



## What can I expect from the Emma Goldman Clinic?

### You can expect us to:

- Listen to you.
- Give you accurate information.
- Discuss benefits, risks, alternatives, and uncertainties.
- Respect your goals and boundaries.
- Avoid shame-based or appearance-based language.
- Consider your whole health—not simply your weight.
- Recognize the social and structural factors that affect health.
- Support informed decisions about your body.
- Reevaluate treatment with you as your needs change.

### *Your body is not a before and after picture.*

It is the body you live in today, and it deserves thoughtful, respectful health care today.

*Nonjudgmental quality healthcare since 1973*

## Mission

The Emma Goldman Clinic is a not-for-profit independent organization founded in 1973 by a group of women driven by feminist ideals. We exist to empower people of all gender and sexual identities in all life stages through the provision of quality reproductive health care that includes abortion services, gynecology services, safer sex promotion, and active education.

We promote respectful, client-centered and participatory health care through informed decision making, client rights, advocacy and expansion, and support of pregnancy choices.

We strive to provide an environment in which diversity is acknowledged and celebrated. We are actively committed to staff diversity in employment policies and practices. We strive to increase economic, geographic, structural, and language accessibility for the clients we serve through fundraising, outreach, and advocacy.

We offer non-judgmental, quality health care services. Our goals are inspired by our belief in the larger ideals of feminist philosophy: political, economic, and social equality.



### Clinic hours

9 AM - 5 PM MONDAY - FRIDAY



### Walk-in hours

9 AM - 5 PM MONDAY - FRIDAY



227 NORTH DUBUQUE STREET  
IOWA CITY, IOWA 52245



1-800-848-7684



WWW.EMMAGOLDMAN.COM

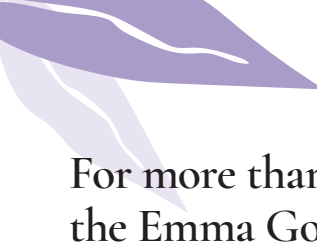


**EMMA  
GOLDMAN  
CLINIC**

## GLP-1 Basics: FAQs

---





For more than five decades, the Emma Goldman Clinic has challenged the idea that other people should control decisions about our bodies.

We believe that principle extends beyond reproductive health. **People deserve health care that recognizes their full humanity, respects bodily autonomy, provides accurate information, and rejects shame as a medical intervention.** Our approach to metabolic health is rooted in those same values.

---

### What are GLP-1 medications?

GLP-1 medications are prescription medications that work with hormones involved in blood sugar regulation, appetite, fullness, and digestion. Some medications also act on another metabolic pathway called GIP.

They may be used to support the treatment of type 2 diabetes, metabolic disease, and medically indicated weight management.

### How do GLP-1 medications work?

GLP-1 medications can help the body regulate blood sugar, slow digestion, decrease appetite, and help you feel full longer. Their effects vary from person to person.

### What GLP-1 medications are available?

Common medications include **semaglutide** (Wegovy and Ozempic) and **tirzepatide** (Zepbound and Mounjaro). The appropriate medication depends on your health history, treatment goals, insurance coverage, and other individual factors.

### Is a GLP-1 right for everyone?

No. GLP-1 medications are not appropriate for everyone. Your clinician will review your medical history, current medications, health goals, and potential risks before recommending treatment.

### What happens at my first appointment?

Your clinician will review your health history, medications, metabolic health, previous treatment experiences, and personal health goals. Laboratory testing may be recommended when appropriate.

Together, you will discuss whether GLP-1 treatment makes sense for you.

### What are the most common side effects?

Common side effects include nausea, constipation, diarrhea, vomiting, abdominal discomfort, decreased appetite, and feeling full sooner.

Your clinician will also discuss less common but potentially serious risks and symptoms that require medical attention.

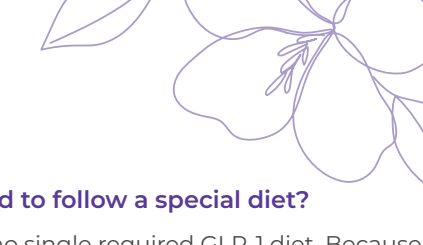
### Will I need follow-up appointments?

Yes. GLP-1 treatment requires ongoing monitoring. Follow-up visits allow us to assess side effects, nutrition, medication response, dosage, and your overall health.

### How quickly is the medication increased?

GLP-1 medications are generally started at a low dose and increased gradually when appropriate. Increasing slowly can help your body adjust and may reduce side effects.

There is no need to rush to the highest dose. Your clinician will work with you to determine the dose that is appropriate for you.



### Do I need to follow a special diet?

There is no single required GLP-1 diet. Because these medications can reduce appetite, getting adequate nutrition is important.

Your clinician may discuss protein, hydration, fiber, vitamins and minerals, and maintaining muscle and bone health while using the medication.

### How long do people take GLP-1 medications?

That depends on the individual. Metabolic conditions often require long-term management. You and your clinician will periodically evaluate the medication's benefits, side effects, cost, and how well it continues to meet your health needs.

### What if I want to stop taking my medication?

Talk with your clinician before making changes. We can discuss what to expect, whether additional monitoring is appropriate, and other options for supporting your metabolic health.

### Does insurance cover GLP-1 medications?

Coverage varies considerably by insurance plan, diagnosis, and medication. Some plans require prior authorization or have specific eligibility requirements.

Our team can help you understand what information may be needed for your prescription.

### How does Emma Goldman Clinic approach GLP-1 care?

We provide GLP-1 treatment as **metabolic health care—not cosmetic care.**

Our approach emphasizes informed consent, individualized health goals, appropriate medical monitoring, adequate nutrition, and respect for people in bodies of all sizes.

*Your health is more than a number on a scale.*

