

## Pharmacists Can Help Maximize Your GLP-1 Experience...

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### Effective and Safe Usage

Figuring out the optimal dose and frequency for each patient typically takes time. Many people also experience side effects. Pharmacists can help you manage the risks and maximize the effectiveness of your GLP-1 in several ways.

- They're experts in flagging potential harmful interactions between GLP-1s and other medications or supplements you're taking.
- They can work with you to cope with or lessen side effects such as nausea, reflux and constipation.
- They can advocate to your doctor for increasing or decreasing your dose to get you to the safest effective amount and coordinate any other needed medication changes.
- They can teach you how to administer your medication properly to avoid waste.

### Lifestyle Changes

Health-system pharmacists are also resources for lifestyle counseling to make the most of your GLP-1. There's a common misconception that GLP-1s simply melt away fat. Rather, by reducing cravings, they help people eat less - and that can open the door to developing healthier eating and activity habits.

Pharmacists can provide a wealth of information on the effects of lifestyle modifications. The strategies for healthy eating and physical activity they share can help make these a routine part of your life for long-term success.



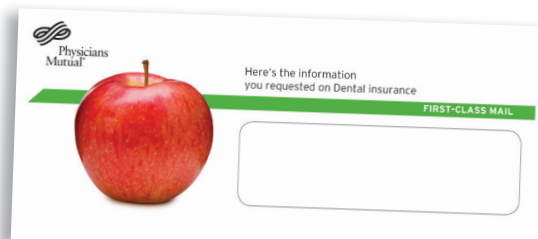
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To learn more about how health-system pharmacists can impact your overall health, visit [yourpharmacist.org](http://yourpharmacist.org).

## Discontinuing a GLP-1: How Your Pharmacist Can Smooth the Transition

At least half the people who start GLP-1s will stop within the first year. High costs, insurance issues and side effects are among the reasons people discontinue use. If you anticipate stopping your GLP-1, your health-system pharmacist can help smooth the transition.

A pharmacist's extensive knowledge of medications is valuable not only for starting but also for stopping GLP-1s. They can help by:

- Determining whether a different GLP-1 or a more affordable source for the drug is right for you
- Helping people understand the source of side effects and how to lessen and manage them
- Providing advice on alternative medicines that may help patients reach their goals
- Guiding people on tapering their doses to avoid a hard stop