

In this newsletter, we will discuss how to approach the topic of weight management with your doctor, as it can sometimes be a difficult conversation.

How to start the conversation about weight management

Talking about your weight can be challenging, but speaking with your doctor about it is an important step. Together, you and your doctor can identify weight management strategies that may be right for you.

Preparing for your appointment can help make the conversation easier

Talking about weight can be difficult and takes time. In fact, it takes an average of 10 years for most people to speak to their doctor about their weight.¹

Before speaking with a doctor, it can be helpful to take the time to understand how your weight has changed in the past and the attempts you have made to manage it. This can help you recognize potential barriers that may exist and from there, identify the changes you may need to make and what you need help with.

Preparing a detailed description of your past and current experiences creates a foundation that you and your doctor can use to develop a weight management plan that is right for you!

Before your doctor's appointment, answer the following questions to develop a better understanding of your past and present weight management attempts:



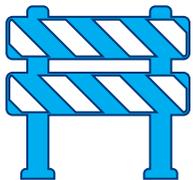
1. When did you notice your weight start to change?

Everyone gains weight differently, and at different times in their lives. Try to pinpoint when you first began to notice weight gain, and when you realized that it was starting to affect your daily life.²



2. What events in your life do you think caused your weight to change?

Try to remember what may have caused your weight to change in the past. Some common examples are: stressful situations (e.g., a career change); emotional times (e.g., the loss of a loved one); or developing a medical condition that limited your ability to move.²



3. Have you tried to manage your weight in the past?

List the times that you tried to lose weight and any obstacles you may have faced. Do you remember how long it was and what may have led you to stop?

Understanding what may have caused you to be unsuccessful in the past can help you have more productive discussions with your doctor.²

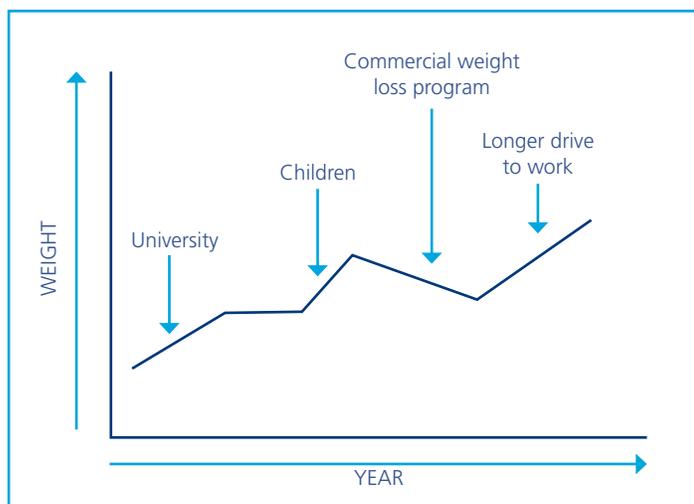


4. What are your current habits?

Take note of what your current eating and physical activity habits are. Be specific! Try to list out what you typically eat in a week, the kind of snacks you eat in-between meals, and/or how many times you eat takeout or fast food. In addition, write down the amount of time you spend being active during the week and the activities you participate in.³

Your personal weight history

Using the information that you have gathered from answering the questions above, you can map out your weight changes over time to visualize when you lost or gained weight, and which life events may have been related to those changes. Below is an example of a weight history chart that shows how an individual's weight changes over time.²



With all of this information, you and your doctor can determine which weight management strategies are right for you. Additionally, they can provide you with the support and guidance you may need during your weight management journey.

The first discussion about weight with your doctor can be difficult to start. Writing down some questions you may want to ask ahead of time can help get the conversation started. Below are some examples of questions that may be helpful for you:

- I've been thinking about my weight recently. Can you tell me what a healthy weight is for me?
- Do I have a medical condition that could be affecting my weight?
- Is my weight affecting my health?
- What can I do to start managing my weight?
- What type of goals should I set?
- What resources are available to help me reach my goals?
- How often should I follow up with you?

You are not alone on your weight management journey. Reaching out for help is an important step. In addition to available resources, it is important to seek out support from your family, friends, and healthcare team!

Hear from someone living with obesity

"I made an appointment with my family physician to talk about my weight because I was seeing that it was limiting me quite a bit when it came to my family life and my social life, and I didn't want that anymore. The thing that stuck with me most was 'How did I let things go this far?'"

Remember to speak to your healthcare professional before making major behavioural changes and to discuss any weight-related health concerns that you may have.

Want to learn more?

For additional information about how you or someone you care about can start the conversation about weight management:



Visit Obesity Canada



Speak with your healthcare professional



Contact your human resources department



We want to hear from you!

Email us at NNCICustomerCare@novonordisk.com to share your ideas and comments.

In the next newsletter, we will discuss how to set realistic goals and provide you with tips that can help support weight management in the long term.

References: 1. Sharma AM, et al. Perceptions of barriers to effective obesity management in Canada: Results from the ACTION study. *Clin Obes.* 2019:e12329. 2. Kushner RF. Clinical assessment and management of adult obesity. *Circulation.* 2012;126(24):2870-2877. 3. American Medical Association. *Assessment and management of adult obesity: A primer for physicians.* Princeton, NJ: The Robert Wood Johnson Foundation; 2003.