



DOCTOR DISCUSSION GUIDE

# Managing Obesity

Weight is something usually tracked at each doctor’s appointment, but it can sometimes be uncomfortable to talk about. Asking the right questions during your conversation will help you know what to expect and how to better manage your weight in a healthy way that’s right for you. Familiarize yourself with these common terms before your appointment to help facilitate your discussion.

## Vocabulary to Know

Your doctor might mention these common terms. Here’s what they mean.

<b>Obesity</b>	Having a BMI of 30 or greater.
<b>BMI (Body Mass Index)</b>	A calculation of a person’s weight compared to their height. It is sometimes used as a screening tool to measure whether a person is at a healthy weight.
<b>Metabolism</b>	Chemical reactions in the body's cells that change food into energy.
<b>Bariatric Surgery</b>	Surgical procedures performed on the stomach or intestines to induce weight loss.
<b>Chronic Inflammation</b>	A slow, long-term immune response lasting for prolonged periods of several months to years and can eventually cause damage to healthy cells, tissues, and organs.
<b>Metabolic Syndrome</b>	Having at least 3 or more of 5 conditions that occur together, increasing your risk of heart disease, stroke, and type 2 diabetes. These conditions include increased blood pressure, high blood sugar, large waist circumference, low HDL cholesterol and high triglyceride levels.
<b>Insulin Resistance</b>	When the body doesn't respond well to insulin and can't use it efficiently.
<b>Diabetes</b>	A disease that occurs when your blood glucose (blood sugar) levels are too high.
<b>Cholesterol</b>	A waxy, fat-like substance used by the body for many vital functions, including building cell membranes and making important hormones. Too much cholesterol in your blood can cause health problems like cardiovascular (heart and blood vessels) disease.
<b>Hypertension</b>	High blood pressure.



### Questions to Ask

These questions will help you start a conversation with your doctor about how to best manage your obesity.

#### About Symptoms

- What symptoms could develop that are cause for concern?
- What other conditions, besides excess weight, can cause these symptoms?

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#### About Causes & Risk Factors

- Are my current lifestyle habits contributing to my weight?
- What other health conditions or medications could contribute to excess weight?

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#### About Diagnosis

- What are potential complications, if any?
- Are there other numbers I should focus on, rather than just my weight, such as waist circumference?
- What about my cholesterol, blood pressure, and blood glucose levels?

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#### About Treatment

- Which treatment options are best for me?
- What is a safe and realistic weight loss goal for me?
- Do I need to make changes to my lifestyle, such as diet and exercise?

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#### About Coping

- Is there someone I can meet with for more education and support?
- Do you know of any support groups?

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#### About Living with Obesity

- Can you refer me to a registered dietitian to guide me in finding a healthy and realistic eating plan?
- What kinds of physical activity do you recommend and are safe for me?

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