

Is Ozempic Right for You?

OSF HealthCare Newsroom

Matt Sheehan – Media Relations Coordinator

BROADCAST SCRIPT

INTRO:

AN INJECTABLE PRESCRIPTION MEDICATION FOR ADULTS WITH TYPE 2 DIABETES – IS BEING HAILED IN HOLLYWOOD AS A “WEIGHT LOSS DRUG.”

TAKE VO

OZEMPIC – BECAME A HEADLINING JOKE AT THE 2023 ACADEMY AWARDS. COMEDIAN JIMMY KIMMEL JOKED “WHEN I LOOK AROUND THIS ROOM I CAN’T HELP BUT WONDER... IS OZEMPIC RIGHT FOR ME?” OZEMPIC’S WEBSITE SAYS THE MEDICINE IS USED “ALONG WITH DIET AND EXERCISE TO IMPROVE BLOOD SUGAR.”

RACHEL FEHL – AN ADVANCED PRACTICE NURSE AT OSF WEIGHT MANAGEMENT – SAYS TO MAKE SURE ANY DRUG YOU MIGHT TAKE FOR WEIGHT LOSS IS F-D-A APPROVED.

21 SECOND SOT

“There are a lot of telehealth companies doing weight-loss right now. You may notice you can get semaglutide online for a much cheaper price. It’s going to range \$1,200 a month for the actual medication, but there are some pharmacies compounding that for much less. I would not recommend those compounded formulations, they’re not being regulated right now,” Fehl says.

VO TAG

THE OSF WEIGHT MANAGEMENT TEAM WILL WORK WITH PATIENTS ON A PLAN THAT WORKS FOR THEM.

A FEW TIPS THEY HAVE IF YOU’RE LOOKING TO LOSE WEIGHT – IS TO CONTROL CARBOHYDRATES – PRIORITIZE PROTEINS – AND GIVE YOURSELF BREAKS FROM FOOD AND ACTIVITIES THAT BRING STRESS.

VO/SOT #2

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META (**MEE-TUH**) RASK – THE MANAGER OF OSF’S WEIGHT MANAGEMENT CENTER – SAYS THEIR CLINIC AT THE RIVERPLEX FOCUSES ON HEALTHY LIFESTYLES... NOT TRENDY DIETS.

18 SECOND SOT “We don’t focus on fad diets. We truly focus on being healthy and meeting a patients’ needs where they’re at. We then help them figure out what disciplinary team is going to be able to help them meet those goals.”

VO TAG

WHILE THE TEAM AT OSF’S WEIGHT MANAGEMENT CENTER SOMETIMES DOES RECOMMEND A WEIGHT-LOSS DRUG ALONGSIDE EXERCISE AND HEALTHY EATING... RASKS SAYS TO WORK WITH THEIR TEAM TO FIGURE OUT A PLAN THAT WORKS FOR YOU.

FULL SCREEN INFORMATION BELOW IF WANTED

1. Control Carbohydrates- specifically processed carbohydrates and caloric beverages. Just one can of regular soda contains more than the daily maximum amount of recommended sugar for men and women.
2. Prioritize Protein- try to include protein with all meals and snacks. Protein helps us to feel full faster and for longer and can also reduce post meal blood sugar spikes.
3. Schedule Sleep- getting less than 7hrs or more than 9hrs of sleep can both contribute to weight gain.
4. Take a Break - this applies both to doing activities that reduce stress and well as giving our body a break from food. Find a meditation or breathing exercise you can add to your day to reduce cortisol production that can stimulate fat storage. Try to incorporate a 12 hour overnight fast (unless you have a medical condition that would not allow this). This practice can reduce gastrointestinal symptoms as well as allow for more use of stored fats for fuel.
5. Request a Referral- ask your PCP or other provider for a referral to OSF Weight Management if you need some help getting started. At OSF Weight Management we offer both medical and surgical options as well as group and individual appointments. We have a team of providers, dieticians and exercise physiologists that will help you find a plan that works for you. Their goal is to help you change your lifestyle to one that allows you to reach your goals and improve overall health.