



# What's the Tea on Ozempic?

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You've probably heard the buzz on Ozempic - the good, the bad, and the ugly. It's hard to sift through all the horror stories and magic bullet claims, and even harder to know if it would be a safe, beneficial, and effective solution for you.

Here's an expert's take with over a decade of working with semaglutide, the active ingredient in the trademarked products Ozempic and Wegovy.

*"Lately, semaglutide is touted as 'take this shot and you're done!' That's why it's getting such a bad reputation, but that's not how it actually works,"* says Dr. Carl Paige, CMO and Co-Founder of Medical Transformation Center (MTC) in Anchorage.

According to MTC's philosophy, achieving sustainable, healthy results is multifactorial, the opposite of thinking that just semaglutide is enough. The key is to look at metabolism, gut health, food sensitivities, emotional and social factors, stress management, food habits, food literacy, hydration levels, and more. By coupling all that with cutting-edge scientific tools such as peptides (like semaglutide), regenerative therapies, and more, lasting, aesthetically-pleasing weight

loss is possible. MTC's team also uses semaglutide for cognitive function (its original use), cardiovascular protection, pancreas health, and fatty liver.

Many negative things people are experiencing with semaglutide come from the way it is implemented, explained, and monitored. With hashtags like #ozempicface and #ozempicbutt, body composition is clearly a crucial concern. Fat is essentially a filler - if you lose fat and body mass and don't have muscle density underneath, sagging skin will happen.

Patients should follow a complete exercise routine or at least walk regularly. Hormones come into play too. If you don't have the right hormonal state - ex. testosterone, estrogen, and growth hormone - it can be almost impossible to grow and maintain muscles. Adequate protein consumption is essential, as people often starve themselves of protein when dieting. One to two grams of protein per pound of ideal body weight daily is recommended.

If you've already lost a lot of weight and have sagging skin, follow the above steps. There are also non-toxic, non-invasive solutions like

specialized supplementation, peptides, and regenerative procedures that can significantly reduce sagging skin with no downtime.

If you're considering semaglutide, make sure that your doctor is looking at a variety of factors before writing a prescription. *"It's key to sit down with patients, see where they are, where they'd like to be, their genetic predispositions, and make realistic goals,"* shares Dr. Paige, after over 30 years of experience in primary care and then regenerative and cellular Medicine. With a comprehensive care plan, proper dose titration, and regular check-ins, patients can enjoy results with minimal side effects including the most common GI complaints and sagging skin.

**For more information, contact Medical Transformation Center.**

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