

Weight Loss Medications

The Spirit Weight Management service includes prescribing weight loss medication, which may be either a glucagon-like peptide-1 (GLP-1) agonist (e.g. Wegovy) or a combination of GLP-1 and gastric inhibitory peptide (GIP) agonists (Mounjaro).

What is a GLP-1 medicine?

The word agonist refers to a substance that initiates a physiological response – so, in essence, the medication imitates the substance produced when you eat food. People taking this medication often report feeling less hungry or having a reduced appetite.

GLP-1 medicines also:

- Help your body make more insulin (the hormone that controls or regulates the sugar in your blood).
- Slow down food digestion, meaning it takes longer for you to absorb food.
- Reduce the amount of sugar that your liver releases from its stores.

Depending on your needs, you'll be prescribed either a GLP-1 agonist or a combination of GLP-1 and GIP (Gastric Inhibitory Peptide) agonists. Both options support weight loss and improve metabolic control, working together with a healthy diet to achieve the best results.

These medications are given through injections, typically taken weekly.



Using the medication safely

Just like any medication, it's important to follow the instructions carefully for use. You'll get clear instructions with your injection pens to guide you.

Please take the time to read these instructions and follow them carefully. The instructions will also list the most common side effects. If you wish to discuss any side effects of your medication, please arrange to speak to your prescribing healthcare clinician.

Supporting your weight loss journey

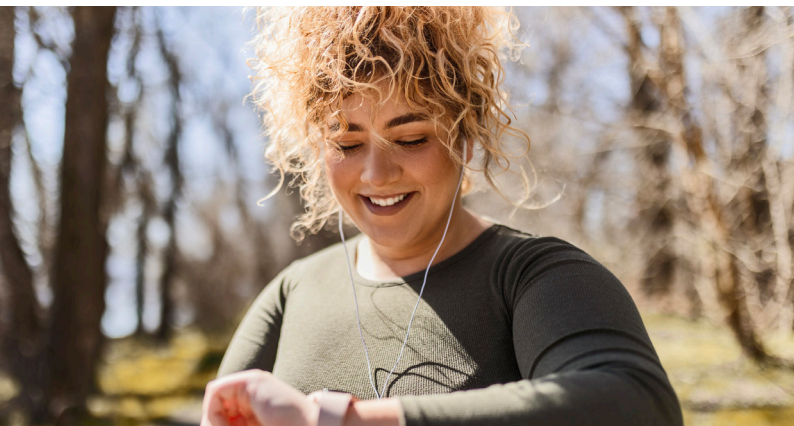
Eating all the right nutritious foods your body requires may become challenging as your appetite changes. We're here to help. To support your weight loss journey, we will send you helpful diet and lifestyle tips to help you get the most from the weight management programme.

Get the essential information on diet, goals, and nourishment to kickstart your journey and make sure you're getting the nutrients you need.

- How to effectively nourish your body if you have a low appetite
- Goal setting
- Keeping a food and exercise diary

To access this information please click here. www.spirit-health.com/weight-loss-management/weight-management-information-hub

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Need further support?

We're here to support you every step of the way. If you have a question about your weight loss journey with us, please email; wm@spirit-health.com or call 0116 216 0125.