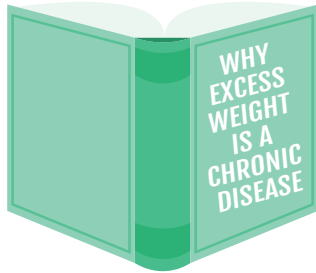


HOW TO TALK TO YOUR **DOCTOR ABOUT WEIGHT**



EDUCATE
YOURSELF ABOUT OBESITY



ASK
QUESTIONS!



**START THE
CONVERSATION**
WITH YOUR DOCTOR



ADVOCATE
FOR YOURSELF



FIND A SPECIALIST
YOU FEEL
COMFORTABLE WITH



GET INVOLVED
IN YOUR
TREATMENT PLAN

▼ Scroll down for more resources & information! ▼



HOW TO TALK TO YOUR **DOCTOR ABOUT WEIGHT**

Resources & Information

HOW CAN I EDUCATE MYSELF ABOUT OBESITY AS A CHRONIC DISEASE?

- These two articles explain what scientists now understand about how our bodies work when it comes to weight management.
 - [How Our Bodies Respond to Weight Loss](#)
 - [Why Weight Loss is Not About Willpower](#)
- In this interview, endocrinologist Dr. Domenica Rubino explains the science of weight, and the role the brain plays in obesity. [Click here to watch.](#)
- Watch for webinars & seminars related to obesity. Many organizations, like [Obesity Matters](#) and [Obesity Canada](#), offer online events open to the public providing valuable insights from weight experts.

HOW DO I START THE CONVERSATION WITH MY DOCTOR ABOUT WEIGHT?

- Studies show that people who work with a healthcare professional lose five times more weight than those who don't. Talking to a doctor about weight can feel intimidating though, so use our seven tips [in this article](#) to get the conversation started.

WHAT ARE THE TREATMENTS AVAILABLE FOR WEIGHT MANAGEMENT?

- According to the Canadian Adult Obesity Clinical Practice Guidelines, there are three things that have been shown to be effective for losing weight and keeping it off over the long-run: medications, bariatric surgery, and psychological interventions, like cognitive behavioral therapy. Treatment will depend on an individual's health status, and their specific needs and goals. Learn more about medical treatments for weight loss by [clicking here](#).
- We talked with obesity expert Dr. Anil Maheshwari about the medical treatments available. [Watch it here.](#)

▼ **Scroll down for more resources & information!** ▼



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Resources & Information

HOW CAN I ADVOCATE FOR MYSELF?

- Advocating for yourself involves asserting your right to medical care, educating yourself on the science behind obesity, and actively fighting weight stigma. We talked about how to do that in our interview with Dr. Mary Forhan, the scientific director of Obesity Canada. [Watch it here.](#)
- Find a physician who listens to you, respects your choices, and is knowledgeable about obesity as a chronic disease.
- Address weight bias when you encounter it. Educate others around you about obesity and the importance of respectful language.
- You can also read our two articles below regarding advocacy around obesity management:
 - [When to Request a Referral to a Weight Management Specialist](#)
 - [Five Tips for Getting Weight Management Treatments Covered by Insurance](#)

HOW CAN I FIND A PHYSICIAN WHO SPECIALIZES IN WEIGHT MANAGEMENT?

- Visit our [physician locator](#) to find a weight specialist near you!