



James T. Martin Jr., MD

UROGYNECOLOGY

Dr. James T. Martin's office is offering Semaglutide injections

The cost will vary depending on dosage of medication, it will increase in price as you titrate up on the medication. This is a cash product. We will not file insurance nor do a prior authorization. Minimum lab work is required. We will want to check metabolic profile at the start and then as indicated. Most patients will want to use it for four months, and if it's successful, you may want to continue its use. You are required to make monthly visits with your provider.

This medication will help with weight loss, but needs to be accompanied by a low start, low sugar diet with some minimal exercise daily i.e., a 20-minute walk. Consumption of 3+ quarts of water daily. Over 16 weeks, a patient can expect to lose about 10% of their body fat. Using intermittent fasting is also very helpful in achieving weight loss with or without this medication.

If you are interested, please talk to your doctor or the nursing staff. They will help you get started on this program.

A very simple way to think about dieting is to give up "S"s:

Sugar, starch, snacks, sodas, and sugar substitute

Starches: wheat, bread, bagels, buns, biscuits, wraps, rolls, cereals, crackers, cookies, cakes, donuts, muffins, pancakes, and pasta.

Potatoes: sweet or regular fried potatoes, baked potato, chips, potato salad, potato pancakes, hashbrowns.

Rice: white rice, brown rice, red rice, yellow rice, Rice Krispies, rice cake, rice pudding.

Corn: on the cob, off the cob, cornbread, hoecakes, popcorn and grits.

Avoid grapes, bananas, and all melons.
Sodas include sweet sodas, as well as diet sodas.
Snacks are anything that is not part of a meal.
Sugar substitutes are to be avoided.

Daily 20-minute walks.

Daily consumption of 3+ quarts of water.

A simple method of intermittent fasting:

Skip breakfast 3 times a week, lunch twice a week and supper once a week.

Our goal here at Dr. James T. Martin's office is to assist you in achieving your goal in your weight loss journey and healthy lifestyle.

Semaglutide: A Clinically Proven Treatment for Weight Loss in Women

The prevalence of obesity is increasing worldwide and with it the health risks that are associated with this condition. Dr. James T. Martin's office helps women drop unwanted and unhealthy weight with a myriad of effective treatments ranging from appetite suppressants, supplements, Semaglutide prescriptions and management, and Vitamin B-12 injections. The mainstay of obesity treatment is lifestyle change, including diet and physical activity. However, for many women seeking to lose weight, diet and lifestyle changes are not enough.

For the first time in over a decade, a new weight loss drug shows proven results. Semaglutide is a new medication that has evidence-based results in clinical trial studies. These recent studies aim to evaluate the efficacy of Semaglutide for weight loss in women.

What is Semaglutide?

Semaglutide is a glucagon-like peptide-1 (GLP-1) receptor agonist. It is a drug that has been approved by the United States Food and Drug Administration (FDA) for the treatment of type 2 diabetes, but it has also been studied for its potential role in weight loss.

Semaglutide, which is administered by injection, works by mimicking the actions of the hormones GLP-1, GIP and glucagon, which are involved in appetite regulation and regulating insulin production. In clinical studies, Semaglutide has been shown to reduce hunger and help promote weight loss without causing adverse side effects.

What was the aim of the Semaglutide Women's Weight Loss Study?

The primary aim of this study was to investigate the safety and efficacy of Semaglutide as an adjunct to diet and lifestyle modification or weight management in overweight and obese women. The study participants were required to stay on their individual medical and lifestyle interventions throughout the length of the study.

The investigators also assessed how well Semaglutide performed on other outcomes, including:

1. Waist circumference
2. Fat mass
3. Its effects on hunger and appetite ratings
4. Changes in glycemic control
5. Blood pressure and cholesterol levels

What were the results of the study?

At the end of the study, women between the ages of 18 and 70 with ranging body mass taking Semaglutide, showed a statistically significant reduction in body weight compared to those taking the placebo. Participants taking Semaglutide also showed a statistically significant reduction in body fat and waist circumference compared to the placebo group.

In addition, the study showed that Semaglutide significantly improved other metabolic health indicators in women including fasting blood glucose, insulin levels, total cholesterol, HDL cholesterol, triglycerides, hepatic transaminase levels, and C-reactive protein levels.

Overall, the results of the study indicate that Semaglutide was effective in helping overweight and obese women to lose weight and improve their metabolic health.

What are the proven benefits of Semaglutide for women's weight loss?

Semaglutide is effective in helping overweight and obese women to lose and maintain weight. Semaglutide aids in weight loss and metabolic health improvement by suppressing appetite and inducing satiety, in addition to influencing other pathways regulating appetite, food intake, and metabolism.

The drug safely induces weight loss without causing severe side effects.

The drug may offer long-term benefits for energy balance, glycemic control and other metabolic parameters.

Dr. James T. Martin providers are effectively using Semaglutide to significantly reduce weight and body mass index, with improvements in physical fitness, waist circumference and metabolic biomarkers in women patients. Call or request an appointment online to see if you are a candidate for this well-tolerated weight loss, breakthrough drug.