

Patient information from BMJ

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Weight problems in adults: questions to ask your doctor

If you think you may be overweight, you can talk to your doctor to find out more. Below are some questions you might want to ask when you first see your doctor, as well as questions about diet, exercise, drug treatments, and surgery.

General questions

- Am I overweight? Am I very overweight (obese)? How do you know?
- How much weight should I lose? How long might it take?
- What will happen if I don't lose weight?
- Has my weight damaged my health? How?
- What is the best way for me to lose weight?
- Can you help me? Should I see a specialist?
- Once I have lost weight, how can I keep it off?

Questions about diet and exercise

- If I start to exercise, how much should I do? And how often?
- What sort of exercise should I do?
- How should I change what I eat? Are there certain diets or approaches to eating that you recommend?
- Should I see a dietitian?

Questions about medication

- Can drug treatment help me to lose weight?
- Which medication will work best for me?
- What are the side effects?
- How long will I need to take it?

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Questions about surgery

- Is weight-loss surgery an option for me?
- What are the risks and benefits of surgery?
- How will I need to change my eating habits after my surgery?
- How much weight will I lose if I have surgery?

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