

# Complete Endocrine Care

Endocrinology • Diabetes • Metabolism • Weight Management



## GLP-1 Agonists

How does it work?	Reduces glucose (sugar) levels in your body by potentiating the action of insulin
Typical Names and their usual dose:	<b>Victoza</b> (liraglutide): 0.6mg may be increased to 1.8mg, <b>Byetta</b> (exenatide), <b>Trulicity</b> (dulaglutide): 0.75mg may be increased to 1.5mg, <b>Ozempic</b> (semaglutide): 0.2mg, may be increased to 1 mg , <b>Rybelsus</b> (oral semaglutide)
What if I forget my dose?	- Take it as soon as you remember; Do not double your dose - If more than 12 hours has passed since your missed dose, then skip the missed dose and take the next dose at the regularly prescribed time
A1C lowering:	↓↓ to ↓↓↓↓ <span style="float: right;">[↓= least, ↓↓↓↓=most]</span>
Effect on Weight: not respond [↓= least, ↓↓↓↓=most]	↓↓, on average 8 - 10% weight loss, range 0 - 80+ pounds, over time period 1 year, rate of loss variable, some people fast, some people slow. 90% of people lose weight, 10% do not respond
Risk of low blood sugar	Hypoglycemia is rare; if your sugars go too low then decrease your diamicon or insulin (if applicable)
Side Effects:	- Mainly causes GI (stomach) symptoms such as nausea, vomiting, constipation, diarrhea, heart burn - May cause allergy - Can slightly increase heart rate - Can rarely cause gallstones or pancreatitis
Other Considerations:	Rat studies have shown an increased risk of thyroid cancer (medullary type). Thus far, this has not been shown to occur in humans, but is still being monitored for by regulatory bodies (FDA, Health Canada, etc.) - There are no human or animal studies showing pancreatic cancer but this possibility has been raised as the pancreas cells look "funny" under the microscope, possibly pre-cancerous
When you are sick:	If you are sick, vomiting, have diarrhea, or cannot drink enough fluids, you should stop taking this medication until these symptoms go away
Cost:	\$\$\$ <span style="float: right;">[\$ =lowest, \$\$\$\$= highest]</span>
Kidneys:	There are some small studies showing protection of kidneys, larger studies are underway.
How to inject:	If you have a pharmacist actively involved in your care then they will teach you to inject. If you search on the internet how to inject the medication, the company's website contains a short 3-minute video (for Ozempic, Victoza and Saxenda) and step-by-step instructions
IMPORTANT	If you have ANY concerning side effects with the medication, then stop it IMMEDIATELY. Do NOT wait to discuss this with a physician. We can discuss it at the next appointment. Do NOT stop any of your other medications unless specifically directed to do so.