

## ***Slim with Sloane***

### ***Doctor-led Weight Loss Injection Service***

#### ***Why are we offering this service?***

Over the past year, many of you have enquired about the weight loss injections during your consultations. We have observed that patients wishing to explore this option have either had to obtain these medications from online pharmacies (often with little monitoring of doses, side effects, or progress) or have needed a referral to a specialist endocrinologist.

In response to this growing demand and to ensure a safe and effective approach, Dr Pao and Dr Harrison have undertaken specialist training in the prescribing of these medications. Sloane Medical Practice is now pleased to offer a face-to-face weight doctor-led management service, which includes regular monitoring and input from a dietitian. This will allow us to provide a more personalised and medically supervised approach, ensuring that treatment is both safe and effective for those who choose this pathway.

#### ***What is this?***

Weight loss injections, such as Wegovy/Ozempic (Semaglutide) and Mounjaro (Tirzepatide), help regulate appetite and support long-term weight management.

Weight loss injections mimic hormones that make you feel full so you stop feeling hungry; snack less and eat small portions leading to gradual and sustainable weight loss.

#### ***How the Service Works:***

1. **Initial Assessment:** You'll have a consultation with one of our GPs, Dr Pao or Dr Harrison, to assess your health and determine if weight loss injections are right for you. They will also take baseline blood tests (unless you've had them done in the last 6 months). If suitable, a prescription for the injection will be provided.
2. **Monthly Reviews:** We'll schedule monthly follow-up appointments to track your progress and make any necessary adjustments.
3. **Dietary Support with Marcela Fiuza:** Our Dietitian Marcela will work with you to optimize your diet, enhancing the effectiveness of the injections and promoting sustainable, healthy eating habits for long-term weight management.

## **Who is this meant for?**

This medication is intended for adults who need support in managing their weight. It is prescribed for individuals who meet one of the following criteria:

- A Body Mass Index (BMI) of over 30 kg/m<sup>2</sup> or if Asian/Afro-Caribbean BMI of over 27.5 kg/m<sup>2</sup>
- A BMI of over 27 kg/m<sup>2</sup> or if Asian/Afro-Caribbean BMI of over 24.5 kg/m<sup>2</sup> with the following weight-related health conditions:
  - Type 2 diabetes
  - High blood pressure (hypertension)
  - High cholesterol
  - Obstructive sleep apnoea
  - PCOS
  - Fatty liver disease
  - Asthma
  - Reflux
  - Thyroid disease
  - Osteoarthritis
  - Gout

## **Who cannot use this medication?**

This treatment is not suitable for:

- Individuals with a BMI below 27 kg/m<sup>2</sup>, unless prescribed for a specific medical reason.
- Pregnant or breastfeeding women.
- People with a history of severe allergic reactions to any ingredients in the medication such as PEG, disodium phosphate dihydrate, phenol
- Individuals with a history of eating disorders or significant mental health concerns, unless under close medical supervision.
- Patients with a history of thyroid cancer or pancreatitis.

## **What are the costs?\***

- Initial consultation with Dr Pao/Dr Harrison - £260
- Cost of baseline bloods £110
- Initial consultation with Marcela Fiuza £220
- Follow ups with Doctor £190

\*Cost of the injections are separate and will be charged by the pharmacy

\*Charges are applicable regardless of the outcome of the assessment of suitability or eligibility for the service.

## **Why see a doctor for getting the injections?**

### **1. Safe and Appropriate Use**

Not all weight loss medications are suitable for everyone. A doctor assesses a patient's medical history, current medications, and any underlying conditions to ensure the treatment is appropriate and safe.

### **2. Monitoring Side Effects**

Weight loss injections can have side effects such as nausea, digestive issues, or, in rare cases, more serious complications. Regular medical supervision allows for early detection and management of these side effects to ensure the medication remains safe to use.

### **3. Dose Adjustments**

The effectiveness of weight loss medications varies between individuals. A doctor can adjust the dose as needed to balance effectiveness with minimal side effects, ensuring the best possible outcome.

### **4. Preventing Unnecessary Risks**

Some patients may have undiagnosed health conditions (such as thyroid disorders or heart disease) that could be affected by weight loss medication. A doctor can screen for these risks before starting treatment.

### **5. Long-Term Success and Lifestyle Support**

Weight loss is not just about medication - it requires lifestyle changes for long-term success. A monitored programme including dietitian support, ensures patients adopt healthy habits alongside medication for sustainable weight management.

### **6. Avoiding Unsafe or Unregulated Sources**

Many patients turn to online pharmacies, where medications might not be regulated properly. A doctor-prescribed approach ensures that patients receive genuine medications, used safely and effectively.

## **Why see a dietician?**

### **1. Enhancing the Effectiveness of Medication**

Weight loss injections help control appetite, but they work best when combined with a balanced diet. A dietitian can guide patients on what to eat to maximise fat loss while preserving muscle mass and maintaining energy levels.

### **2. Preventing Nutritional Deficiencies**

Reduced appetite can lead to inadequate nutrient intake, potentially causing deficiencies in protein, vitamins (e.g., B12, D), and minerals (e.g., iron, calcium). A dietitian ensures patients get the nutrients they need while losing weight safely.

### **3. Managing Side Effects**

Common side effects of weight loss injections include nausea, bloating, and digestive discomfort. A dietitian can recommend dietary adjustments (e.g., eating smaller, protein-rich meals) to help minimise these effects.

### **4. Encouraging Long-Term Healthy Eating Habits**

Weight loss medications are not a permanent solution. Without proper dietary changes, weight regain is inevitable after stopping treatment. A dietitian helps patients develop long-term, sustainable eating habits to maintain their results.

### **5. Personalised Nutrition Advice**

Everyone responds differently to weight loss treatments. A dietitian provides tailored advice based on individual preferences, lifestyle, and medical conditions (e.g., diabetes, high cholesterol) to ensure safe and effective progress.

### **6. Supporting Metabolic Health and Energy Levels**

Rapid weight loss can sometimes lead to fatigue, muscle loss, or metabolic slowdown. A dietitian ensures patients maintain proper protein intake and balanced meals to support energy levels and overall health.