

ELEVATE

EVEXIAS[®]
HEALTH SOLUTIONS

SHE TRANSFORMED HER HEALTH JOURNEY

*by embracing semaglutide,
reestablishing healthy
habits, and learning to
truly listen to her body.*

SEMAGLUTIDE PATIENT EXPERIENCE

ALEXIS
SIFUENTES

THE **WONDER** OF SEMAGLUTIDE

DESK JOB WOES



Twenty-eight-year-old **Alexis Sifuentes**, a Marketing Coordinator and former cheerleader, had always been active. So active, in fact, she could regularly eat fast food and not gain any weight.

“Honestly, I would just burn it all off,” said Sifuentes.

But, by the time she hit 25, Sifuentes felt a distinct change in her digestion. She wasn’t eating fast food like she used to, but still, she would get stomach aches after eating, and her weight would fluctuate. Then, her symptoms got markedly worse when she took a desk job at a clinical concierge call center in 2021.

“My weight fluctuated a lot and then when I started as a patient concierge, I gained 25 pounds because I was sitting at a desk for eight hours of the day. I was like, ‘This is not my body.’ I wanted to feel good in my own body,” said Sifuentes.

Already working in the holistic medicine space, and at a clinic that offered weight loss peptides and nutraceuticals, no less, Sifuentes began to chat with her coworkers about her weight frustrations. That’s when she first learned about Semaglutide, a diabetes and anti-obesity medication approved by the FDA for diabetes treatment in 2021.

“It’s been all the rage over the last year and a half,” she said. “I saw my colleagues get on it. I had other friends get on it at other clinics. I had a lot of people around me already start it, but I wanted to see what it was like for them before started myself.”

DUE DILIGENCE

Sifuentes was hesitant because she’s incredibly sensitive to medications. Though she’s never had an official diagnosis around her sensitivity to drugs, Sifuentes knows that every medication, other than ibuprofen, elicit strong reactions from her body.

“So, let’s say I were to tell a friend, ‘Hey, I have a bad headache. I need to borrow some medication and they had this like over-the-counter headache medication that they always use and they let me try it. To most people this medication wouldn’t be strong, but for me, it might take me out for days,” said Sifuentes.

Knowing this about herself, Sifuentes is diligent about doing

“Semaglutide healed my inner cues. It helped me listen better to my body.”

– Alexis Sifuentes

her research before giving any new medication or treatment modality a try. Starting on semaglutide was no different, particularly because she had heard about the side effects that can arise from GLP-1s, like nausea, constipation, and diarrhea. Sifuentes made an appointment with EVEXIAS provider and board-certified family nurse practitioner Sondra Bell, to thoroughly discuss the benefits and risks of starting semaglutide.

"I had a lot of conversations with Sondra and my coworkers before I decided to try semaglutide. I exhausted all avenues and asked the questions that I needed answered—and that was a lot of questions," Sifuentes said, laughing. "I'm very intentional about what medications I take or what therapy outlet I move forward with."

TAKING THE LEAP

Eventually, Sifuentes felt satisfied in giving semaglutide a try. Sondra prescribed a compounded formulation of semaglutide/pyroxdine available through FarmaKeio Custom Compounding. This particular formulation is also designed to support reduced risk of certain side effects, like nausea and fatigue that typically accompany use.

In general, semaglutide is dosed in units and comes in vials of varying volumes, typically 200 or 500 units, depending on the dose a patient needs and for how long. Because it is not covered by insurance for weight loss purposes, semaglutide is typically paid for out-of-pocket.

Sifuentes began her semaglutide injections as prescribed, starting at the lowest recommended dose of 10 units. Unfortunately, she quickly developed nausea and constipation side effects commonly associated with GLP-1s

She got in contact with her practitioner right away.

"I was very sensitive to it and Sondra knows about my history with sensitivity to medications, so she said, 'Let's do five units.' She really listened. That's when my body started adjusting and I started noticing that I wouldn't eat as much, and I noticed my fullness," said Sifuentes.



From there, Sifuentes was advised to modify her lifestyle and diet in a way that would enhance the results of her semaglutide treatment. On her provider's advice, Sifuentes began lifting weights, doing squats, and going on regular walks around her neighborhood two to three times per week. She also stopped eating fast food, and began cooking more meals, including high-fiber vegetables, at home.

Quickly, Sifuentes noticed a huge difference, listening to her hunger cues more closely, recognizing when she was full, and gaining lean muscle. After three months, she met her goal and lost 20 pounds after 2 months.

KEY BENEFITS EXPERIENCED

Weight loss

Muscle gain

Instigated a healthier lifestyle

Transformed mindset

Adaptable, high-quality treatment



"Aside from the first month of adjusting my dose, I honestly felt really good on semaglutide. I didn't experience any bloating when I ate, and then also whenever my periods came every month, I felt good — my cramps weren't as bad," she said.

Most importantly, she noticed the semaglutide had completely transformed her mindset around health and eating: "I felt more inspired to live a healthy lifestyle on semaglutide. Before treatment, I wasn't being as disciplined. I was going out for fast food nearly every day because I wouldn't pack a lunch for work, and I was going to the gym, but not as regularly."

MAINTAINING RESULTS

After three months on semaglutide, Sifuentes chose to wean herself off it by reducing the number of doses she took monthly over a period of time.

"I'm the type of person who listens to my body. So, if I feel like my body needs to wean off it or if I feel good, I'm going to listen to my body and do what's best for me with the support and advisement of my nurse practitioner," said Sifuentes.

Now, she is completely off semaglutide, and has maintained her goal weight by keeping up the healthy habits she established during her semaglutide treatment. After all, Sifuentes notes, GLP-1s like semaglutide aren't a fix-all, but powerful weight loss tools to complement other positive lifestyle choices.

"I ate today, but only half of my salad because I was full. Semaglutide has brought back that discipline, like, 'Hey Alexis, listen to your body,'" she said. "This treatment realigned my mind and my gut, and they're finally working together in partnership again."

UNLOCK YOUR POTENTIAL WITH EVEXIAS



ALEXIS' STORY is testament to the groundbreaking power of innovations. As a patient, you now have the incredible opportunity to receive personalized, state-of-the-art treatments.



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