

**GET THE TEA: Understanding Weight Loss Medications**  
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### **Obesity is a Chronic Disease**

- Prevalence is 39.8% of US Adults in 2015-2016-in women was 41.1%, in men was 37.9%
- Most common chronic disease in the US. 2 out of 3 US Adults are overweight or have obesity
- Age, gender, race, geographic and socioeconomic disparities

### **Gut Hormones**

- **GLP-1 (Glucagon-Like Peptide-1):** Signals brain and GI tract to regulate your appetite after eating. Helps you feel full during and between meals by working on the brain and emptying the stomach slower
- **LEPTIN (“satiety hormone”):** Inhibits appetite, Long term energy balance, Helps regulate food intake and energy expenditure
- **GHRELIN (“hunger hormone”):** Stimulates appetite, Stimulates food intake and helps regulate body weight
  - What Increases Ghrelin? Fasting, Weight loss, Stress, Sleep deprivation, Genetic causes
  - What decreases Ghrelin? Meals (protein suppresses ghrelin the longest), Weight gain, Leptin, Gastric sleeve surgery

### **The Four Pillars of Medical Weight Loss**

#### **1. Nutrition: A balanced, sustainable eating plan**

- Mediterranean Diet, smaller meals throughout the day. Avoid food 3 hours before bedtime. Avoid all sugar sweetened beverages including diet sodas & alcohol

#### **2. Physical Activity: Regular exercise to support fat loss, muscle growth and improve health**

- Goal: start with 2.5 hours (150 mins) weekly, Your exercise plan varies depending on your body’s mobility and what you enjoy
- After weight loss, takes more physical activity to lose more weight because of drop in metabolism (200-300 mins weekly)

#### **3. Behavior Modification: Addressing habits, emotional eating, and triggers**

#### **4. Anti-Obesity Medications: Weight loss drugs**

#### **Who Qualifies for Medications?**

- Patients who failed to benefit adequately from lifestyle modifications and physical activity alone and have health problems because of their weight
- Patients with obesity (BMI >30) or overweight (BMI ≥ 27) with related conditions (e.g. hypertension or sleep apnea).

**How Can These Medications Help You?** Weight loss, Improved blood sugar control, Reduced joint pain, Improved sleep (for those with obstructive sleep apnea), Increased fertility

## **Weight Loss Medications**

- Contrave (Naltrexone/Bupropion)
- Qysmia (Phentermine/Topiramate)
- Saxenda (Liraglutide)- daily injectable
- Wegovy (Semaglutide)- weekly injectable (Ozempic for Diabetes)
- Zepbound (Tirzepatide)-weekly injectable (Mounjaro for Diabetes)
- Orlistat (Alli or Xenical) and Other Agents (metformin and others)

## **What Are GLP-1s?**

- Injectable medications that mimic a hormone that helps regulate blood sugar and appetite.
- Zepbound is a dual-acting medication, targeting both GLP-1 and GIP receptors.
- Zebound is FDA approved for weight loss and obstructive sleep apnea (moderate to severe)

## **Safety and Effectiveness of GLP-1s and Dual GIP/GLP-1s**

- Generally safe but require medical oversight. Long-term studies are ongoing.
- Patients on Zepbound lost on average of 50 pounds, compared to 33 pounds lost among those who took Wegovy.
- 20% loss of body weight with Zepbound, versus nearly 14% with Wegovy
- Common Side Effects: Headache, fatigue, Nausea, diarrhea, constipation, heartburn, abdominal discomfort, burping, muscle loss
- Rare but serious: Pancreatitis, gallbladder disease, rare medullary thyroid cancer

## **KEY POINTS**

- GLP-1 and GIP are hormones released by the body after we eat food. They communicate directly with the brain to lower hunger and food-seeking behaviors
- Wegovy is a single-action weight-loss injection and mimics the actions of the GLP-1 hormone
- Wegovy's active ingredient is semaglutide
- Zepbound is a dual-action weight-loss injection and mimics the actions of the hormones GLP-1 and GIP. Zepbound's active ingredient is tirzepatide
- They are both weekly injectables and dose increase monthly. They have similar side effects

**Thank you for attending. Dr. PM Sleep & Wellness Locations**

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