

TIRZEPATIDE

Tirzepatide, sold under the brand name Mounjaro®, is the newest injectable drug in a group of drugs called GLP-1 receptor agonists (or GLP-1 mimickers). It was FDA approved for the treatment of type 2 diabetes in May 2022 and is currently on fast track to be approved for weight loss. In addition to its effects on blood sugar and insulin levels, studies have shown that Mounjaro®(tirzepatide) provided substantial and sustained weight loss.

HOW DOES IT WORK?

- Decreases food intake – reduces how much food is eaten
- Increases insulin sensitivity – helping the body release insulin when blood sugar is high
- Enhances first and second phase insulin secretion – helps the body remove excess sugar from the blood
- Slows gastric emptying – slows down how quickly food leaves the stomach (this will lessen over time)
- Reduces glucagon levels – stops the liver from making and releasing too much sugar

The specific tirzepatide dosage and regimen prescribed varies from patient to patient but tirzepatide injections are generally prescribed to administered subcutaneously once per week.

<https://www.mounjaro.com/hcp/how-mounjaro-works>

WHAT IS THE DIFFERENCE BETWEEN TIRZEPATIDE AND SEMAGLUTIDE?

GLP-1 drugs (such as Mounjaro®, Ozempic®, and Wegovy™) are a group of new drugs that mimic GLP-1, a hormone the body releases after a meal, signaling you are full and lowering appetite. However, Mounjaro®(tirzepatide) is unique because it attaches to two different receptors (GLP-1 and GIP), unlike previous GLP-1 analogs, which only attach to one. Due to its unique dual activity, Mounjaro®(tirzepatide) has shown about 50% better weight loss than Ozempic® and Wegovy™.

TIRZEPATIDE FOR WEIGHT LOSS

Some people have heard of using tirzepatide for weight loss. While not officially approved by the FDA for this clinical indication, tirzepatide has demonstrated promising early results in regards to weight reduction in patients participating in tirzepatide studies. Tirzepatide has been observed to improve the body's sensitivity to insulin, reduce hunger and stabilize glucagon levels - all of which could help explain observed effects on weight. In the SURMOUNT-1 trial supported by Eli Lilly, tirzepatide use demonstrated substantial and sustained reductions in weight when administered as tirzepatide 5 mg, tirzepatide 10 mg or tirzepatide 15 mg.

In our experience with patients taking Mounjaro at the Aspen Clinic, we have seen anywhere from a 10-30 lb per month weight loss. It has proven to be the most effective weight loss medication in our 35 year history!

HOW DO I GET TIRZEPATIDE?

Tirzepatide is available by prescription only in the United States. As a result, tirzepatide OTC (over the counter) is not available and the initial step to getting tirzepatide medication is scheduling an appointment with a licensed medical provider at the Aspen Clinic.

We've prescribed Mounjaro®(tirzepatide) at Aspen Clinic with great success, but with increasing demand, it can be hard to find - many pharmacies experience delays in their orders, and patients are sometimes struggling to locate it.

Our compounding pharmacy has Tirzepatide (the active ingredient in Mounjaro®) so that we can provide this amazing medication to our patients. If deemed medically appropriate for you, the doctor will write your Rx and our office will order it to be shipped directly to your home!

Once you are approaching your goal weight and have a BMI under 25, please contact us for information on maintenance dosing.

If you are currently switching from another injectable medication, we can start you on a higher dose:

- 1) Patients currently on Mounjaro can request their current dose or the next dose up.
- 2) Patients currently on Wegovy/Ozempic/semaglutide may start at the 5mg dose of tirzepatide.
- 3) It is VERY important that you follow these guidelines to avoid side effects. Your body needs to adjust to a smaller dose before you are ready for the higher doses.

Once you are approaching your goal weight and have a BMI under 25, please contact us for information on maintenance dosing.

COST

Branded tirzepatide medication is expensive, costing approximately \$150 per weekly pen when paying out of pocket, even when using a tirzepatide coupons. Some insurance plans may also help cover costs associated with tirzepatide prescription medication when buying tirzepatide injections at the pharmacy.

Our compounded tirzepatide ranges in price from ~\$220 (2.5mg) - \$770 (15 mg) per month

(*pricing dependant on mg dose – does not included visit cost)

HOW TO TAKE

- Read the Instructions for Use that come with your compounded tirzepatide shipment. You will be provided with a vial of medication and syringes to administer 4 weekly injections.
- Mounjaro is injected under the skin (subcutaneously) of your stomach, thigh, or upper arm. We recommend arm or thigh to minimize nausea as a side effect.
 - Use Mounjaro 1 time each week, at any time of the day (we recommend night time in case of nausea).
 - You may give an injection of Mounjaro and insulin in the same body area, but not right next to each other.
 - Change (rotate) your injection site with each weekly injection. Do not use the same site for each injection

WARNINGS

*DO NOT use any of the injectable medications if you or any of your family members have ever had a type of thyroid cancer called **MTC** or if you have an endocrine system condition called **MEN 2**, or if you have had a serious allergic reaction to tirzepatide or semaglutide.

*For ladies on oral birth control pills, these meds can change the way your body absorbs certain medications, and the pills may not work as well. It is recommended that you use a back-up birth control method to prevent pregnancy when first starting a new dose. See the website for more info.

*These injections can cause serious side effects in certain people including nausea, vomiting, diarrhea, and constipation. Please visit www.mounjaro.com and review the information under the FOR CONSUMERS section, including the warnings and common side effects section. This information applies to both brand name Mounjaro and compounded tirzepatide.