

Is Semaglutide Safe?

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What Houston Patients Need to Know About This Popular Weight Loss Medication

If you're considering starting a medical weight loss program in **Houston**, chances are you've heard of **semaglutide** — the active ingredient in FDA-approved medications like **Ozempic** and **Wegovy**. With widespread media coverage and real-world success stories, semaglutide has become one of the most talked-about weight loss solutions available today.

But if you're like many patients at **TeleSlim Clinic Houston**, you may be asking:

👉 **"Is semaglutide actually safe?"**

The short answer? **Yes, when used under expert medical supervision.**

Let's explore the data, common side effects, and how to know if semaglutide is right for you.



What Is Semaglutide?

Semaglutide is a **GLP-1 receptor agonist**, meaning it mimics a natural hormone (glucagon-like peptide-1) that helps regulate:

- Blood sugar

- Appetite
- Insulin secretion
- Digestion speed

Initially developed to treat type 2 diabetes (as **Ozempic**), semaglutide was later approved under the brand name **Wegovy** specifically for weight loss in adults with obesity or overweight and related health conditions.

At **TeleSlim Clinic Houston**, our **board-certified obesity medicine doctors** prescribe semaglutide as part of a personalized, evidence-based plan — designed not just for fast results, but for long-term health and safety.

Is Semaglutide Safe for Weight Loss?

FDA Approval

Semaglutide is **FDA-approved** for:

- Type 2 diabetes (Ozempic)
- Chronic weight management (Wegovy)

This means it has undergone **extensive clinical trials** to evaluate its safety and effectiveness in both diabetic and non-diabetic populations.

Clinical Trial Data

- The **STEP trials** showed that semaglutide helped patients lose an average of **15% of their body weight** over 68 weeks.
 - Side effects were **typically mild to moderate**, with the most common being gastrointestinal (nausea, constipation, or diarrhea).
 - Rare but serious risks were carefully monitored, including **pancreatitis, gallbladder issues, and thyroid C-cell tumors** (in animal studies only).
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What Are the Side Effects of Semaglutide?

While semaglutide is considered safe, it does come with potential side effects — especially when starting or increasing the dose.

Most Common:

- Nausea or upset stomach
- Constipation or diarrhea
- Headache
- Fatigue
- Loss of appetite

Less Common but Serious:

- Pancreatitis (inflammation of the pancreas)
- Gallstones
- Increased heart rate
- Kidney function changes (usually due to dehydration)
- Rare thyroid tumors (in rats, not confirmed in humans)

📍 At **TeleSlim Clinic Houston**, we titrate your dose gradually and monitor labs to reduce risk and improve tolerance.



Who Should Not Take Semaglutide?

Semaglutide is **not recommended** for patients who:

- Have a personal or family history of **medullary thyroid cancer**
- Have **MEN2** (Multiple Endocrine Neoplasia Syndrome Type 2)
- Are pregnant or planning to become pregnant
- Are currently taking insulin or other GLP-1 drugs (unless closely monitored)

Before starting treatment at **TeleSlim Clinic Houston**, we conduct a full medical history review and lab work to determine if semaglutide is safe for you.



Why Houston Residents Trust TeleSlim Clinic

If you're searching online for “**semaglutide doctor near me in Houston**” or “**is semaglutide safe for weight loss?**” — here's why thousands choose TeleSlim Clinic:

- ✓ **Board-certified obesity medicine specialists** — not generalists or nurse practitioners
 - ✓ **Fully virtual care** — serving all of Houston and surrounding suburbs
 - ✓ **Ongoing monitoring** — labs, symptoms, and results tracked for safety
 - ✓ **Transparent pricing** — no hidden fees, and help with insurance or discounts
 - ✓ **Patient-first model** — you're more than a number in our practice
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Frequently Asked Questions

Q: Can semaglutide cause cancer?

A: There have been **no confirmed cases of thyroid cancer in humans** caused by semaglutide. The warning label comes from animal studies. Your doctor will review your medical history to determine any risk.

Q: Is it safe to stay on semaglutide long-term?

A: Yes, many patients use it for 6–12 months or longer. Regular check-ins and lab work ensure continued safety.

Q: What if I experience nausea?

A: This is the most common early side effect. We typically start at a low dose and increase slowly. Eating smaller meals and avoiding greasy foods can help.

Q: How often do I need labs or follow-ups?

A: Labs are usually required before starting and every 3–6 months thereafter. Our doctors will guide you through this based on your progress.

Ready to Get Started with Safe, Doctor-Led Weight Loss?

Semaglutide is one of the most effective tools in modern obesity medicine — but it should always be prescribed and monitored by a trained professional.

At **TeleSlim Clinic Houston**, we provide not just prescriptions but **personalized, physician-guided care** designed to keep you safe and successful.

 **Take the first step today:**

 [Take our 30 seconds quiz](#)

 Or [book your \\$99 consultation](#) with a board-certified obesity medicine doctor

 Serving **Houston, The Woodlands, Sugar Land, Katy, Cypress, and all of Texas via telemedicine.**