



What Is Tirzepatide and How It Works for Weight Loss

Tirzepatide is once-weekly injectable dual glucagon-like peptide 1 (GLP-1) receptor and glucose-dependent insulinotropic polypeptide (GIP) receptor agonist. It works by increasing insulin production and lowers glucagon secretion as well as targets areas in the brain that regulate appetite and food intake. A small change in the molecule allows the drug to last weeks in our bodies rather than the natural version our bodies make, which lasts minutes.

How Does Tirzepatide Work?

- Delays how quickly our stomachs digest food. Leading to a feeling of fullness with smaller meal sizes.
- Slows intestinal motility so you will feel fuller longer after meals.
- Dual action receptor allows for lower blood sugars, in part by reducing the production of sugar in the liver.
- Stimulates insulin secretion by the pancreas.
- GIP increases energy expenditure, resulting in weight loss reductions

Benefits of Tirzepatide

- Decreased appetite/cravings • Weight loss • A1C reduction • Improved cardiometabolic measures

Depending on your target body weight, **your Tirzepatide weight loss management program may take anywhere from 12 to 20 weeks** until you achieve your desired weight loss. Your provider can go over the details and the pricing.

The most common side effects include nausea and constipation. * Patients also report acid reflux, stomach pain, vomiting, and diarrhea. The risk of serious side effects increases in patients with hypoglycemia, kidney problems, and risk of allergic reactions. *500mcg/mL of Cyanocobalamin added to reduce nausea side effects.

**This medication is not insulin and should not be used if you have type 1 diabetes or if you develop diabetic ketoacidosis. Tirzepatide should not be used with any other GLP-1 medications.

RISK OF THYROID C-CELL TUMORS. If you or any family members have been diagnosed with Multiple Endocrine Neoplasia Syndrome Type 2 or Medullary thyroid cancer you should not take Tirzepatide. If you have ever had pancreatitis consult with your medical provider as using Tirzepatide can increase the risk of developing pancreatitis.

Since we are your primary care provider and are monitoring your overall health, your office visits can be run through your insurance. For those of you without insurance, our self-pay rates apply for your office visits. **It will be expected for you to have an office visit every four (4) weeks to evaluate your progress.**

Dr. Mariana Girón

Dr. Jonathan Keenan

Angela Bumpus, APRN

Kayla Drapala, APRN