

M5.1 — Lesson Package Index

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Lesson: M5.1 — Obesity Pathophysiology: Hormonal, Metabolic & Neural Drivers **Audience:** Licensed clinicians (MD / DO / NP / PA / PharmD). Patient-facing items are explicitly marked.

This package contains the video lesson plus 13 supporting documents that turn the lesson into a clinical workflow.

What’s in this package

| # | File | Purpose | Audience |
|----|--|---|---------------------|
| 01 | Baseline Labs Checklist | Thyroid / sex hormones / metabolic / inflammation panels for weight-loss-peptide candidates | Clinician |
| 02 | Phenotype → Peptide Decision Matrix | Phenotype × peptide-class matrix to anchor compound selection | Clinician |
| 03 | Compounding Pharmacy Quality Audit Checklist | USP 797/800, CoA, cold-chain, state licensure | Clinician |
| 04 | Reconstitution One-Pager | Reconstitution math, storage, common errors | Clinician + Patient |
| 05 | Hormone-Optimization Peptide Reference Card | Sermorelin, CJC-1295/ipamorelin, kisspeptin-10, gonadorelin, BPC-157, thymosin alpha-1 | Clinician |
| 06 | Informed Consent Template (compounded peptide) | Risks, benefits, alternatives, monitoring plan template | Patient (signed) |

| # | File | Purpose | Audience |
|----|---|---|-----------------------|
| 07 | Patient Handout — What to Expect on Semaglutide | First 12 weeks, side effects, when to call | Patient |
| 08 | Patient Handout — Self-Injection Technique | Pen and vial-and-syringe walkthroughs | Patient |
| 09 | Trial Portfolio Summary Cards | 20 landmark trial cards (STEP-1, SELECT, SURMOUNT-1/5, TRIUMPH-4, etc.) | Clinician + biohacker |
| 10 | 5 Safety Fronts Deep Dive | Cancer, pancreatitis, NAION, suicidality, pregnancy | Clinician |
| 11 | Knowledge Check (CME-style) | 15 case-based questions (passing 12/15) | All learners |
| 12 | Treatment Initiation Protocol | Workflow doc sequencing Docs 1–11 into a clinical protocol | Clinician |
| 13 | Video Transcript | Verbatim transcript of the M5.1 video lesson | All learners |

How to use this package as a clinician

1. Watch the M5.1 video (≈33 min).
2. Read Doc 12 (Treatment Initiation Protocol) to see how the other docs slot into a clinical workflow.
3. Skim Doc 9 (trial cards) + Doc 10 (safety deep dive) to anchor the evidence base.
4. Print Doc 1 (labs), Doc 6 (consent), Doc 4 (reconstitution if compounded) as the default-print stack for new initiations.
5. Hand patients Docs 7 + 8 at the education visit.
6. Complete Doc 11 (knowledge check) for CME credit when ready.