

UNDERSTANDING GLP-1 PEPTIDE THERAPY

A PATIENT GUIDE TO HOW THESE MEDICINES SUPPORT WEIGHT MANAGEMENT

WHAT IS GLP-1?

GLP-1 stands for **Glucagon-Like Peptide-1**.

It is a naturally occurring hormone made by L-cells in the small intestine after you eat. GLP-1 helps your brain, stomach, pancreas, and liver work together to regulate appetite, digestion, and blood sugar.



After you eat, **L-cells** in the small intestine release **GLP-1** into the bloodstream.

WHAT IS A PEPTIDE?

Peptides are short chains of amino acids, the building blocks of proteins. Many peptides act as chemical messengers that allow organs to communicate with one another.

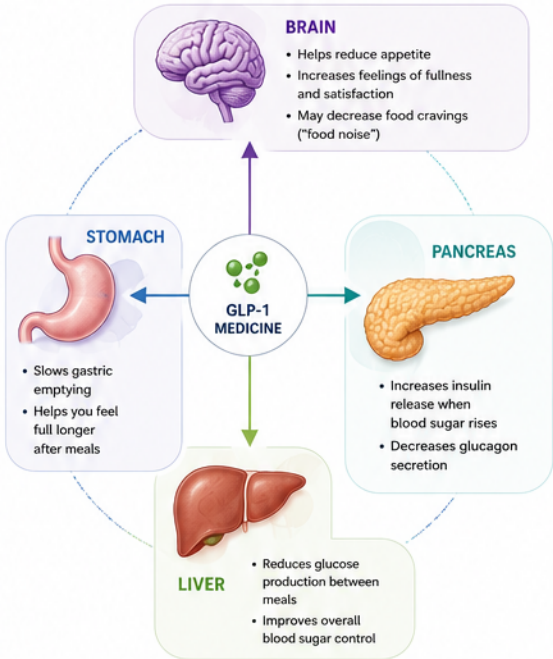
Examples of natural peptides include:



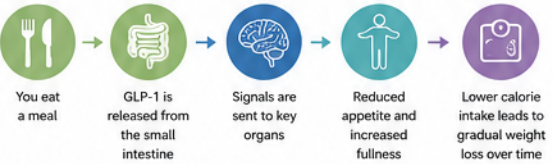
GLP-1 medications are laboratory-produced peptides that mimic the body's natural GLP-1 hormone. They are designed to last longer in the body to provide therapeutic benefit.

HOW GLP-1 MEDICINES WORK

GLP-1 medicines work with your body's natural systems to support weight management and improve metabolism.



THE BIG PICTURE: HOW GLP-1 SUPPORTS WEIGHT LOSS



GLP-1 medicines are most effective when combined with healthy nutrition, regular physical activity, adequate sleep, and long-term lifestyle changes.

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QUESTIONS PATIENTS OFTEN ASK



How much weight can I expect to lose?

Results vary. In clinical studies, individuals lost an average of 10–20% of their body weight over 12–18 months. Some lose more, some less.



Why is weight loss gradual?

GLP-1 medicines help change appetite and eating patterns over time. Gradual weight loss is healthier and more sustainable.



Do GLP-1 medicines burn fat or increase metabolism?

They do not directly burn fat or increase metabolism. They help you eat less by reducing hunger and increasing fullness, which leads to a calorie deficit and weight loss.



How long do I need to take GLP-1 medicine?

These medications are intended for long-term use. Stopping treatment often leads to weight regain.



What happens if I stop taking it?

Hunger and appetite usually return, and weight may be regained over time.

COMMON SIDE EFFECTS

Most side effects are mild to moderate and improve as your body adjusts.



Nausea



Constipation



Diarrhea



Indigestion



Feeling full sooner



Decreased appetite



Tips that can help:

- Eat smaller meals
- Avoid high-fat or very spicy foods
- Stay hydrated
- Eat slowly and stop when full

IMPORTANT SAFETY INFORMATION

GLP-1 medicines are prescription medications. Talk with your healthcare provider about your personal and family medical history before starting treatment.

Tell your provider if you have or have had:

- Pancreatitis
- Gallbladder disease
- Kidney problems
- Thyroid tumors or a family history of medullary thyroid carcinoma (MTC) or Multiple Endocrine Neoplasia syndrome type 2 (MEN 2)

Seek medical attention right away if you experience:

- Severe abdominal pain that does not go away
- Persistent vomiting
- Signs of dehydration (dizziness, dark urine, rapid heartbeat)
- Signs of an allergic reaction (rash, swelling, trouble breathing)



This guide is for educational purposes only and does not replace medical advice. Always consult your healthcare provider to determine if GLP-1 therapy is appropriate for you.

LEARN MORE

For more information from trusted sources, visit:

- American Diabetes Association (diabetes.org)
- National Institute of Diabetes and Digestive and Kidney Diseases (niddk.nih.gov)
- Obesity Medicine Association (obesitymedicine.org)

EVIDENCE YOU CAN TRUST

GLP-1 medicines have been studied in large clinical trials involving thousands of participants.

- Wilding JPH, et al. Once-Weekly Semaglutide in Adults with Overweight or Obesity. *N Engl J Med*. 2021;384:989-1002.
- Jastreboff AM, et al. Tirzepatide Once Weekly for the Treatment of Obesity. *N Engl J Med*. 2022;387:205-216.