

Regulated by



FALLON AESTHETICS

MEDICAL WEIGHT LOSS



ELLON AESTHETI

Welcome

Thanks for choosing us to help you on your weight loss journey! We hope you can't wait to get started!

But first, a bit about me. I am the registered manager and practitioner at our CQC (Care Quality Commission) regulated clinic based at our family home in Higham Ferrers, Northamptonshire.

I am a nurse with many years of NHS experience, and I run the clinics, providing expert care and personalised treatment plans designed just for you.

Here at Fallon Aesthetics, we offer a variety of treatments including a certified medical weight loss clinic, private blood tests, anti-wrinkle injections, dermal fillers, skin boosters, fat dissolving treatments, radiofrequency microneedling and much more. Each treatment is tailored to your unique needs, ensuring the highest standards of care, all regulated by the CQC.

What makes us here at Fallon Aesthetics truly unique is our warm and inviting environment. We operate from a purpose-built cabin at our family home, so yes sometimes it's absolute chaos until you get outside where we provide a private and comfortable space for our clients. This setting allows for thorough consultations, ensuring you the client feels heard and understood.

We aim to make your weight loss journey as easy as it can be and will be there to help you when times get tough! This journey isn't just about the injections, its about providing you with the tools to work alongside the medication to get you the best results. We aim to help you better your understanding of your body, the factors that can affect your weight and what you can do with diet and exercise to get the best results.



Jenna

Welcome to Your Journey Towards a Healthier You

Embarking on a medical weight loss program is a significant step towards improving your overall health and well-being. Unlike typical diet and exercise routines, medical weight loss is grounded in evidence-based medical practices, ensuring you receive safe and effective care tailored to your unique needs.

We have chosen to provide you this booklet to help you on your way and give you that little extra support when the calories may be calling!



Why Choose Medical Weight Loss?

Medical weight loss programs are designed and supervised by healthcare professionals, including doctors, dietitians, and nutritionists. These experts collaborate to create comprehensive and personalised plans that address not only your dietary needs but also any underlying medical conditions that may affect your weight. As part of the program we will write to your GP to let them know you are embarking on this journey.

Our Approach:

Comprehensive Assessment: We begin with a thorough assessment of your health, including medical history, current medications, lifestyle, and specific weight loss goals.

Personalised Plan: Based on this assessment, we develop a customised plan that includes nutrition guidance, advice on physical activity, and any necessary medical interventions.

Ongoing Support: We provide continuous support and monitoring to help you stay on track. Regular check-ins ensure that the program is working effectively and allows for adjustments as needed.

Education & Empowerment: We equip you with the knowledge and skills to make healthier choices and maintain your weight loss long-term. Our goal is to empower you to take control of your health.

We hope you join us on this transformative journey and take the first step towards a healthier, happier you. With the right support and guidance, achieving your weight loss goals is not only possible but sustainable.





Your Weight Loss Journey

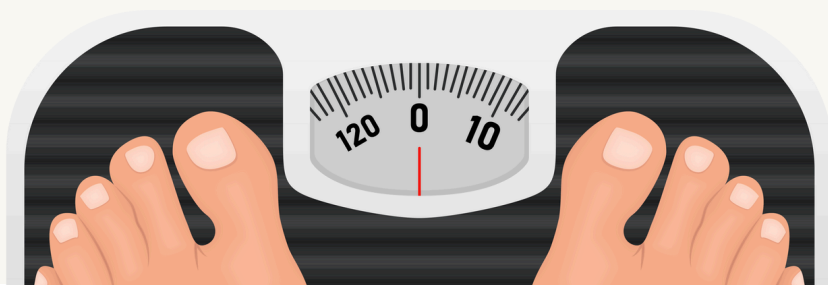
Date.....

Starting Weight.....

BMI.....

Target Weight.....

**LET'S
GO!**



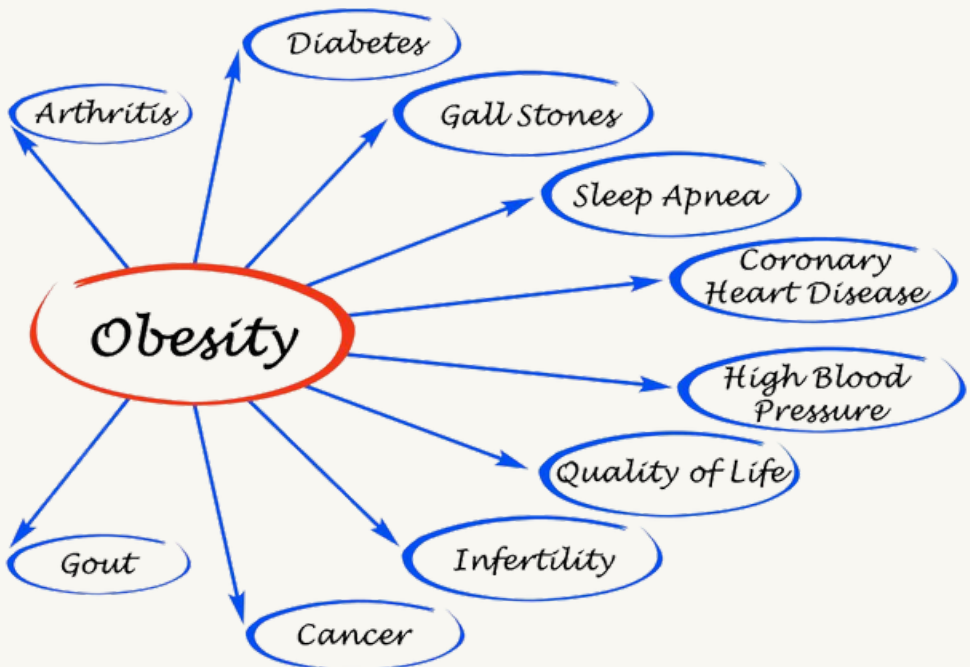
World Health Organization



Overweight and obesity are defined as abnormal or excessive fat accumulation that presents a risk to health. A body mass index (BMI) over 25 is considered overweight, and over 30 is obese. In 2019, an estimated 5 million noncommunicable disease (NCD) deaths were caused by higher-than-optimal BMI. Rates of overweight and obesity continue to grow in adults and children. From 1990 to 2022, the percentage of children and adolescents aged 5–19 years living with obesity increased four-fold from 2% to 8% globally, while the percentage of adults 18 years of age and older living with obesity more than doubled from 7% to 16%.

'World Health Organization, 2022'

Being overweight can have many side effects...



BMI - Body Mass Index

The classification of obesity is based around your BMI. A person with a BMI of 25 - 29.9 is considered overweight. A person with a BMI of 30 or more is considered obese.



You can use the NHS BMI Healthy Weight Calculator to find out your BMI.



For most adults, if your BMI is:

- Below 18.5 - you're in the underweight range
- 18.5 to 24.9 - you're in the healthy weight range
- 25 to 29.9 - you're in the overweight range
- 30 to 39.9 - you're in the obese range
- 40 or above - you're in the severely obese range



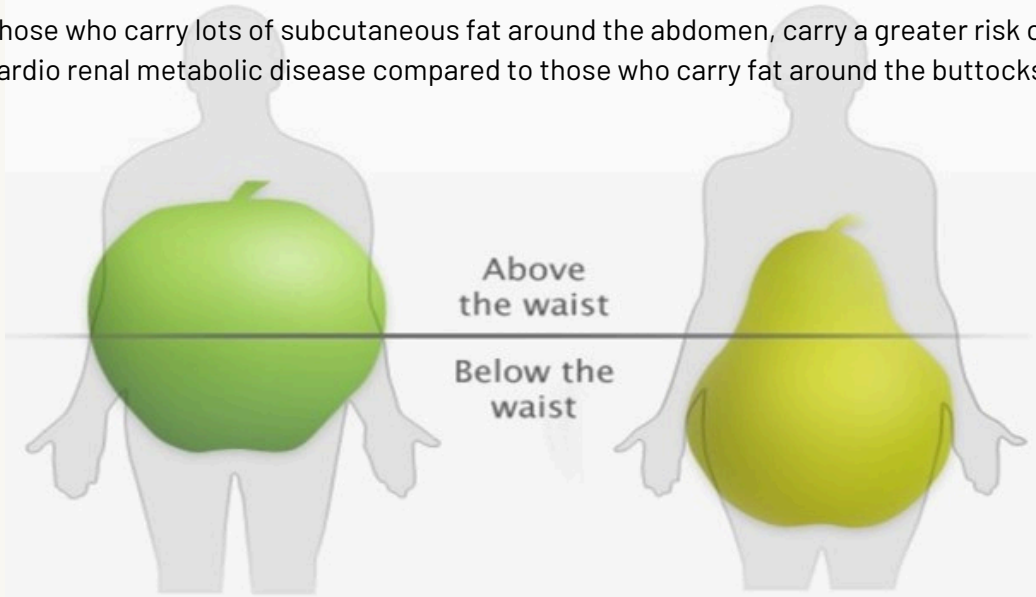
If you have an Asian, Chinese, Middle Eastern, Black African or African-Caribbean family background you'll need to use a lower BMI score to measure overweight and obesity:

- 23 to 27.4 - you're in the overweight range
- 27.5 or above - you're in the obese range

BMI score has some limitations because it measures whether a person is carrying too much weight but not too much fat. For example, people who are very muscular, like professional sportspeople, can have a high BMI without much fat. But for most people, BMI is a useful indication of whether they're a healthy weight.

Weight - A Little Knowledge

Those who carry lots of subcutaneous fat around the abdomen, carry a greater risk of cardio renal metabolic disease compared to those who carry fat around the buttocks.



Apple shape

- More visceral fat
- Higher risk of weight-related health problems

Pear shape

- Less visceral fat
- Lower risk of weight-related health problems

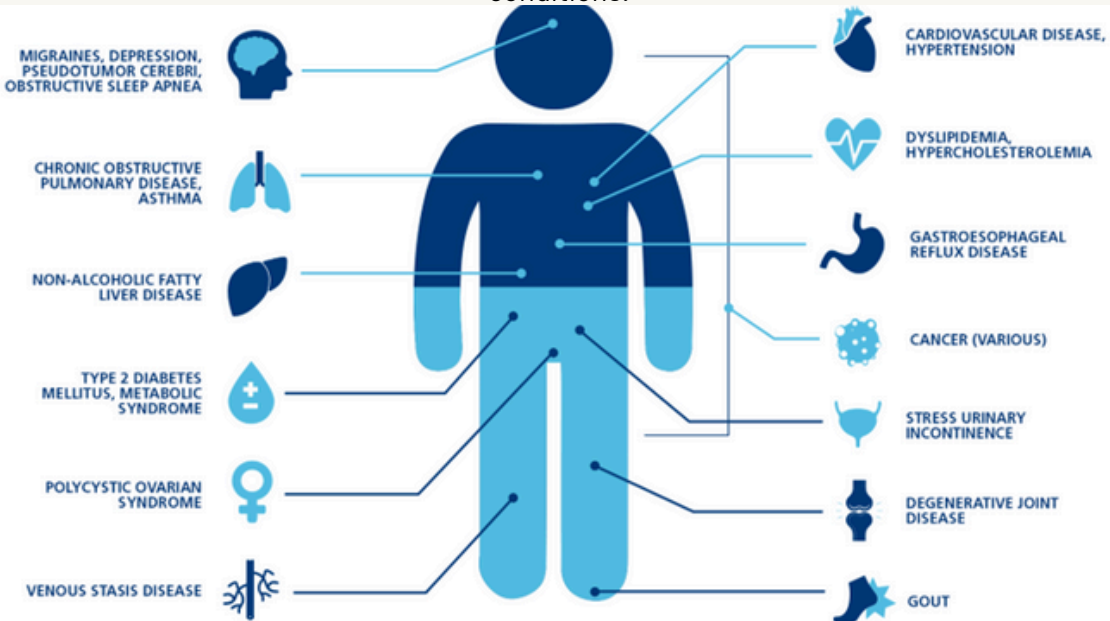
The Health Survey for England measures a representative sample of adults aged 16+ and provides estimates of obesity prevalence. In the 2019 survey, it found that 28.0% of adults in England are obese and a further 36.2% are overweight, making a total of 64.2% who are either overweight or obese. Of obese adults, around one in eight are morbidly obese (3.3% of all adults). Men are more likely than women to be overweight or obese (68.2% of men compared with 60.4% of women).

Based on current trends and without any action it is predicted that 60% of men and 50% of women will be clinically obese by 2050, with an estimated total adults living with overweight or obesity of 90%.

The current costs to the NHS due to obesity related illness is £49.9 billion a year

Diseases & Obesity

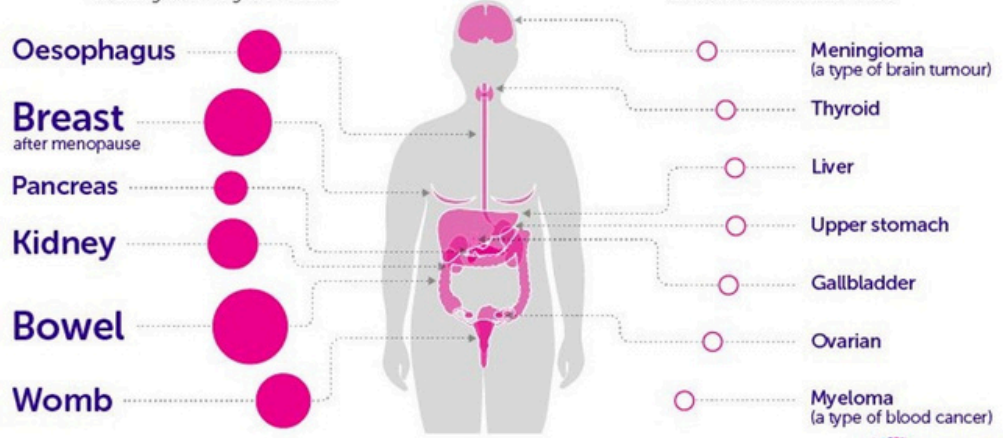
Obesity is a major public health challenge that can lead to a variety of serious health conditions.



The above list is not exhaustive and is intended to illustrate only a range of key complications. Dr Lee Kaplan MD PhD & his team, identified 325 diseases associated with obesity include cancers.

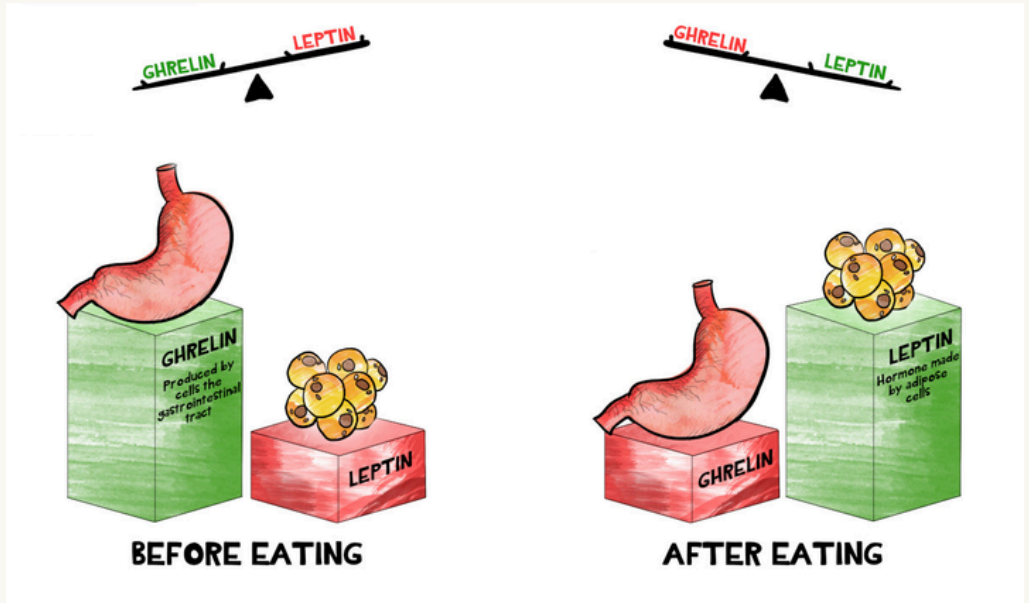
BEING OVERWEIGHT CAN CAUSE 13 TYPES OF CANCER

●●● Larger circles indicate cancers with more UK cases linked to being overweight or obese
○ Number of linked cases are currently being calculated and will be available in 2017



Managing Appetite

Managing your appetite is a key component of maintaining a healthy lifestyle. It's all about striking a balance between listening to your body's hunger signals and making mindful choices about what, and when you eat. This balance can help you avoid overeating, maintain a healthy weight, and improve your overall well-being.



Managing appetite hormones is essential for maintaining a healthy weight and overall well-being. Two key hormones play a significant role in regulating hunger and fullness: ghrelin and leptin.

Ghrelin: Often called the "hunger hormone," ghrelin is produced in the stomach and signals the brain to increase appetite when the stomach is empty. High levels of ghrelin can lead to increased hunger and overeating.

Leptin: Known as the "satiety hormone," leptin is produced by fat cells and signals the brain to reduce appetite when enough food has been consumed. However, some people develop leptin resistance, where the brain doesn't respond to leptin signals, leading to continued eating despite having enough energy stored.

Did you know your body takes 20 minutes to tell your brain you're full?



Eating Well

The NHS Eatwell Guide is a helpful tool designed to promote a healthy, balanced diet. It provides guidance on the proportions of different food groups that should make up your daily diet to ensure you get the necessary nutrients for good health. The Eatwell Guide emphasises the importance of balance and variety in your diet, and it's not necessary to achieve this balance with every meal, but rather over the course of a day or week. Eating well must always be complemented with drinking plenty of water - Hydration is key to weight loss!



Fruits and Vegetables: Aim for at least 5 portions a day. They are rich in vitamins, minerals, and fiber.



Dairy or Alternatives: Choose lower-fat and lower-sugar options like semi-skimmed milk, reduced-fat cheese, and plain low-fat yogurt.



Protein: Include beans, pulses, fish, eggs, meat, and other proteins in your diet. Try to have at least 2 portions of fish per week, one of which should be oily.



Eating Well

Starchy Foods: Base your meals on potatoes, bread, rice, pasta, or other starchy carbohydrates. Opt for wholegrain versions where possible.



Oils and Spreads: Use unsaturated oils like olive or sunflower oil in small amounts.

Limit Sugary and High-Fat Foods:

Foods high in fat, salt, and sugar should be eaten less often and in small amounts.



Drink plenty of fluids: The government recommends 6 to 8 cups or glasses a day.

Did you know food is the most abused anxiety drug?

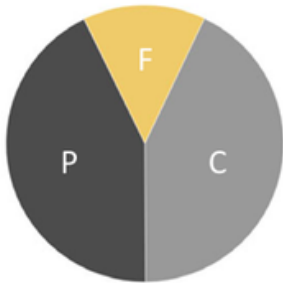
What should my diet look like?

Whilst no two people are alike, here is a guide to what your daily intake should look like:

	Men	Women	Children (5-10)
Calories	2500kcal	2000kcal	1800kcal
Sugars	120g	90g	85g
Fat	95g	70g	70g
Saturates	30g	20g	20g
Salt	6g	6g	4g

Low fat or low carb: which is best for weight loss?

Te Morenga L et al. BMJ
2012;345



2000 kcals / day

F = Fat
C = Carbs
P = Protein

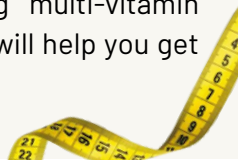


2000 kcals / day

Effect on appetite = more satiety with low carb diets : Ad Libitum diet may have more of an effect however, with the same calorie intake, the weight loss is the SAME i.e. micronutrient composition makes no difference to weight loss if calorie intake and exercise are equal

As part of this weight loss programme you need to support your weight loss medication by ensuring you have a calorie deficit of around 500 calories per day based on the information above.

Whilst on your weight loss journey we recommend taking multi-vitamin supplements. This is not a replacement for a balanced diet but will help you get the nutrients you need.



Exercise

Exercising as part of your weight loss journey is just as important as your diet and the weight loss medication you are using.

It's important because:

Burns Calories: Physical activity helps you burn calories, which is crucial for weight loss. The more intense the activity, the more calories you burn.

Builds Muscle: Exercise, especially strength training, helps build muscle mass. Muscle burns more calories than fat, even at rest, boosting your metabolism.

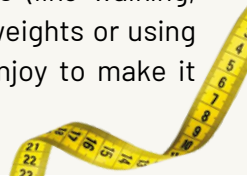
Boosts Metabolism: Regular exercise can help increase your metabolic rate, meaning you burn more calories even when you're not working out.

Improves Overall Health: Beyond weight loss, exercise has numerous health benefits, including reducing the risk of chronic diseases, improving cardiovascular health, and enhancing mood and mental well-being.

Supports Sustainable Weight Loss: Combined with a healthy diet, regular exercise helps you maintain weight loss in the long term.



To maximize the benefits, aim for a mix of aerobic exercises (like walking, running, or cycling) and strength training exercises (like lifting weights or using resistance bands). Consistency is key, so find activities you enjoy to make it easier to stick to your routine.



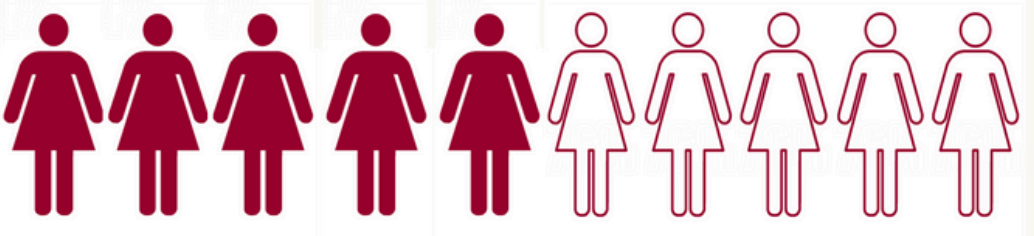
Exercise

NHS England statistics state that

Two thirds of **men** meet national physical activity recommendations* (67%)



Around half of **women** meet national physical activity recommendations* (55%)



The physical activity recommendation is 150 minutes per week.

Getting Started

Start Slow: If you're new to exercise, start with moderate activities like walking or swimming.

Mix It Up: Combine different types of exercise (cardio, strength training, flexibility) to keep things interesting and work different muscle groups.

Set Realistic Goals: Set achievable goals and gradually increase the intensity and duration of your workouts.

Find a Buddy: Exercise with a friend to stay motivated and accountable.

Stay Consistent: Consistency is key. Aim for at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous activity each week.



Did you know exercise is the most underutilised Antidepressant?

That leaves the question of what is right for my journey? There is no right or wrong answer but there are a lot of options available out there, so you have to choose what is right for you and something you are ready to commit too!

Cardio



Walking: A simple and accessible exercise that can be done anywhere.

Running/Jogging: High-calorie-burning exercises that improve cardiovascular health.

Cycling: Low-impact exercise that's easy on the joints.

Swimming: Full-body workout. Excellent for burning calories without putting stress on your joints.

Dancing: Fun and engaging way to get your heart rate up.

Strength Training

Weightlifting: Builds muscle, which helps increase your resting metabolic rate.

Bodyweight Exercises: Push-ups, squats, lunges, and planks are effective and can be done at home.

Resistance Bands: Great for adding variety and targeting different muscle groups.



HIIT



HIIT Workouts (High Intensity Interval Training): Short bursts of intense exercise followed by rest periods. Very effective for burning fat and improving fitness levels.



Flexibility & Yoga



Yoga: Enhances flexibility, strength, and mental well-being.

Pilates: Focuses on core strength, flexibility, and overall body conditioning.

Group Fitness

Zumba: A dance workout that's high-energy and fun.

Spin Classes: Intense cycling classes that burn a lot of calories.

CrossFit: High-intensity functional training that combines cardio, strength, and flexibility.



Tips for Success

Consistency: Make exercise a regular part of your routine.

Mix It Up: Keep things interesting by trying different types of workouts.

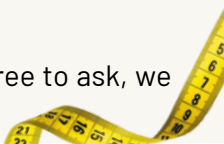
Set Realistic Goals: Gradually increase the intensity and duration of your workouts.

Find Activities You Enjoy: You're more likely to stick with exercises you find fun and fulfilling.

Remember, combining exercise with a balanced diet and healthy lifestyle choices will yield the best results.

Happy exercising!

If you need more detailed workout plans or specific exercises, feel free to ask, we have people who we can put you in touch with for a little help!



What Medication is Available & May be Suitable?



Xenical/Alli
(Orlistat)

Orlistat is an oral medication used to help with weight loss. It works by blocking the enzymes in your digestive system that break down fat. This means about a third of the fat you eat isn't absorbed by your body and is instead passed out in your stool. This helps reduce your overall calorie intake.

Saxenda



Saxenda is a prescription medication used to help with weight management. It contains the active ingredient liraglutide, which is a glucagon-like peptide (GLP-1) receptor agonist.

Saxenda works by acting on receptors in the brain that control appetite. By attaching to GLP-1 receptors, it helps you feel fuller and less hungry, which can lead to reduced food intake and weight loss.



What Medication is Available & Maybe Suitable?



Mounjaro

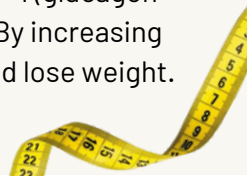
Mounjaro, also known by its generic name tirzepatide, is a medication used primarily for managing type 2 diabetes and weight loss. Mounjaro works by mimicking two key hormones: GLP-1 (glucagon-like peptide-1) and GIP (glucose-dependent insulinotropic polypeptide). These hormones help regulate blood sugar levels, control appetite, and promote weight loss.

Wegovy



Wegovy is a prescription medication used for weight management. Its active ingredient is semaglutide, which is also used to treat type 2 diabetes under the brand name Ozempic.

Wegovy works by mimicking the action of a hormone called GLP-1 (glucagon-like peptide-1), which helps regulate appetite and food intake. By increasing feelings of fullness and reducing hunger, it helps you eat less and lose weight.



Xenical/Alli (Orlistat) - A Guide



Orlistat is typically used for weight management in adults and is an oral medication.

BMI Criteria: Orlistat is prescribed for adults with a BMI of 28.0 or more with associated risk factors (such as high blood pressure, diabetes, or high cholesterol). It can also be used for those with a BMI of 30 or more.

Part of a comprehensive plan: It should be used as part of an overall weight management plan that includes a reduced-calorie diet, regular physical activity, and behavioral changes.

Initial Weight Loss: Therapy should continue beyond 3 months only if a person has lost at least 5% of their initial body weight since starting the treatment.

Chronic Weight Management: The decision to use Orlistat for longer than 12 months (usually for weight maintenance) should be made after discussing potential benefits and limitations with your healthcare provider.



What is it?

Orlistat is a pancreatic lipase inhibitor. It acts by reducing the amount of dietary fat being absorbed.

This results in reduced caloric intake from fats consumed. At 120mg, 1/3 of the total fat consumed is not absorbed.

If excess fat is consumed there may be side-effects. Eg, A low fat diet (20-30%) may be 750kcal of the daily intake 1/3 (250kcal) can be avoided without severe side-effects.

Saxenda - A Guide



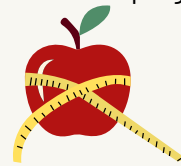
Liraglutide is a medication used for the treatment of type 2 diabetes and obesity under the brand name Saxenda.

BMI Criteria: Saxenda is prescribed for adults with a BMI of 30 or higher (obese) or a BMI of 27 or higher (overweight) with at least one weight-related condition such as type 2 diabetes, high blood pressure, or high cholesterol.

Part of a comprehensive plan: Saxenda should be used as part of a comprehensive weight management plan that includes a reduced-calorie diet and increased physical activity.

Initial Weight Loss: Treatment with Saxenda should be discontinued after 12 weeks on the 3.0 mg/day dose if clients have not lost at least 5% of their initial body weight.

Chronic Weight Management: It's intended for long-term use in helping to manage weight, not just for short-term weight loss.



What is it?

Saxenda works by mimicking a naturally occurring hormone called GLP-1. Saxenda activates GLP-1 receptors in the brain, specifically in the areas that regulate appetite.

This leads to increased feelings of fullness and reduced feelings of hunger. It slows down the rate at which food leaves the stomach, helping you feel fuller for a longer period after eating.

By helping you feel more satisfied with smaller amounts of food, Saxenda can assist in reducing overall caloric intake, which is crucial for weight loss.



Saxenda - Dose & Action

The dosing for Saxenda is increased by 0.6mg each week until you reach the maximum dose of 3.0mg per week should it be necessary.

Saxenda is self injected once per day and can help you loose around 9% of your body weight in the first 12 months when coupled with exercise and a very low calorie diet.

	Week 1	Week 2	Week 3	Week 4	Week 5 Full Dose
Daily Dose	0.6 mg	1.2 mg	1.8 mg	2.4 mg	3.0 mg

When using Saxenda you may not always need to use the highest dose possible. The aim when using Saxenda is to achieve:



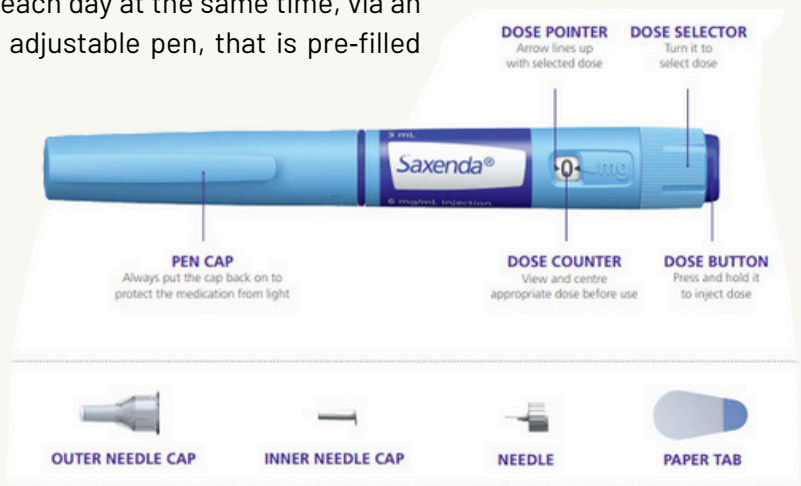
- Increased satiety
- Reduced appetite
- Curbed hunger
- Supressed cravings
- Reduced portion sizes



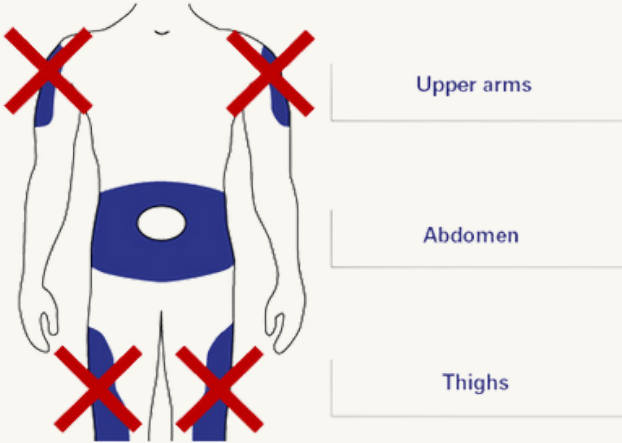
We must always aim for the lowest dose that achieves these outcomes.

As part of your treatment journey you will carry out your first injection under our supervision to ensure you are comfortable with the process.

A simple and painless subcutaneous injection is self administered each day at the same time, via an easy-to-use, dose adjustable pen, that is pre-filled with liraglutide



The Injection



Care should be taken when injecting Saxenda. It should be injected into the stomach area as shown for better absorption. Do not inject into a vein or muscle.

Saxenda is injected once daily at any time.

It is recommended that you take your injection at the same time every day. Find the time of day that works best for you and stick to it, but if you forget don't worry, take it when you remember.

Injecting just before bed, may help with nausea.



What happens if i miss a dose?

If a dose is missed within 12 hours from when it is usually taken, you should take the dose as soon as possible.

If there is more than 12 hours since the missed dose, you **should not** take the missed dose and resume the once-daily regime with the next scheduled dose.

An extra dose or increase in dose **should not** be taken to make up for the missed dose.

Where do I store my pen?

New Pens:

Store in a refrigerator (2°C-8°C).
Do not freeze.



After first use:

Store below 30°C or store in a refrigerator (2°C-8°C).
Keep the cap on the pen in order to protect from the light and discard after 30 days.



Wegovy - A Guide



Semaglutide is a medication used for the treatment of obesity under the brand name Wegovy.

BMI Criteria: Wegovy is prescribed for adults with a BMI of 30 or higher (obesity) or a BMI of 27 to 30 (overweight) with at least one weight-related health condition, such as type 2 diabetes, high blood pressure, or high cholesterol.

Part of a comprehensive plan: It should be used as part of a comprehensive weight management plan that includes a reduced-calorie diet and increased physical activity.

Initial Weight Loss: If patients have been unable to lose at least 5% of their initial body weight after 6 months on the treatment then ceasing use is recommended.

Chronic Weight Management: Wegovy is intended for long-term use to help manage weight, not just for short-term weight loss.

What is it?

Wegovy contains semaglutide, a glucagon-like peptide-1 (GLP-1) receptor agonist. It's used for weight management in adults with obesity or overweight and weight-related health conditions.

Wegovy mimics the hormone GLP-1, which helps control appetite, leading to increased feelings of fullness and reduced hunger. It slows the rate at which food leaves the stomach, helping you feel fuller for longer.



Wegovy - Dose & Action

Wegovy is available in different doses. 0.25mg, 0.5mg, 1mg, 1.7mg and 2.4mg.

Wegovy is self injected once a week and can help you lose around 12% of your body weight in the first 12 months when coupled with exercise and a very low calorie diet.

Dose Escalation



With Wegovy, your dose will increase as you go through the programme. The aim when using Wegovy is to achieve:



- Increased satiety
- Reduced appetite
- Suppressed cravings
- Reduced portion sizes

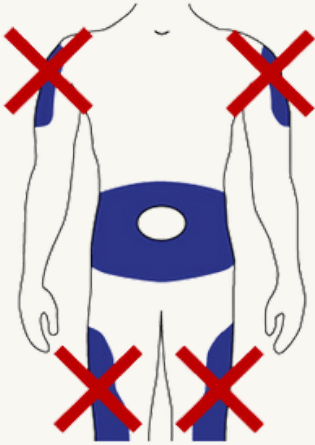


As part of your treatment journey you will carry out your first injection under our supervision to ensure you are comfortable with the process.

A simple and painless subcutaneous injection is self administered weekly at around the same time, via an easy-to-use, dose adjustable pen, that is pre-filled.



The Injection



Upper arms

Abdomen

Thighs

Care should be taken when injecting Wegovy. It should be injected into the stomach area as shown for better absorption. Do not inject into a vein or muscle.

Wegovy is injected once a week.

It is recommended that you take your injection at the same time every week. Find the time of day that works best for you and stick to it, but if you forget don't worry, take it when you remember unless it is 6 days after your last dose.

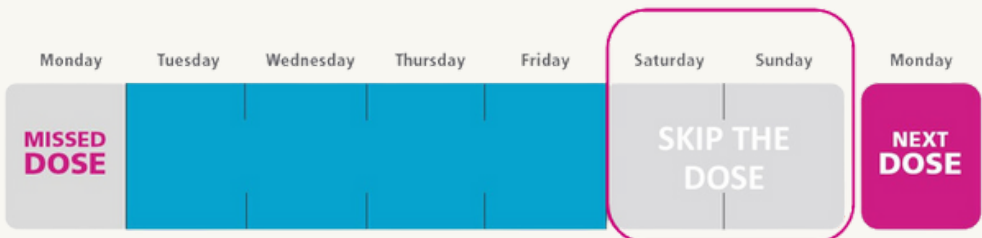


What happens if I miss a dose?

If a dose is missed and it is less than 5 days since the last dose then take the missed dose as soon as possible.



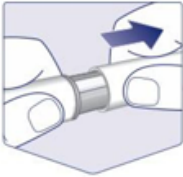
If it has been 6 or 7 days since the last dose, then miss this dose and restart when your dose should be due.



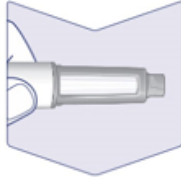
How do I use my pen?

We will observe your first injection with you either virtually or in clinic so you are happy carrying it out. But there are a few simple steps to get it right.

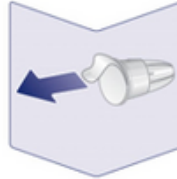
Pull off the pen cap



Check the wegovy is clear and colourless



Always use a new needles – tear off the paper tab



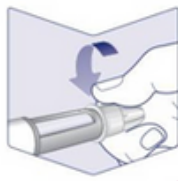
Push the needle onto the pen and turn until it is tight



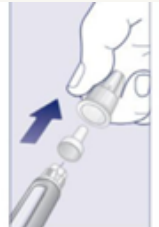
Always use a new needles – tear off the paper tab



Push the needle onto the pen and turn until it is tight



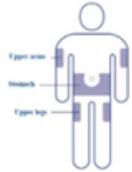
Remove BOTH needle caps, and retain the outer cap for later



Turn the dose selector to the required dose



Choose your injection site – keep 5cm away from belly button



Insert the needle in the skin, ensure you can see the dose counter



Press and hold down the dose button until the dose counter returns to zero



Continue to hold the button down for a count of 6



Lead the needle tip into the outer cap and twist off the needle



Replace the pen cap and store the pen safely



Where do I store my pen?

New Pens:

Store in a refrigerator (2°C-8°C).

Do not freeze.

After first use:

Store below 30°C or store in a refrigerator (2°C-8°C).

Keep the cap on the pen in order to protect from the light and discard after 30 days.



Mounjaro - A Guide



Mounjaro, also known by its generic name tirzepatide, is a medication used primarily for managing type 2 diabetes and weight loss.

BMI Criteria: For weight loss, Mounjaro is typically prescribed for individuals with a BMI of at least 30, or 27–30 with weight-related health conditions.

Part of a comprehensive plan: It should be used as part of a comprehensive weight management plan that includes a reduced-calorie diet and increased physical activity.

Initial Weight Loss: If individuals have been unable to lose at least 5% of their initial body weight after 6 months on the treatment then ceasing use is recommended.

Chronic Weight Management: Mounjaro is intended for long-term use to help manage weight, not just for short-term weight loss.

What is it?

Mounjaro contains tirzepatide, which is a dual glucose-dependent insulintropic polypeptide (GIP) and glucagon-like peptide-1 (GLP-1) receptor agonist.

It is used to help lower blood sugar levels in adults with type 2 diabetes and to assist with weight management in individuals with obesity or overweight who have weight-related health conditions.

Mounjaro helps control blood sugar levels by increasing insulin production and reducing the amount of glucose produced by the liver.

It also mimics the action of two hormones (GLP-1 and GIP) that regulate appetite, helping you feel fuller and eat less.

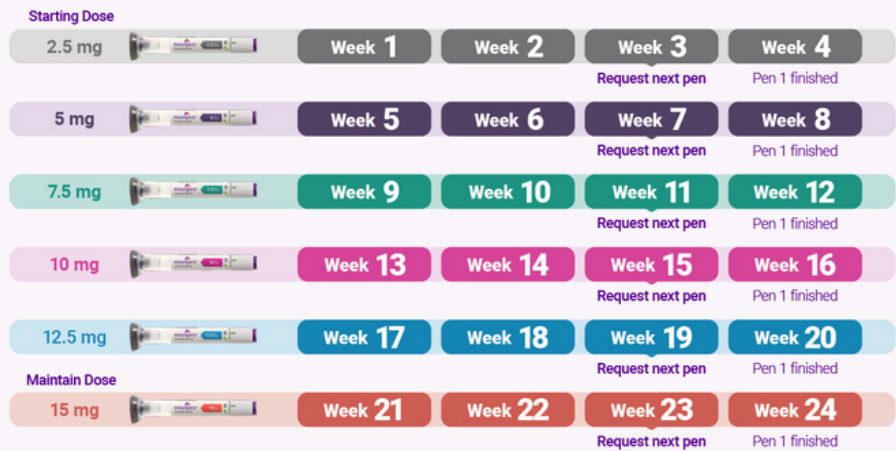


Mounjaro Dose & Action

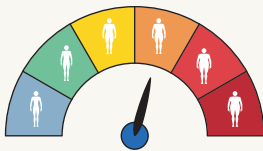
Mounjaro is available in different doses. 2.5mg, 5mg, 7.5mg, 10mg and 12.5mg and 15mg.

The starting dose of Mounjaro is 2.5mg once weekly. After 4 weeks, the dose should be increased to 5mg once weekly. If needed, dose increases can be made in 2.5mg increments after a minimum of 4 weeks on the current dose.

The recommended maintenance doses are 5, 10 and 15mg.



With Mounjaro your dose will increase as go through the programme if needed. The aim when using Mounjaro is to achieve:



- Increased satiety
- Reduced appetite
- Suppressed cravings
- Reduced portion sizes

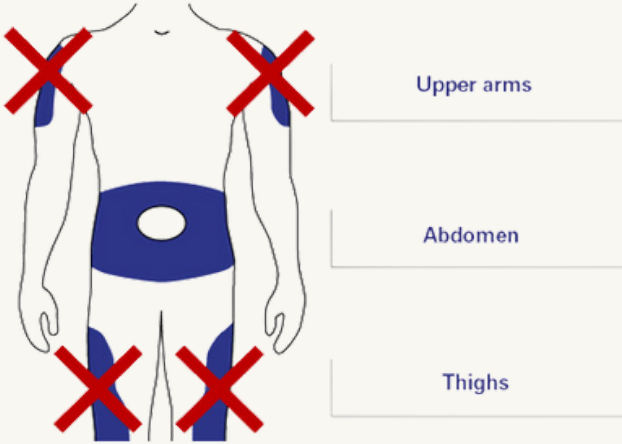


As part of your treatment journey you will carry out your first injection under our supervision to ensure you are comfortable with the process.

A simple and painless subcutaneous injection is self administered weekly at around the same time, via an easy-to-use, dose adjustable pen, that is pre-filled.



The Injection



Care should be taken when injecting Mounjaro. It should be injected into the stomach area as shown for better absorption. Do not inject into a vein or muscle.

Mounjaro is injected once a week.

The dose can be administered any time of day, with or without meals.

What happens if I miss a dose?



If a dose is missed, you should administer it as soon as possible, within 4 days after the missed dose. If more than 4 days have passed, you must skip the missed dose and administer the next dose on the regularly scheduled day. In each case, you should then resume your regular once weekly dosing schedule.

Where do I store my pen?

New Pens:

Store in a refrigerator (2°C-8°C).

Do not freeze.



After first use:

Store below 30°C or store in a refrigerator (2°C-8°C).


Keep the cap on the pen in order to protect from the light and discard after 30 days.



How do I use my pen?

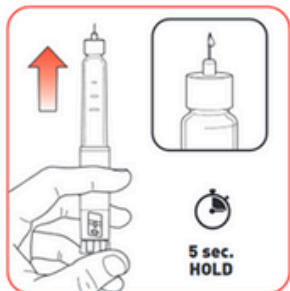
We will observe your first injection with you either virtually or in clinic so you are happy carrying it out.




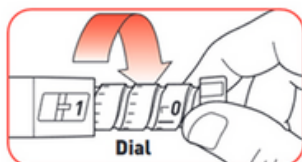
- **Slowly turn** the dose knob until you hear **2 clicks** and the  extended line is shown in the dose window. This is the prime position. It can be corrected by turning the dose knob in either direction until the prime position lines up to the dose indicator





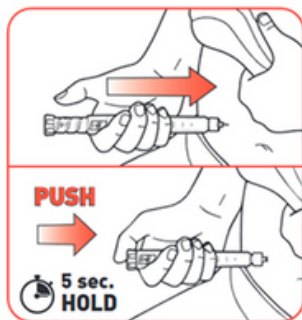
- **Hold** your pen with the needle pointing up
- **Tap** the cartridge holder gently to collect air bubbles at the top




- Release some medicine into the air by **pushing the dose knob in** until it stops, then **slowly count to 5 while holding the dose knob**. The  icon must be shown in the dose window. **Do not** inject into your body
- **Priming** removes air from the cartridge and makes sure that your pen is working correctly. Your pen has been primed if a small amount of medicine comes out of the tip of the pen needle
 - If you do not see medicine, repeat **steps 7-9**, no more than 2 additional times
 - If you still do not see medicine, then change the pen needle and repeat **steps 7-9**, no more than 1 additional time
 - If you still do not see medicine, contact your local Lilly affiliate



- Turn the dose knob until it stops and the  icon is shown in the dose window. The  icon is equal to a full 0.6 ml dose



- Insert** the needle into your skin
- Inject the medicine by **pushing the dose knob in** until it stops then **slowly count to 5 while holding the dose knob**. The  icon must be shown in the dose window before removing the needle

Side Effects

Weight loss injections, such as Wegovy, Saxenda, and Mounjaro, can be effective but come with potential side effects.

Common Side Effects Include

Gastrointestinal Issues: Nausea, vomiting, diarrhea, and constipation are common.

Injection Site Reactions: Redness, swelling, or irritation at the injection site.



Headaches: Some people may experience headaches.

Increased Heart Rate: A slight increase in heart rate can occur.



Less Common but Serious Side Effects

Pancreatitis: Inflammation of the pancreas, which can be severe.

Gallbladder Disorders: Issues such as gallstones or gallbladder inflammation.

Hypoglycemia: Low blood sugar levels, especially if used in combination with other diabetes medications.



Allergic Reactions: Rarely, allergic reactions can occur.



Important Considerations

Monitoring: Regular follow-ups with your healthcare provider are necessary to monitor progress and adjust the dose if needed.

Report Side Effects: Any severe or persistent side effects should be reported to us soon as possible.



You can call or WhatsApp us on **07907 005255** or email us **jenna@fallonaesthetics.co.uk**



Anti-emetics (Anti-Sickness)

With one of the side effects of all weight loss medication being nausea, we are able to offer anti-sickness medication should it be required. The drugs we are able to provide for you are:



Prochlorperizine
Cyclizine
Promethazine



These drugs like your weight loss medication are a prescription only medicine so you will need to discuss this with us if you experience nausea symptoms.

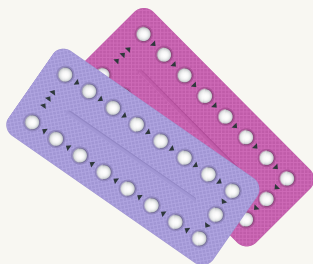
There is a cost involved in purchasing this medication so please discuss this with us if you require them.

Contraception

Currently there is not enough scientific data to understand the impact of weight loss medication and the oral contraceptive pill.

If you take the oral contraceptive pill it is advised that during the first 4 weeks of using the medication you use an alternative form of contraception.

We also advise that when you make a dosage change you again opt for an alternative form of contraception for the first 4 weeks whilst on that dose.



Blood Tests

As part of your weight loss journey you may want, or we may recommend a panel of blood tests to ensure you are right for treatment.

This is something we can do in clinic for you, and can be great to give you the added piece of mind that you are fit and well.

The recommended weight loss programme blood tests are:

Liver Function Tests
Urea and Electrolytes
Thyroid Function Tests
HbA1c
Lipid profile



These blood tests come with additional costs, so if you wish to go ahead with them please ask us and we can discuss pricing.

In clinic we also offer many other blood tests for general health and well being. Ask us for more details or visit our website.

The weight loss blood test looks at:

Full blood count
Kidney function
Liver function
Pancreas function
Blood sugar levels
Thyroid function



This is a great benchmark to know you are doing well and staying fit and healthy.



Treatment Journey - Face to Face

START

Face to Face
Complete Online Consultation



Suitability Reviewed by Nurse



If Suitable for treatment and ready to go - pay for product
Not quite sure?
Book a consultation to discuss further



Attend clinic for BMI, weight, blood pressure, body measurements and a discussion about your journey



Receive demonstration on how to carry out injections and receive first medication dose



Take medication, sharps box, supporting information home, ready to start your journey



Receive 2 day follow up message / video call to see how it's going



Week 1, 2, 3 weekly check in message or video call



Order next dose of medication for delivery to your home address or our clinic to collect



Week 4 check in and weight review via message, video or face to face



Once monthly check in after month 1
Want help - Just SHOUT we are here to help!



Keep Pushing to achieve your goal!!!!



Treatment Journey - Virtual

Virtual Clinic
Complete Online Consultation

START

Suitability Reviewed by Nurse

Carry out video consultation for BMI, weight and a discussion about your journey

If Suitable for treatment and ready to pay for product for delivery to your home address we will order your injection pen

We will arrange an appointment based on delivery times to observe your 1st injection

Receive demonstration on how to carry out injections and receive first medication dose via video call

Receive 2 day follow up message / video call to see how it's going

Week 1, 2, 3 weekly check in message or video call

Order next dose of medication for delivery to your home address

Week 4 check in and weight review via message or video

Once monthly check in after month 1
Want help - Just SHOUT we are here to help!

Keep Pushing to achieve your goal!!!!



Treatment Journey

Embarking on a weight loss journey can be a rollercoaster of emotions, experiences, and results.



The Ups

Initial Excitement: The thrill of starting something new, setting goals, and planning your path can be incredibly motivating.

Early Wins: Losing those first few pounds often comes quickly and can be very encouraging.

Increased Energy: As you start to shed weight, you may notice a boost in your energy levels and overall vitality.

Better Health: Improvements in health markers like blood pressure, cholesterol levels, and blood sugar can be immensely rewarding.

Physical Fitness: As you get fitter, activities that used to be challenging might become easier and more enjoyable.

Confidence Boost: Achieving milestones can lead to a significant increase in self-confidence and body image.



The Downs

Plateaus: Hitting a plateau where your weight loss stalls can be frustrating and demotivating.

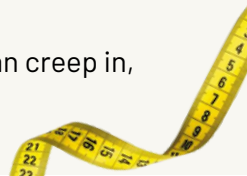
Temptations: Facing cravings and the temptation to revert to old eating habits can be a constant battle.

Fatigue: Balancing exercise, dietary changes, and daily life can sometimes lead to physical and mental fatigue.

Social Challenges: Social events often revolve around food, which can be challenging to navigate without feeling isolated or deprived.

Slow Progress: Sometimes, the weight doesn't come off as quickly as you'd like, and it can feel discouraging.

Self-Doubt: Moments of self-doubt and negative self-talk can creep in, questioning your efforts and progress.



Treatment Journey



Tips for Navigating the Journey

Set Realistic Goals: Aim for achievable milestones and celebrate small victories along the way.

Stay Consistent: Consistency is key, even when progress seems slow.

Find Support: Lean on friends, family, or support groups for motivation and accountability.

Mix It Up: Keep your routines varied to stay engaged and prevent boredom.

Be Kind to Yourself: Remember that setbacks are part of the journey. Treat yourself with compassion and patience.



Remember

The journey to weight loss is not linear. It's filled with peaks and valleys, and each step, whether forward or backward, is part of your unique path.

Stay focused on your long-term goals and the positive changes you're making for your health and well-being.

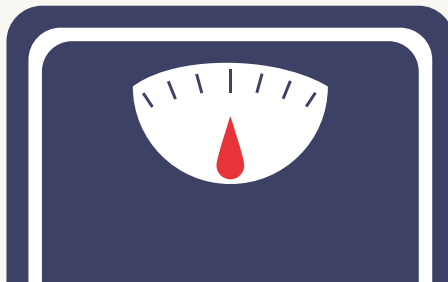
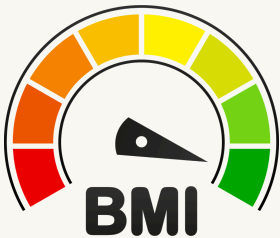
Keep pushing forward – you've got this!



Once you are there the journey isn't over - Now the challenge is to stay there!

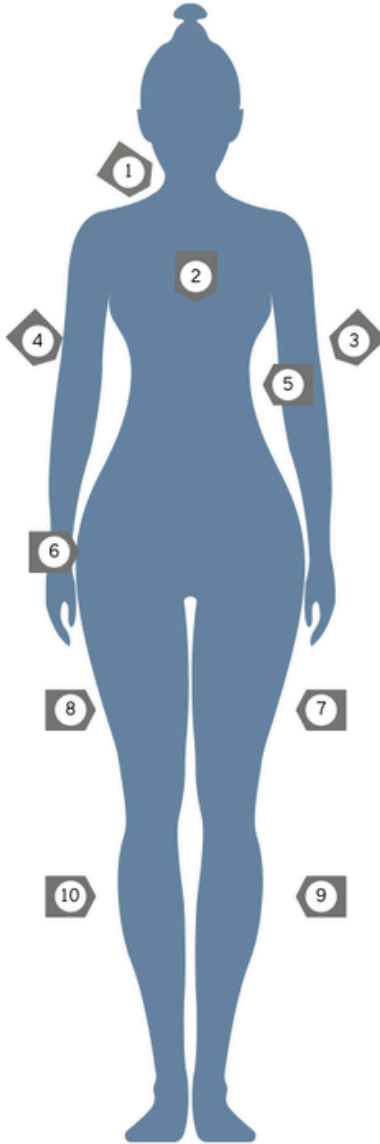
Weight Tracker

	Weight	BMI	Waist Circumf.	Vis. Fat	Fat	Muscle
Day 1						
Month 1						
Month 2						
Month 3						
Month 4						
Month 5						
Month 6						
Month 7						
Month 8						
Month 9						
Month 10						
Month 11						
Month 12						

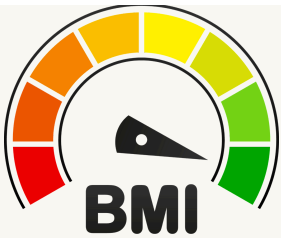


Measurement Tracker

BEFORE		
DATE		
WEIGHT		
1	NECK	
2	CHEST	
3	LEFT ARM	
4	RIGHT ARM	
5	WAIST	
6	HIPS	
7	LEFT THIGH	
8	RIGHT THIGH	
9	LEFT CALF	
10	RIGHT CALF	



AFTER		
DATE		
WEIGHT		
	NECK	1
	CHEST	2
	LEFT ARM	3
	RIGHT ARM	4
	WAIST	5
	HIPS	6
	LEFT THIGH	7
	RIGHT THIGH	8
	LEFT CALF:	9
	RIGHT CALF	10



Useful Information

Welcome to your go-to resource for everything you need to know and hopefully more!

Should you wish, in the coming months we will invite you to join our private Facebook and WhatsApp groups to share your successes, struggles, wins, recipes, advice and anything else you think will help others on their weight loss journey! This forum can also be used to ask questions you may have or if you've had an experience that you think will help others.

We advise you to make the most of this because you are not alone on this journey!

Calorie Counting Apps / Websites



Nutracheck is a top-rated food diary App and website. It tracks calories and 7 key nutrients - carbs, sugar, fibre, protein, fat, saturated fat and salt.

£27.99 12 Months
£5.99 Month



Track food, fitness and fasting all in one place. Free online calorie counter and diet plan. Lose weight by tracking your caloric intake quickly and easily.

Free Version
Premium
£64.99 12 Months
£15.99 Month



MyNetDiary is a digital diet assistant for weight loss. The calorie counter is easy to use and comes with diet planning and the application goes way beyond that.

£38.99 12 Months
£8.99 Month



Useful Information

What to Eat Guidance



NHS Eat Well Guide

A useful tool to ensure you get the right balance in your diet.



British Association of Dietitians

A useful guide to get you on the right track to a healthy diet.



An NHS guide to a balanced diet

Including information on vegan & vegetarian diets, processed foods and cutting down on sugar.

Exercise Guide



NHS Good Exercise Guide

This guide covers all age groups and is a useful tool to get you started.



Printable Workouts

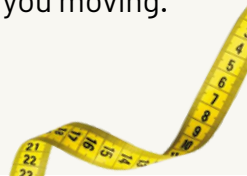
100's of workout plans from beginners to experts for those with or without equipment.



Workouts and articles to support you on your exercise journey.

100's of free workouts to get you moving.

Click the image to find out more



Useful Information



Get active - Better Health - NHS



Sleep Foundation



NHS BMI Calculator



Diabetes UK
Right Food Guide



Cancer Research
Healthy Diet



Emotional Eating
Guidance



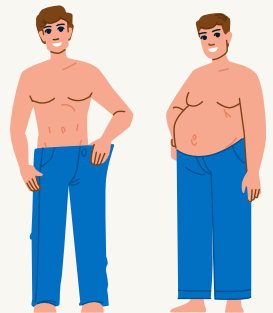
Healthy Recipes



Healthy Recipes



Healthy Recipes



Click the image to find out more



Exercise Support

4MATION FITNESS

Established in 2016 by cofounders Zoe, Carli & Jaki with the aim of providing a friendly and inclusive space where people can enjoy group fitness classes.



The emphasis is on smiling, laughing and enjoying your workout rather than getting it all right and over the years our classes have established a welcoming community vibe.

- ✓ EVERYONE WELCOME
- ✓ £6 PAY AS YOU GO
- ✓ NO JOINING FEES
- ✓ NO MEMBERSHIP FEES

Join them anytime or if you would like more info you can find them on social media:

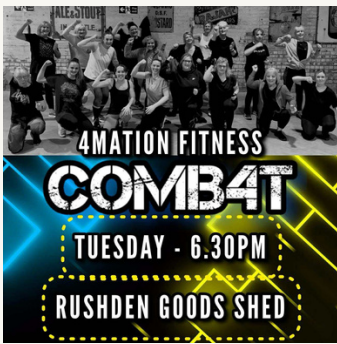
Facebook: @4MATIONFITNESS

Instagram: @4mation.fitness

TikTok: @4mation.fitness

Or you can call or text: 07590831107





♥COMBAT♥TUESDAY 6.30PM♥

Rushden Goods Shed, John Clark Way

If punching, kicking and squatting your way to fitness is your thing then this is the class for you! 45 minutes of pure energy with a playlist that motivates you to get aggressive and release your inner warrior.

- ☞ Suitable for all fitness levels
- ☞ Your Instructors: Zoe & Carli

♥CLUBBERCISE♥MON & THURS 7PM♥

Rushden Goods Shed, John Clark Way

45 minutes of aerobic dance moves with plenty of Low and High impact options so you can choose the level that suits you. We turn off the lights and get the glow sticks glowing! It's like a night out....without the hangover.

- ☞ Suitable for all fitness levels
- ☞ Your Instructors: Zoe & Carli



♥ROCKFIT♥WEDNESDAY 6.30PM♥

45 minutes of fitness all set to an all Rock and Metal playlist this class is for people with a slightly heavier music taste. With plenty of toning and body sculpting moves this class will have you Rocking out.

- ☞ Suitable for all fitness levels
- ☞ Your Instructor: Carli



♥LOW IMP4CT♥TUE & FRI 9.45AM♥

A 45 minute Low Impact workout that's at a slightly slower pace but still offers a full body workout. This class is set to a fun playlist of pop and Latin tracks and is super friendly and fun.

- ☞ Suitable for all fitness levels
- ☞ Your Instructors: Zoe & Jaki



Exercise Support

The Hive Health HQ

Looking for private PT sessions to support you on your weight loss journey?

Why not reach out to Charlie?

Charlie is the owner and coach at The Hive

The Hive is a purpose-built private personal training studio located in Ringstead, Northamptonshire.



Spanning 32m² with a 3m-high ceiling, it provides ample space for movements like wall balls, walking lunges, and overhead presses, as well as the freedom to drop heavy weights.

It's fully equipped with essential training gear including kettlebells, Concept2 ergs, and hex dumbbells. You'll also find specialist equipment like a reverse hyper, punch bag, weight droppers, a variety of barbells and more.

Whether you're just starting out or looking to take your fitness to the next level, The Hive offers the ideal space to train whatever your goals!

At the hive Charlie offers free taster sessions. So you can head down, see the space, have a chat to see if it's somewhere and with someone you would like to train with!

It's a good chance to talk about initial goals, past injuries and any concerns or questions you may have before embarking on the next step of your weight loss journey



[thehive_healthhq_](https://www.instagram.com/thehive_healthhq_)



THE 1:1 DIET

by Cambridge Weight Plan®



I am an independent Consultant for The 1:1 Diet and supply:

- High protein meal replacements
- Approx 200 calories per meal
- Convenient and delicious
- Huge range including pancakes, soups, porridge, shakes, smoothies, savoury meals, bars, mug cakes and more!
- Next working day delivery



Abbie Buckley

07950298972

abbie.buckley121@gmail.com

 @Abbie_one2onediet



F A

FALLON AESTHETICS

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