

Weight-Loss Support

Discussing the topics below can help your healthcare provider understand your history and goals.

Weight-Loss Goals

How much weight do you want to lose?

- 1-5 pounds
- 6-15 pounds
- >15 pounds

Why do you want to lose the weight?

Weight-Loss History

1. How long do you feel that your weight has been a problem?
2. What diets have you attempted in the past?
3. What do you think would prevent you from reaching your weight-loss goals?
4. List any medical problems, injuries, or life events that have significantly affected your weight. Include year and weight change.
5. Are you more of a structured eater or a haphazard eater? Explain.
6. What eating habits do you have that bother you or contribute to your weight problem?
7. Describe a "typical" day's food intake.

CONTACT US

Slim
weight loss support



**WEIGHT-LOSS
MANAGEMENT**



DISCOVER THE BENEFITS

Obesity is a very common disorder, shortening the lifespan of millions of people worldwide. In the USA, 70.7% of the adult population is overweight or obese.

Source: U.S. Department of Health & Human Services

Get Tested

Many fad diets have come and gone, but a successful diet plan should be easy to follow and show rapid, measurable fat loss—not muscle loss.

Your path to wellness must be safe and allow for long-term weight control.

Get Answers

Your healthcare provider can help you achieve and maintain your goals by constructing an individualized, weight-loss plan that almost always involves diet and exercise.

Weight-loss plans may also involve prescription medication, which can vary in terms of efficacy and safety, but can be dosed specifically for you.

Get Treated

Talk to your healthcare provider to discuss the potential benefits and risks of any weight-loss program, including the medications involved.

As a team, you and your doctor can create the most effective plan for you.

Did you know...?

The prevalence of overweight and obesity has increased dramatically in the United States and worldwide.

The cause of obesity is multifactorial, but lifestyle changes, especially reducing energy intake, form the cornerstone of current treatments for weight loss and weight-regain prevention.

Know The Risks

Individuals who tend to gain weight around the abdomen are at a higher risk for serious medical conditions such as:

High-Blood Pressure	Diabetes
Heart Attack	Gallbladder Disease
Stroke	Various Cancers