

- **Eat Small, Balanced Meals:** Focus on eating smaller, balanced meals with a mix of lean proteins, healthy fats, and fibre-rich carbohydrates.

- **Choose Nutrient-Dense Foods:** Include plenty of fruits, vegetables, whole grains, and legumes in your diet.



- **Avoid Processed Foods and Sugary Snacks:** Minimize foods high in sugars, fats, and processed ingredients that can hinder weight loss.

- **Hydration:** Drink plenty of water throughout the day. This can also help you feel fuller.

- **Mindful Eating:** Pay attention to hunger and fullness cues and try to eat slowly.

Important Information:

- **Side Effects:** Some people may experience mild side effects, such as nausea or headache. If side effects persist or worsen, contact your healthcare provider.
- **Medical Conditions:** Inform your doctor about any existing medical conditions (e.g., kidney problems, gastrointestinal disorders).
- **Monitor Progress:** Regularly monitor your weight and discuss your progress with your healthcare provider during follow-up appointments.

When to Contact Your Healthcare Provider:

- If you experience severe side effects, such as difficulty breathing, severe abdominal pain, or vomiting.
- If you miss a dose or have trouble using the injection.

- **For Further Information, Please Contact Island Medical Centre:**
Phone: 01534516151
Email: info@imc.je
Website: islandmedicalcentre.com



IMC Weight Loss Clinic



Island Medical Centre

Weight loss with GLP- 1 Medication

Maintaining a healthy weight is important for your overall well-being.

Losing weight safely and sustainably can improve your risk of health conditions and boost your confidence.

Why maintain a healthy weight?

Carrying excess weight can increase your risk of:

- Type 2 diabetes,
- High blood pressure,
- Heart disease,
- Joint pain,
- Mobility issues,
- Sleep problems
- Low energy.

GLP-1 receptor agonists can be an effective tool for weight loss, but it's important to remember that losing weight isn't just about willpower- it's about creating a plan that works within your lifestyle. Many factors, including your environment, finances and daily responsibilities, can influence your ability to maintain a healthy lifestyle. While GLP-1 medications can help regulate appetite and improve metabolic health, they work best alongside sustainable changes in diet, physical activity, and overall well-being. Small, realistic adjustments, combined with the right support, can lead to long-term success.

What is GLP-1 Medication?

GLP-1 (Glucagon-Like Peptide-1) medication is a type of injectable treatment designed to help with weight loss. It works by mimicking a natural hormone in your body, helping you feel fuller after eating, reducing hunger, and supporting your body's ability to manage blood sugar levels. GLP-1 medications are used as part of a weight management plan that includes a healthy diet and physical activity.

How Does GLP-1 Help with Weight Loss?

- **Reduces Appetite:** It works by slowing down the emptying of your stomach, making you feel full for longer.
- **Regulates Blood Sugar:** GLP-1 helps your body manage blood sugar levels by stimulating insulin release when needed.
- **Improves Satiety:** It increases feelings of fullness, making it easier to stick to your weight loss goals.

IMC GP + Nurse appointment Schedule and charge:

	What 's Included	Appointment Time	Cost
First App with GP	Determines if GLP1 is suitable, Prescription given.	10mins	£43
	Bloods taken by HCA if required.	10mins	£20
2nd App With Nurse	Education and injection training.	30mins	£100
Follow Up App With Nurse at 1 month, 2 months and 3 months	-Progress check. -Review side effects. -Continue monitoring. Prescription issued.	10mins	£37.50

Following the 3rd review appointment with the nurse your care will be transferred back to the doctor who will conduct a review every three months.