

# Mounjaro

## Inclusions:

### Age Range:

- Must be between 18 and 84 years old.

### BMI Requirement:

- BMI of 30 kg/m<sup>2</sup> or higher (classified as obesity), OR
- BMI between 27 kg/m<sup>2</sup> and 30 kg/m<sup>2</sup> (overweight) with at least one related health condition, such as:
  - High blood pressure (hypertension),
  - Abnormal cholesterol levels (dyslipidaemia),
  - Obstructive sleep apnea,
  - Heart disease or related cardiovascular conditions,
- Pre-diabetes or controlled type 2 diabetes.
- Previous Efforts: Attempted weight loss through diet, lifestyle changes, and exercise but did not achieve a meaningful reduction.

## Exclusions

### Age Range:

- Under 18 or over 85 years

### Pregnancy and breastfeeding:

- Those who are pregnant, suspected to be pregnant, or breastfeeding.

### Medical history:

- Diagnosed with an eating disorder.
- Currently using weight loss medications such as GLP-1 receptor agonists or anti-obesity treatments.
- Type 1 or medication-controlled Type 2 diabetes mellitus.
- Severe gastrointestinal conditions, including gastroparesis.
- Severe renal impairment or end-stage renal disease.
- Severe hepatic impairment.
- Obesity caused by endocrinological disorders, eating disorders, or medication that induces weight gain.
- History of pancreatitis.
- Allergies and contraindications:
  - Allergic to benzyl alcohol.
  - Taking medications that would contraindicate the supply of Mounjaro.
- Hypersensitivity to active substances or excipients in Mounjaro.

### BMI Criteria:

- Less than 27 kg/m<sup>2</sup>.
- Less than 30 kg/m<sup>2</sup> without weight-related comorbidities.