

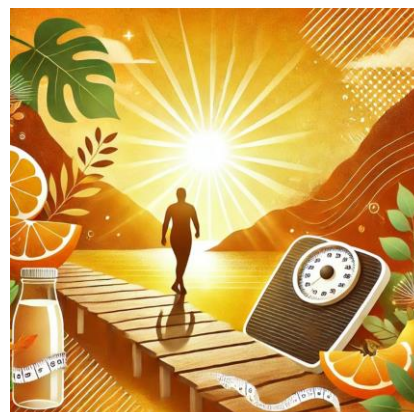
Patient Education Page:

Medical Weight Loss Injections Therapy

(Examples: Saxenda™, Mounjaro™, Wegovy™ & Ozempic™)

At our clinic, the **starting point** for every patient's **personal weight loss journey** is a **full medical consultation** with Dr Xavier.

The consultation time with our doctor is an **important opportunity** for you to find out **ALL the options available and suitable** for you following a **full medical history and assessment**. It is also an important opportunity for you to have **all your questions answered** and then afterwards take **time to reflect**, then decide on your options. Only then are you able to make an informed decision about which treatment is best for you.



All our weight loss treatments, including **Alevere Therapy™** and our **Essentials30 Plan** are **fully supported**, and we help you make dietary and lifestyle changes along your journey to ensure you are better equipped to maintain your new healthier weight one achieved. We can also offer treatments that help to tighten the skin and contour the body as you lose the weight – using state of the art ultrasound machine and LPG skin tightening.

Weight Loss Injections – look beyond the hype.

Today, awareness of weight loss injections (injector pens) such as **Saxenda™** (Liraglutide), **Ozempic™** and **Wegovy™** (Semaglutide) and **Mounjaro™** (Tirzepatide) is very much in the press, news and all-over social media, so there is huge publicity surrounding them.

These treatments have certainly revolutionised the options available to people seeking to lose weight and treating obesity, but these are **prescription medicines** and, despite all the hype from “influencers” on social media they should not be chosen lightly without a thorough understanding of the **potential side-effects**.

Alarmingly, social media is awash with many non-medically qualified people offering weight loss injections pens for sale (which is illegal!) and some online providers of these weight loss injection pens feed off the current ‘hype’ and sadly do not give patients all the information they should receive in relation to the **risks versus benefits** of the treatments.

In addition, many providers give patients very little or no **medical supervision or supporting nutrition advice**, so you are basically starving yourself into losing weight without giving your body the nutritional support it needs. This means that when a patient achieves their target weight, they are not equipped with the knowledge and have not made healthy lifestyle changes to keep the weight off. Evidence shows that without making dietary and lifestyle changes during your weight loss journey you will be very likely to regain weight once you stop treatment.

This page is intended to act as a simple patient resource page and does not replace the importance and need for a full medical consultation that is needed to help you decide on ALL your weight loss options.

To book a general weight loss consultation please contact us on 02380 637 638 or [CLICK HERE](#) to complete the online contact form.

What Are Weight Loss Injections?

Weight loss injection pens contain **GLP-1 receptor agonists**, a type of medication that helps regulate **appetite, blood sugar levels, and metabolism**. These treatments work by

mimicking the body's natural hormones, helping you feel **fuller for longer**, reducing cravings, and supporting steady **weight loss when combined with a healthy diet and lifestyle**.

Commonly Available Weight Loss Injections in the UK.

✓ SAXENDA® (Liraglutide)

Saxenda is a **once-daily injection** that helps control **appetite and cravings** by affecting the brain's hunger signals. It is suitable for people with a **BMI of 30+** or **BMI of 27+ with weight-related health conditions** such as high blood pressure or type 2 diabetes.



✓ OZEMPIC® (Semaglutide)

Although originally developed for **type 2 diabetes**, Ozempic is now widely used for **weight loss** due to its effectiveness in regulating blood sugar and reducing appetite. It is a **once-weekly injection** and has been prescribed **off-label** for weight loss under medical supervision. However, in recent months a licenced version of Ozempic has become available that is the same as Ozempic™, but it licenced under the name Wegovy™.



✓ WEGOVY® (Semaglutide)

Wegovy is a **once-weekly weight loss injection** that works similarly to Saxenda but contains a stronger formulation for greater appetite control. It is approved for individuals with a **BMI of 30+** or **BMI of 27+ with weight-related conditions**.



✓ MOUNJARO™ (Tirzepatide)

Mounjaro is a **newer, dual-action weight loss injection** that targets both **GLP-1 and GIP receptors**, making it highly effective for **weight loss and blood sugar control**. It is a **once-weekly injection** currently approved for **type 2 diabetes**, with increasing use in medical weight loss programs.



Who Can Benefit from Weight Loss Injections?

Following a full medical consultation with a qualified medical professional you may be considered a candidate for weight loss injection therapy if you:

- Have a **BMI of 30+** (or 27+ with health conditions like high blood pressure, PCOS, or diabetes).
- Struggle with **appetite control and cravings**.
- Have difficulty losing weight through **diet and exercise alone**.
- Are looking for a **medically supervised** weight loss solution.

How the Treatment Works

We believe that whatever provider you choose, there should be a **THREE-STEP** process to ensure that the treatment is suitable for you and that you are supported throughout your journey for continuity of care.

Step ONE - Consultation – A thorough assessment with our doctor to determine if weight loss injections are right for you.

Step TWO - Personalised Treatment Plan – Based on your medical history and weight loss goals, we will prescribe the most suitable injection.

Step THREE - Ongoing Support – Regular check-ins to monitor progress, adjust dosages if needed, and provide lifestyle guidance.

How to Choose a Provider for Weight Loss Injections

Despite seeing these treatments all over social media please remember that first and foremost they are medical treatments (no matter how much gloss an “influencer” may add!) One patient’s experience can be very different to the next, so it is important that you are correctly assessed for treatment by a medical practitioner who is able to give you all the information needed for you to make an informed decision. We recommend that whoever you choose, it is more prudent to choose one that is:

- ✓ **Doctor-led** – so it provides treatment with expert supervision
- ✓ **Safe, clinically approved medications** – they use only approved medications, correctly sourced and tailored to your needs
- ✓ **Ongoing support & guidance** – you should be given this as standard for continuity of care.
- ✓ **Holistic approach** – they offer you support and advice that includes, nutrition, gut health & lifestyle recommendations for long term success.

Common Side-Effects of Weight Loss Injection Pens

Weight loss injection pens are effective tools for managing weight. However, like any medication, they can cause side-effects, and it is important that patients are aware of them. While most side-effects are mild and temporary, some may require medical attention. Below is an overview of the most common side-effects you may experience.



Mild to Moderate Side-Effects

These side effects are common and usually improve as your body adjusts to the medication:

- **Nausea** – A frequent side-effect that tends to lessen over time.
- **Vomiting** – May occur initially but often improves.
- **Diarrhoea or constipation** – Digestive system adjustments can lead to changes in bowel movements.
- **Abdominal Pain** – Mild discomfort or bloating is common.
- **Reduced Appetite** – The medication helps curb hunger, which can sometimes lead to lower food intake.

Less Common but More Serious Side-Effects

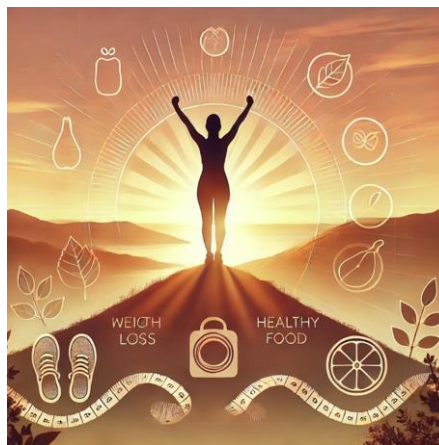
In rare cases, some individuals may experience more serious side-effects, and these should be discussed with you prior to you starting treatment.

How is Treatment Administered?

Using a weight loss injection pen correctly ensures optimal results and helps minimise side-effects. Always follow your healthcare provider’s instructions. Typically, injections are administered once daily or once weekly, depending on the medication. The pen is injected subcutaneously (under the skin) in areas such as the abdomen, thigh, or upper arm. Rotate injection sites to avoid irritation and never share your pen with others. If you miss a dose, follow your doctor’s guidance on when to take the next one.

Expected Weight Loss Results

Weight loss results with injection pens vary based on factors such as diet, exercise, and individual response to the medication. Clinical studies have shown that patients using GLP-1 receptor agonists can lose an average of 10-15% of their body weight over several months when combined with a healthy lifestyle. Some people may experience more significant weight loss, while others may see a more gradual progress. Consistency with medication, balanced nutrition, and regular physical activity enhance results. Your healthcare provider should help set realistic expectations and track your progress.



What are Effective Alternatives to Weight Loss Injection Pens?

There are so many companies out there offering so many weight loss options. There are so many 'angles' and so many fad diets resulting in so much darn confusion (or noise!) these days around food, healthy living and weight loss!

- We don't know what diet, or supplement, or Instagram influencer or TikTok'er to follow!
- Do we count calories or carbs, macros, or micros?
- Do we eat paleo or vegan or pegan, or keto or vegetarian or carnivore?

There is an endless list of choices which can often end up confusing us! We know that a confused mind does nothing or makes bad choices or it just gives up and ends up drowning its sorrows in a large tub of very delicious procrastination-flavoured ice cream!

Next time you are in the supermarket just notice how much of the store is dedicated to fresh produce and how much is not! It's quite an eye opener and once you notice it you cannot unsee it! The aisles have rows upon rows of shelves just packed full of highly processed foods, convenience foods and high sugar foods. These are all **packaged** to appeal to your eye, **flavoured** to appeal to your taste buds and **priced** to appeal to your purse! However, they are not necessarily designed to appeal to the **needs of the cells in your body** and **your longer-term health**.

Our aim is to help you cut through all that noise and confusion and **help you find the solutions** that work BEST for you. Weight loss injections pens are clearly an effective treatment for some, but other treatments do exist that help you achieve a healthier weight – but without the need for injection and the possible side-effects.

Injections pens are one option, and we also offer **Alevere Therapy** which is also a doctor-led medically supervised treatment that ensures you are nutritionally supported while you lose weight. With Alevere, you can typically lose around one stone or more per month.

<Click here> or **at the foot of the page, you can view a practical comparison guide between Alevere Therapy and the weight loss injection pens.**

We also offer our **Essentials30 Plan** than helps you better understand the food that serve your body and the ones that don't. With Essentials30 you can typically lose around half a stone per month.

Start Your Weight Loss Journey - Book a Consultation with Dr Xavier

A consultation is **your time with Dr Xavier**, who has **19 years' experience** in helping people to lose weight. We have a very wide range of different weight loss treatments, so it is an important opportunity for you to find out **ALL the options available and suitable** for you following a **full medical history and assessment**. It is also an important opportunity for you

to have **all your questions answered** and then take time afterwards to reflect, then decide on your options.

Contact form here or link to contact form

A practical comparison between Alevere Therapy and Weight Loss Injection Pens

ALEVERE THERAPY <i>Medically supervised weight loss</i>	PRESCRIPTION INJECTOR PENS <i>e.g. Wegovy™ and Mounjaro™</i>
Typical features	Typical features
<p style="text-align: center;">Injection free ----</p> <p style="text-align: center;">No medication side-effects ----</p> <p>Includes treatments to reshape the body and tighten the skin as you lose the weight so helps to reduce the need for surgery to loose skin. ----</p> <p style="text-align: center;">Includes regular blood tests and medical supervision by a doctor. ----</p> <p>Alevere’s nutrition ensures that you don’t feel hungry because you eat regularly with meals that are good for you. Over 30 meal options to choose from plus added vegetables. ----</p> <p style="text-align: center;">Your body is nutritionally supported with (proteins, vitamins, minerals etc) during Alevere Therapy. ----</p> <p>You learn healthy habits and what foods best serve your body so that when you reach your target weight you have knowledge and skills to last you a lifetime to keep the weight off. ----</p> <p style="text-align: center;">Weekly clinic visits and health check-ins with our friendly clinic team as well as regular reviews with a doctor. ----</p> <p style="text-align: center;">Healthier weight loss option for many reasons.</p>	<p style="text-align: center;">Requires weekly injections by patient. ----</p> <p style="text-align: center;">Side-effects and feelings of nausea are common ----</p> <p style="text-align: center;">No treatment to reshape the body as the weight is lost. ----</p> <p style="text-align: center;">Less monitoring and some providers provide very little medical supervision. ----</p> <p style="text-align: center;">You don’t feel hungry because of the side-effects of the medication. ----</p> <p style="text-align: center;">You starve yourself into weight loss and most providers offer no additional nutritional support for your body. ----</p> <p style="text-align: center;">You learn nothing about healthier eating so are likely to put the weight back on again after you stop the medication. Remember if you change nothing, nothing changes. ----</p> <p style="text-align: center;">Generally, less regular (or no!) health or progress check-ins and very little access to nutritionally qualified professionals. ----</p> <p style="text-align: center;">Less healthy weight loss option.</p>