

WEIGHT LOSS SCREENING

Can I be a candidate for injectable weight loss medication?

- How to calculate your BMI? Use this link: <https://www.calculator.net/bmi-calculator.html>

Overweight: BMI is 25 to less than 30

Obesity class 1: BMI is **30** to less than 35

Obesity class 2: BMI is **35** to less than 40

Obesity class 3: BMI is **40** or greater

- You **do not** have obesity due to your BMI <30. Injectable weight loss medication is for BMI>30. You are considered “*overweight*”. What can you do?

1. Use the link below to calculate your basal metabolic rate and subtract 500 calories per day to lose 1-2 lbs per week.

<https://www.calculator.net/bmr-calculator.html?>

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2. Exercise

3. Increase water intake (drink 1/2 your body wt in ounces Ex: weight is 200=drink 100oz of water per day). The goal is to drink more water. Yes, you will be urinating more!

4. Sleep 8hr

5. Eat well balanced with 1/2 of plate fruits and vegetables

6. Less social media/video games

- Your primary care provider (PCP) can prescribe *oral* weight loss medication for you.

- Are you taking thyroid medication?

Patients that have a history of thyroid dysfunction need to have controlled thyroid and possible thyroid ultrasound to clear of any nodules, enlargement or masses. These types of injectable medications are **contraindicated** in patients that have a family history of medullary thyroid cancer. Using Semaglutide(Ozempic/Wegovy) or Tirzepatide (Mounjaro) may increase your risk of thyroid cancer.

If your labs and thyroid ultrasound are normal, your primary care provider (PCP) will need to clear you for this treatment.

- Have you been diagnosed with Diabetes by your PCP? If yes, then you should be managed by your primary care provider (PCP) and/or endocrinologist. BUT, if you have been diagnosed with “Prediabetes”, injectable weight loss might be right for you.
- If you have other health issues, your primary care provider (PCP) or specialist need to approve of Semaglutide/Tirzepatide before being prescribed injectable medication. A physician statement can be written that states that he/she approves of compounded injectable medication with Semaglutide/Tirzepatide.

Hope this information helps you to determine what is best for you!

