

# Vitality Weight Loss Ctr

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## Weight Loss program Intake Form

Patient Name: \_\_\_\_\_

Patient Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Birth Date: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: M F

Allergies: \_\_\_\_\_

Current Medications: \_\_\_\_\_

Current Health Conditions: \_\_\_\_\_

Are you under the care of another health care professional? Please list whom: \_\_\_\_\_

How did you hear about us? \_\_\_\_\_

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- ☐ ☐ Personal or family history medullary thyroid cancer
  - ☐ ☐ Personal or family history multiple endocrine neoplasm syndrome type 2
  - ☐ ☐ Personal history pancreatitis
  - ☐ ☐ Personal or family history of pancreatic cancer
  - ☐ ☐ Personal history gallbladder disease
  - ☐ ☐ Personal history renal (kidney) impairment
  - ☐ ☐ Currently pregnant, breast feeding, or planned pregnancy in the next year
  - ☐ ☐ Personal history gastro paresis, inflammatory bowel disease (Crohn's, Ulcerative colitis)
  - ☐ ☐ Personal history suicidal behavior
  - ☐ ☐ Personal history bowel obstruction or severe gastrointestinal disease
  - ☐ ☐ Personal history hypersensitivity or allergic reactions to a GLP-1
  - ☐ ☐ Personal history diabetes or current insulin use
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## Vitality Weight Loss Center

- *Weight Loss Struggles:*
    - *Losing weight can be hard and frustrating.*
    - *Affects health, confidence, and overall quality of life.*
    - *Can lead to tiredness, limited movement, and health issues (heart disease, joint pain, diabetes, depression).*
  - *Hope and Support:*
    - *It's tough when nothing seems to work, but there is hope.*
    - *Vitality Weight Loss Center aims to help you reach weight loss goals healthily.*
    - *You don't have to face this challenge alone; support is available.*
  - *Medications: Semaglutide and Tirzepatide:*
    - *Semaglutide:*
      - *Helps control blood sugar and makes you feel full.*
      - *Aids in using stored fat for energy.*
    - *Tirzepatide:*
      - *Works like Semaglutide but is faster and helps lose more weight.*
      - *Helps with appetite and blood sugar.*
  - *Administration:*
    - *Both medicines are given as weekly injections in the stomach or thigh.*
    - *Sublingual options (under the tongue) are also available.*
  - *Common Side Effects:*
    - *Constipation*
    - *Diarrhea*
    - *Nausea*
    - *Upset stomach*
    - *Less appetite*
  - *Safety and Monitoring:*
    - *Serious side effects are rare if used correctly.*
    - *Starting with a low dose helps avoid side effects.*
    - *Ongoing monitoring and support for good eating habits and exercise.*
  - *Pharmacy Quality:*
    - *Medicines are compounded at a special pharmacy with strict safety rules.*
    - *Allows careful dose adjustments to get the best results with minimal side effects.*
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