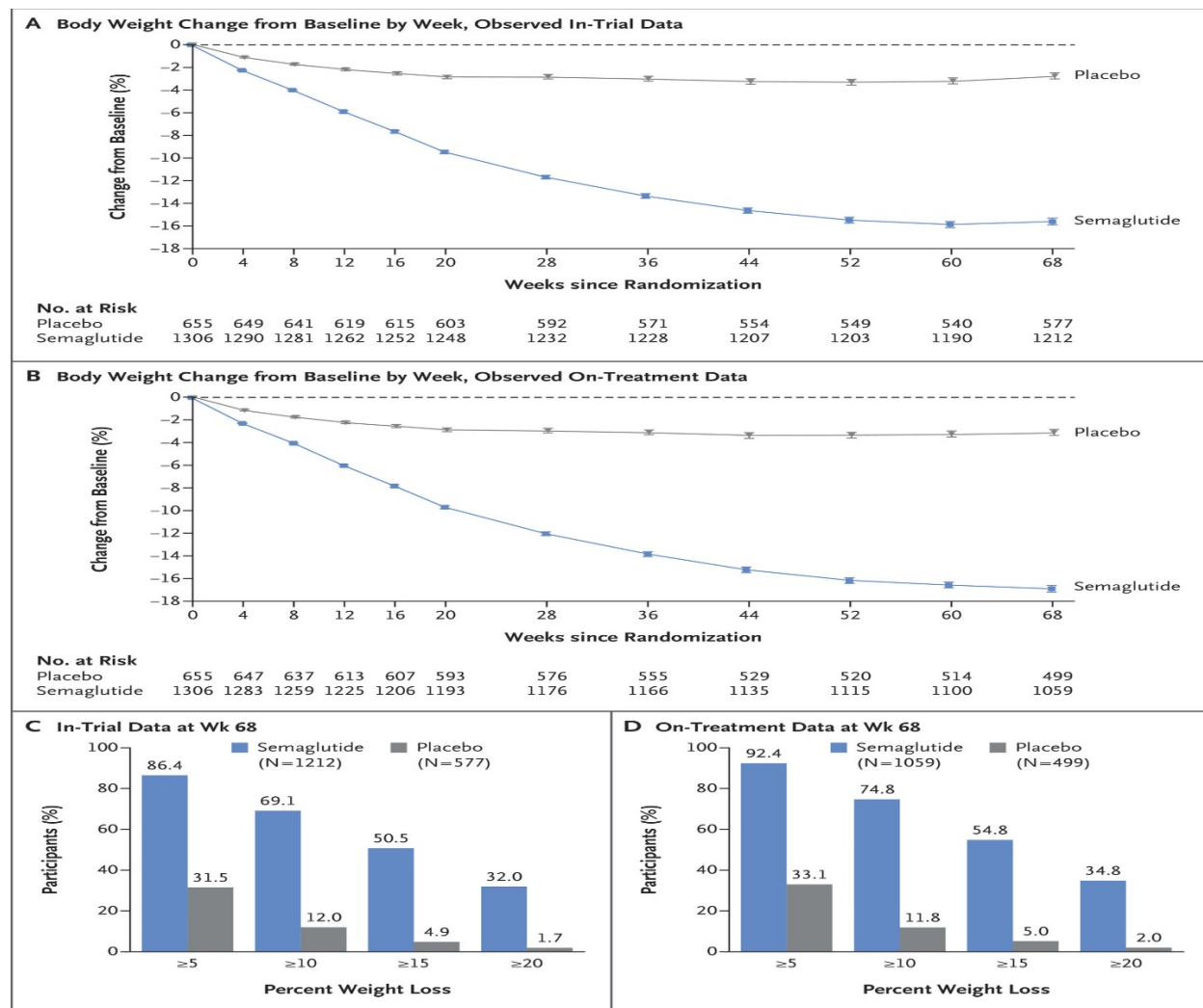


Wegovy® was FDA approved as a weight loss drug after it's predecessor, semaglutide (Ozempic®) was noted to lead to weight loss in diabetic patients.



Semaglutide works via mimicking (agonist) GLP-1 (glucagon like peptide) to increase insulin secretion to increase sugar metabolism, but also signals your brain to decrease appetite. Although there are going to be several competitors on the market soon based on this concept, right now, semaglutide has the highest risk benefit ratio of all weight loss drugs. In the landmark study, 1961 overweight and obese subjects were randomized to placebo or an escalating dose of semaglutide. All were instructed on lifestyle modification.

Graph is % of body weight lost, which translated into an average of 34lbs in semaglutide group, and about 6 lbs in the placebo group at 68 weeks. The dose escalation is due to

gastrointestinal side effects that are managed with slow upward titration of the weekly injectable drug.

Some insurers cover Wegovy® but coverage is by no means universal, and it is very expensive. The cost is about \$1,627 per month. As of right now, there is a supply chain issue with the manufacturer. People who want it are having a hard time getting it. This has allowed compounding pharmacies to make generic versions of the drug, semaglutide, which can continue until the manufacturer gets caught up. This will probably be sometime next year.

In the interim, Tailor Made (who we get sirolimus cream from) and Empower Pharmacy are making the generic version available only to existing clients such as Hill Country Infusion. Looking at the graph from NEJM, weight loss occurs rapidly, about 10% of body weight in less than 5 months, with the additional weight coming off in the next 12 or so months. For people who want an edge to get some weight off, this may be a very good time for them.

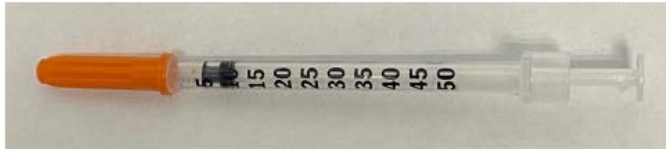
The manufactured product comes as individual dose pens. We will offer our patients 2ml vials with 5mg/ml. using the small syringes 0.5 cc

Weeks 1-4	Weeks 5-8	Weeks 9-12	Weeks 13-16	Weeks 17 & On
0.05 ml	0.1 ml	0.2 ml	0.35 ml	0.5 ml

Review the journals to get familiar with the concept. Weight loss is core to a healthy life for those who are overweight or obese, and this is a safe, and for right now, reasonably inexpensive way to get a start.

Chart reference: Once-Weekly Semaglutide in Adults with Overweight or Obesity. NEJM March 18,2021 vol 384 no 11. Wilding et al. pp989-

Semaglutide Instructions for use of a 0.5cc (1/2 ml) BD insulin syringe 31g 8 mm needle. Find syringes on AMAZON or local pharmacy (CVS/Walgreens/rite-aid etc. no prescription necessary to purchase syringes.)



Week 1-4= 0.05 ml



Weeks 5-8= 0.1 ml



Weeks 9-12= 0.2 ml



Weeks 13-16= 0.35ml



Weeks 17 and beyond=0.5 ml * Maintenance dosing

* Maintenance dosing

Semaglutide Recommended Partnered Lifestyle Changes

In conjunction with the prescription of Semaglutide, Allure Medical recommends healthy lifestyle changes to assure success on our patients' weight loss journey. On top of increasing one's activity level, there are three key steps to help optimize one's weight loss on Semaglutide.

1. Switch from American Diet to Mediterranean Diet

- a. Studies have shown that a Mediterranean diet is one of the best for weight loss and a healthy body. This eating style contains high amounts of vegetables, nuts, plant oils (particularly olive oil), legumes (beans, peas, lentils) fruits, and whole grains. Most importantly, these diets have no processed foods (no chips, processed breads, energy bars, boxed meals, etc.), no red meat, occasional poultry, and modest fish consumption.

2. Management of Gut Microbiome

- a. One's gut microbiome is key in determining weight and overall gastrointestinal health.
- b. Prebiotics help improve one's microbiome, we emphasize the following two supplements:
 - i. Galactooligosaccharide "GOS" sourced from various legumes. This supplement should be incorporated slowly and titrated slowly to avoid stomach upset.
 - ii. Bata thylakoid sourced from spinach. This supplement, which usually comes as a green powder can be mixed into meals, water, or our favorite, a low sugar orange juice to aid with taste.

3. Extra Virgin Olive Oil Incorporation

- a. Extra Virgin olive oil has been clinically shown to promote weight loss. This oil can be mixed into smoothies, added to food, or taken straight.
 - i. Recommended 1.5 tablespoons daily, no need to start with smaller dosing.
 - ii. We advise patients to check the sourcing of their oil to assure quality and purity, our favorite olive oils are from Chili, Australia, and the U.S. who have low likelihood of being counterfeit.