



Patient Consent Form for Weight Loss Treatment with GLP-1 Peptide Therapy

Patient Name: _____

DOB: _____

Date: _____

1. Introduction

You have been diagnosed as being overweight or obese based on your weight and BMI, with shared decision making between you and your healthcare provider, you have elected to initiate GLP-1 peptide therapy as part of your weight loss treatment plan. This form is to ensure that you understand the treatment, its benefits, potential risks, and your responsibilities as a patient.

2. Explanation of GLP-1 Peptide Therapy

GLP-1 (Glucagon-Like Peptide-1) therapy involves the use of medications that mimic the action of the natural GLP-1 hormone. These medications can help regulate appetite, enhance satiety, and promote weight loss. Examples include Semaglutide, Tirzepatide, and Liraglutide.

Mechanism of Action

- 1. Enhancing Insulin Secretion:** GLP-1 medications stimulate the pancreas to produce more insulin in response to meals. Insulin is a hormone that helps lower blood sugar levels by allowing cells to take in glucose for energy.
- 2. Suppressing Glucagon Secretion:** These medications decrease the release of glucagon, a hormone that raises blood sugar levels by prompting the liver to release stored glucose. By suppressing glucagon, GLP-1 medications help prevent high blood sugar levels, especially after meals.
- 3. Slowing Gastric Emptying:** GLP-1 medications slow down the rate at which food leaves the stomach and enters the small intestine. This results in a feeling of fullness (satiety) for a longer period after eating, reducing overall food intake and promoting weight loss.
- 4. Reducing Appetite:** GLP-1 medications act on appetite centers in the brain to reduce hunger and promote a feeling of fullness. This helps decrease caloric intake and supports weight loss efforts.
- 5. Promoting Beta-Cell Health:** GLP-1 medications help preserve the function and health of beta cells in the pancreas. Beta cells are responsible for producing insulin, and their preservation is crucial for long-term blood sugar control, particularly in patients with type 2 diabetes.

3. Benefits of GLP-1 Peptide Therapy

GLP-1 (Glucagon-Like Peptide-1) medications offer a range of benefits for individuals seeking weight loss and improved metabolic health. Here are the primary benefits of GLP-1 therapy:

A. Weight Loss - Significant Weight Reduction:

- GLP-1 medications promote weight loss by reducing appetite and increasing feelings of fullness, leading to lower caloric intake.

B. Improved Blood Glucose Control:

Enhanced Insulin Secretion:

- GLP-1 medications stimulate the pancreas to produce more insulin in response to meals, helping to lower blood sugar levels.

Reduced Glucagon Secretion:

- These medications decrease the release of glucagon, a hormone that raises blood sugar levels, particularly after meals.

C. Reduced Risk of Obesity-Related Health Conditions

Lowered Risk of Type 2 Diabetes:

- By aiding in weight loss and improving insulin sensitivity, GLP-1 medications can reduce the risk of developing type 2 diabetes.

Improved Cardiovascular Health:

- Some GLP-1 medications have been shown to reduce the risk of major cardiovascular events (heart attack, stroke) in patients with type 2 diabetes and established cardiovascular disease.

Reduced Blood Pressure and Cholesterol Levels:

- Weight loss and improved metabolic health can lead to lower blood pressure and improved cholesterol levels.

D. Enhanced Quality of Life

Increased Energy Levels:

- Weight loss can lead to increased energy and improved physical functioning.

Better Mobility:

- Reduction in body weight can ease the strain on joints, improving mobility and reducing pain, particularly in those with conditions like osteoarthritis.

Improved Self-Esteem and Mental Health:

- Achieving weight loss goals can boost self-esteem and contribute to better mental health.

E. Preservation of Beta-Cell Function

Beta-Cell Health:

- GLP-1 medications help preserve the function and health of beta cells in the pancreas, which are responsible for producing insulin. This is particularly important for long-term blood sugar control in patients with type 2 diabetes.

F. Convenience and Ease of Use

Variety of Administration Options:

- GLP-1 medications are available in various formulations, including daily or weekly injections, offering flexibility and convenience to patients.

G. Potential for Combination Therapy

Complementary with Other Treatments:

- GLP-1 medications can be used in combination with other diabetes medications and weight loss strategies, enhancing their effectiveness.

GLP-1 peptide therapy offers numerous benefits, particularly for individuals struggling with obesity and type 2 diabetes. By promoting significant weight loss, improving blood glucose control, and reducing the risk of obesity-related health conditions, GLP-1 medications can play a critical role in enhancing overall health and quality of life. Patients should work closely with their healthcare provider to maximize these benefits and manage any potential side effects.

4. Potential Risks and Side Effects of GLP-1 Peptide Therapy

While GLP-1 medications can be highly effective for weight loss and improving blood sugar control, they do come with potential risks and side effects. Patients should be aware of these and report any concerning symptoms to their healthcare provider.

Common Side Effects

A. Gastrointestinal Issues:

- **Nausea:** Often occurs at the beginning of treatment and may decrease over time.
- **Vomiting:** Can accompany nausea, especially if doses are increased too quickly.
- **Diarrhea or Constipation:** Changes in bowel habits are common but usually manageable.

B. Injection Site Reactions:

- **Redness, Swelling, or Discomfort:** These reactions are typically mild and resolve on their own.

Serious but Less Common Side Effects

A. Hypoglycemia (Low Blood Sugar):

- More likely if taken with other diabetes medications such as insulin or sulfonylureas.
- **Symptoms:** Shakiness, sweating, dizziness, confusion, hunger, headache, irritability.

B. Pancreatitis (Inflammation of the Pancreas):

- **Symptoms:** Severe abdominal pain that may radiate to the back, nausea, vomiting.
- This is a serious condition requiring immediate medical attention.

C. Gallbladder Disease:

- **Risk:** Formation of gallstones or inflammation of the gallbladder.
- **Symptoms:** Severe abdominal pain, especially after eating fatty foods, nausea, vomiting, fever.

D. Thyroid Tumors (Medullary Thyroid Carcinoma):

- Animal studies have shown an increased risk, though the risk in humans is not fully established.
- **Symptoms:** A lump in the neck, trouble swallowing, hoarseness, shortness of breath.

E. Kidney Problems:

- **Symptoms:** Changes in urination, swelling in legs or ankles, fatigue.

F. Allergic Reactions:

- **Symptoms:** Rash, itching, swelling (especially of the face/tongue/throat), severe dizziness, difficulty breathing.

WHEN TO NOTIFY YOUR PROVIDER

*****Contact Your Provider Immediately If You Experience*****

- ❖ Severe abdominal pain that does not go away
- ❖ Persistent vomiting or severe nausea
- ❖ Symptoms of hypoglycemia that do not resolve with eating fast-acting carbohydrates
- ❖ Symptoms of pancreatitis such as severe abdominal pain, nausea, and vomiting
- ❖ Symptoms of gallbladder disease such as severe abdominal pain, especially after eating, accompanied by nausea and vomiting
- ❖ Signs of an allergic reaction, including rash, itching, swelling, severe dizziness, or trouble breathing

Notify Your Provider If You Experience:

- ❖ Persistent gastrointestinal issues such as nausea, vomiting, diarrhea, or constipation

- ❖ Injection site reactions that do not resolve or worsen
- ❖ Any new or unusual symptoms that concern you

Managing Side Effects

A. Nausea:

- Eat smaller, more frequent meals.
- Avoid fatty, spicy, or greasy foods.
- Take medication as prescribed, and do not increase doses too quickly.

B. Injection Site Reactions:

- Rotate injection sites to prevent irritation.
- Ensure proper injection technique as instructed by your healthcare provider.

C. Hypoglycemia:

- Always carry a source of fast-acting sugar (like glucose tablets).
- Eat regular meals and snacks to maintain stable blood sugar levels.

While GLP-1 peptide therapy can offer significant benefits for weight loss, blood sugar control, and cardiovascular disease, it is important to be aware of potential risks and side effects. Open communication with your healthcare provider and adherence to prescribed guidelines will help ensure the best possible outcomes.

5. Patient Responsibilities

- Adhere to the prescribed medication regimen
 - Follow the dietary and exercise recommendations provided by your healthcare team
 - Attend all scheduled follow-up appointments
 - Report any adverse reactions or concerns promptly to your healthcare provider
 - Maintain an open line of communication with your healthcare team
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6. Alternative Treatment Options

- Dietary and lifestyle modifications without medication
 - Other prescription weight loss medications that may not be covered by your insurance
 - Surgical interventions (e.g., bariatric surgery)
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7. Voluntary Participation

Your participation in GLP-1 peptide therapy is voluntary. You have the right to withdraw from treatment at any time without affecting your future care.

8. Consent

By signing below, you confirm that you have read and understood the information provided in this consent form. You have had the opportunity to ask questions and have received satisfactory answers. You agree to undergo weight loss treatment with GLP-1 peptide therapy and understand your responsibilities as a patient.

Patient Signature

Date

Provider Signature

Date

Contact Information for Questions or Concerns:

Bloom Family Health & Wellness: 770 Old Liberty Rd. Ste. 3 Eldersburg, MD 21784

Phone: 410-970-8480