

Arslanian Plastic Surgery
CLINICAL WEIGHT LOSS
WELCOME PACKET



Medically Proven, Research Driven. Guided by
Experienced Physicians and Registered Nurses.





Medical
Weight
Loss

We are pleased to welcome you to our medical weight loss program – we're thrilled to have you join us on this journey towards a healthier, happier you! Our program is pretty special – it's all about a medically supervised approach that's not just effective, but also safe and long-lasting. We get it, losing weight can feel like a mountain to climb sometimes. You know the drill – trying to eat healthy, squeezing in workouts, but not seeing the results you're after. Well, fret not! We're here to change that narrative. Our aim? To help you shed up to 20% of your current body weight, boost your digestion, rev up your overall health, and turn your body into a fat-burning machine. How do we do it? With a little help from our friend, Semaglutide – also known as Ozempic or Wegovy. FDA-approved and ready to help you achieve those weight loss goals!



MEET YOUR TEAM



Dr. Brian Arslanian, MD, FACS

Double Board Certified

✉ contact@arslanianplasticsurgery.com

@ DrHotlanta

Danielle Carucci, BSN, RN

Registered Nurse Injector

✉ danielle@arslanianmd.com

@ HotlantaRN





Wegovy and Ozempic, both FDA approved, have an “unprecedented demand.” In recent research studies, this once-a-week injection has been deemed as or more successful than gastric sleeve or bariatric surgery. Physicians have seen a tremendous amount of interest in the drug in 2022 because it is one of the few that ACTUALLY works. Patients describe its effect as simply “feeling fuller faster.”

The program cost per month starts at \$399 (or \$99.75 per week). Your product will be auto-shipped to the clinic directly from our pharmacy each month. During your monthly follow-up and check-in, you will receive the next month’s supply.

What is Semaglutide?

Our small intestine naturally produces a hormone called glucagon-like peptide (GLP-1). It is responsible for stimulating the secretion of insulin and suppressing glucagon secretion, lowering blood sugar. Semaglutide is made up of GLP-1. Because of this, Semaglutide is effective in controlling your eating habits and reducing your appetite.

Semaglutide is the first once-weekly medication in its class that's FDA-approved to help with chronic weight management when used in combination with diet and exercise. The largest clinical trial showed that people using Semaglutide lost an average of 14.9% of their initial body weight.

Although Semaglutide is not a “lose a pound a day” weight loss miracle, it is a safe and proven method to losing weight and improving our metabolic health.

WHY IS SEMAGLUTIDE YOUR *Best Weight-Loss Option?*



Many individuals find it challenging to shed substantial weight due to various factors, including their eating habits, lifestyle choices, stress levels, and the types of food accessible to them. Moreover, genetic and hormonal factors can contribute to significant weight gain in some individuals.



Regardless of these factors, Semaglutide enables remarkable weight-loss outcomes. Combining Semaglutide with B12, along with consistent exercise and a low-calorie diet, will optimize results.



Semaglutide slows down gastric emptying by decreasing glucagon secretion in response to glucose levels. This delay in gastric emptying can lead to decreased appetite, better eating control, and reduced food cravings.

THE PROGRAM IS DIVIDED INTO

Three Phases

INITIAL CONSULTATION

1 The process begins with an initial consultation and a baseline weigh-in. Your provider will discuss your medical history and future health objectives with you. During this consultation, we'll review your medical background and assess your overall health to determine if Semaglutide is suitable for you. If your weight-loss objectives are feasible, we'll collaborate on a treatment strategy to assist you in reaching your desired weight. Our seasoned providers will tailor a weight-loss program to your individual physiology and goals. This includes prescribing the Semaglutide injection and providing instructions for self-administration.

FOUR WEEKLY INJECTIONS (ONE MONTH SPAN)

2 Over the next four weeks, you'll administer one pre-dosed insulin syringe subcutaneously every week on the same day. During this period, we recommend a diet focussing on adequate protein intake as well as nutrient-dense options and daily exercise in any form, even a brief walk suffices!

MONTHLY FOLLOW-UP + CHECK-IN

3 You'll visit the clinic once a month for regular progress monitoring, and we'll adjust the prescription as needed to ensure your results align with the weight-loss plan. You can repeat the monthly injection plan multiple times until you reach your target weight.

WHAT CAN I EXPECT FROM *Semaglutide?*

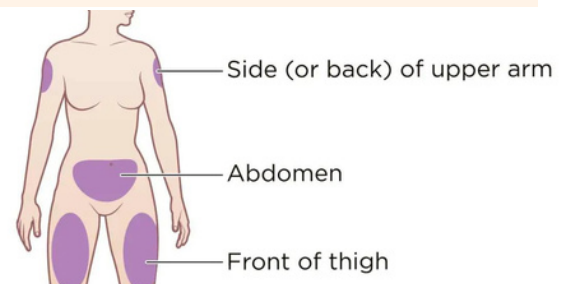
Semaglutide is recognized for having twice the effect compared to other weight-loss products. Some physicians liken its impact to that of gastric bypass surgery.

Research indicates that adults undergoing weekly Semaglutide treatment for 68 weeks achieved an average weight loss of 14.9%. Furthermore, 32% of participants experienced a weight reduction of 20% or more.

01. Semaglutide is typically injected just under the skin (subcutaneously) into your abdomen, upper arm, or thigh.

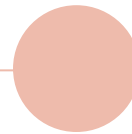
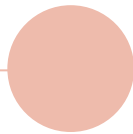
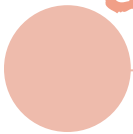
02. Avoid injecting the medication into the same spot every time--change your injection site with each dose. Injecting in the same body area (e.g., abdomen) is OK as long as you are rotating sites within the area each time.

03. Since semaglutide slows down how quickly food leaves your stomach, you may experience side effects like nausea and vomiting. once you get started on the medication, your provider will slowly raise your dosage every 4 weeks to help make these effects more manageable.





Program Timeline



Week 1

Come to the clinic for your initial appointment! Our certified medical providers will conduct a baseline weight assessment, tailor a personalized long-term care plan, and provide comprehensive education about the next four weeks of the program. You'll receive a patient information packet and your medication for the subsequent four weeks before leaving.

Week 4

You'll visit the clinic for your second appointment, where we'll record your weight and assess your well-being, including energy levels and any symptoms. Using this information, we'll adjust your medication dosage to better support your goal achievement. Afterwards, our nurse will provide you with another four weeks' worth of medication before you leave.

Week 8

You will continue coming into the clinic every four weeks for a check-in. We will be titrating your dose as necessary until you reach your goal weight!

Patient Checklist

WHAT WE NEED FROM YOU

- Medical history + consent form
- Clearance by our physician
- Recent labs within the past 3 months (these will be drawn at your initial appointment with us if you do not have access to recent labs--labs will be repeated every 3 months).
- Head into the clinic for monthly check-ins

PROGRAM LENGTH?

The program length is dependent on your weightloss goals--we recommend starting with a 12 week plan to evaluate your progress at this point in order to determine further plan of treatment. Results are often seen after just two weeks of taking the medication.

PROGRAM COST?

The cost of our clinical weight-loss program starts at \$399/month (\$99.75/week). Patients can pause monthly shipments at anytime.

PROGRAM EFFECTIVENESS?

The majority of patients taking Semaglutide were shown to lose up to 15% of their bodyweight after a 68 week program.

Semaglutide is FDA approved.



Is Semaglutide Safe for Patients with Type I Diabetes or Diabetic Ketoacidosis?

Semaglutide is not a substitute for insulin and should not be taken by people with Type I Diabetes or Diabetic Ketoacidosis.

Do Semaglutide Injections Cause Side Effects?

Potential side effects of Semaglutide include constipation, diarrhea, nausea, stomach discomfort, and vomiting. Individuals with allergies, hypoglycemia, or kidney issues may face increased risk of serious adverse reactions while using Semaglutide.

How Do I Use Semaglutide?

Semaglutide is administered subcutaneously in your abdomen, upper arm, or thigh using small, painless insulin syringes, which you'll inject once a week. While the dosage may change after the first month, the injection frequency remains weekly. You'll self-administer the injection on the same day each week, at any time and with or without food. Since Semaglutide slows down stomach emptying, you may experience side effects such as nausea and vomiting. Our aim is to minimize adverse effects while achieving a weight loss of 1-2 lbs per week and experiencing the medication's benefits, such as reduced appetite, cravings, and portion sizes. We'll start with the lowest effective dose and may adjust it monthly to reach this goal.

Do I Need To Be Eating Differently?

Yes, most patients find that they can only consume approximately half of their previous portion sizes. It's crucial to prioritize stopping eating once you feel full. Opt for nutrient-dense, high-quality foods such as fresh fruits and vegetables, whole grains, and lean proteins. This plan yields optimal results when paired with an active lifestyle and a nutritious diet.

Frequently Asked Questions

How do I deal with nausea or constipation?

Small, frequent meals / Lower the amount of alcohol you consume / Consume low fat meals / Bland diet / Ginger, unisom, and vitamin B6 also help with nausea. We also offer custom IV cocktails as well as a Daily GLP-1 Support Vitamin called PeptideVite.

What will be included in my weight loss bundle?

After your initial consultation with our physician and your candidacy for the program has been improved, you will meet our nurse for your first visit to obtain baseline labs, detailed instructions, and your first 4 weeks of injections.

How do I dispose of my used needles?

Use an empty household container that stays upright, has a tight fitting lid, and is made of heavy duty plastic. A laundry detergent container, plastic coffee container, Clorox bottle, or a water bottle with thick plastic will work best! Please remember to keep the medication syringes and used needles out of the reach of children and pets.

Who can I contact when I have questions throughout my treatment process?

You can call our office anytime at 678-894-9200. If it is outside of business hours, feel free to leave us a voicemail or send us an e-mail and we will get back to you. As always, in the case of an emergency, please go directly to the ER.

Frequently Asked Questions









PEPTIDEVITE™

A Daily GLP-1-Support Vitamin*



Supplement Facts		
Serving Size: 1 Capsule Servings Per Container: 60		
	Amount Per Serving	%DV
Thiamin (as Thiamin HCl)	2mg	167%
Vitamin B6 (as Pyridoxal-5-Phosphate)	4mg	235%
Folate (as L-Methylfolate Calcium)	800 mcg DFE	200%
Vitamin B12 (as Methylcobalamin)	2.4mcg	100%
Magnesium (as Magnesium Malate Chelate Buffered)	15mg	4%
Chromium (as Chromium Picolinate)	200mcg	571%
Sodium (from Himalayan Pink Salt)	20mg	<1%
Potassium Citrate	30mg	**
Coenzyme Q-10 (Ubiquinone)	100mg	**
Proprietary PeptideVite™ GI Matrix	397.5mg	**
Organic Ginger Extract (<i>Zingiber officinale</i>) (Root), Bromelain (1.75 GDU), Papain (0TU), Lemon Balm Extract (<i>Melissa officinalis</i>) (Aerial Parts), Peppermint piperita (Leaf), Organic Licorice Extract (<i>Glycyrrhiza</i>) (<i>Mentha glabra</i>) (Root), Soy Lecithin (<i>Glycine max</i>) (Bean) (40% Phosphatidylcholine), <i>Lactobacillus gasseri</i> (50 Million CFU) ⁺		

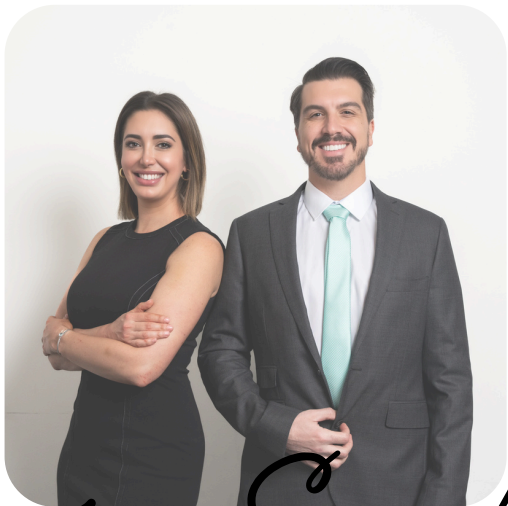
**Daily Value not established. +At the time of manufacture.

-  Supports energy levels*
-  Aids in nausea + abdominal discomfort*
-  Supports weight loss/weight management*
-  Promotes better metabolism*
-  Promotes adherence to GLP1 peptide therapy
-  Supports muscle mass increase*

*Disclaimer: These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, cure, or prevent any disease.



Let's get started!



Talk Soon!

Are you ready to begin? Need more info? Our medical professionals offer virtual consultations on your schedule to better answer questions or concerns, and deliver additional information about APS Clinical WeightLoss Program.



www.arslanianplasticsurgery.com
contact@arslanianplasticsurgery.com
danielle@arslanianmd.com
[@DrHotlanta](https://www.instagram.com/DrHotlanta)
[@HotlantaRN](https://www.instagram.com/HotlantaRN)