

Weight Management



Semaglutide is a once-weekly injectable medication approved by the HSA for weight loss and obesity management. It belongs to a class of medications called GLP-1 receptor agonists.

How does Semaglutide work?

Semaglutide mimics a natural gut hormone (GLP-1) that signals to your brain that you're full. This reduces appetite, curbs cravings, and supports long-term weight loss.

Why consider medication for weight management?

Obesity is a chronic medical condition influenced by genetics, lifestyle, and environment. It is associated with health risks such as high blood pressure, high cholesterol, and sleep apnoea. In many cases, lifestyle changes alone are not enough - medications like Semaglutide can play an important role.

Who can use Semaglutide?

It may be prescribed if you meet any of the following criteria:

- BMI of 30 or higher (≥ 27 in Asian populations)
- BMI of 27 or higher with a weight-related condition (e.g., high blood pressure, cholesterol, sleep apnoea)
- History of cardiovascular disease or high stroke risk

A fasting blood test may be done prior to starting Wegovy to check cholesterol, glucose, and nutrient levels.



Taking Semaglutide

- Injected once weekly (abdomen, thigh, or upper arm)
- Dose starts at 0.25 mg and increases gradually to 2.4 mg for maintenance
- One injection pen contains 4 weekly doses
- Most effective when combined with a healthy diet and regular exercise
- Monthly check-ins during the dose adjustment period allow your doctor to track progress and manage side effects

Not Suitable If You:

- Are pregnant or breastfeeding
- Have a personal or family history of medullary thyroid cancer
- Have MEN 2 (Multiple Endocrine Neoplasia type 2)

Important Considerations

- Stop Semaglutide at least two months before trying to conceive
- Resistance and strength training is recommended to reduce the risk of muscle loss
- Weight may return after stopping the medication, so ongoing support and behaviour change are essential
- Insurance coverage varies. IMC **cannot guarantee** reimbursement. A supporting letter may be provided at your doctor's discretion.

Treatment Duration

Your doctor will guide you on how long to continue treatment and whether any adjustments to your dose are needed as you progress..

Common Side Effects

Most are mild to moderate and improve over time:
Nausea, vomiting, diarrhoea, constipation, bloating
Indigestion, headaches, dizziness

Less Common but Serious Risks

- Gallstones
- Pancreatitis
- Bowel obstruction
- Rare risk of medullary thyroid cancer

