



**Listen, Empower, Advocate,
and Drive change**
for rare genetic disorders of obesity

A GUIDE TO TALKING WITH YOUR DOCTOR

You've tried everything! Diet and exercise just aren't working. You or your loved one continue to gain weight and literally can't get enough to eat. Something about this weight gain and hunger is different, and you want to know how to talk to your doctor about it.

This Guide to Talking With Your Doctor is designed to prepare you for a visit about your or your loved one's suspected rare genetic disorder of obesity and help you get the most out of the appointment.

BEFORE YOU GO TO THE DOCTOR

1

Make an appointment

Schedule an appointment with your doctor focused solely on rare genetic disorders of obesity. This way, your doctor is aware of the reason for your visit.

2

Prepare to explain

Be prepared to explain the symptoms you are experiencing and why you think they are signs of a rare genetic disorder of obesity. These conditions are rare, so your doctor may not be as familiar with them as with common conditions.

3

Know what you want

Have a discussion with your doctor about what you would like to happen after this appointment. Knowing and communicating what you want can help you and your doctor discuss the next steps that are appropriate for you.

HELPFUL TIPS FOR YOUR VISIT

Keep a food diary and journal

Keep a food diary for a week and record all meals and snacks, including any middle-of-the-night eating habits. Share this information with your doctor.

Write down your symptoms

Bring a list of your symptoms to ensure that your doctor has the necessary information to make a diagnosis, recommend genetic testing, or refer you to a specialist. Progressive hearing loss or vision loss? Do other family members also have these symptoms? It may seem unrelated to weight issues, but in fact these symptoms could be very important.

Bring a buddy

Take a trusted family member or friend to your doctor's appointments. Before the appointment, talk about what you want to get out of the visit, so your friend can remind you of key things you want to mention and can support you in the conversation. Your friend may also be able to help take notes while you talk with the doctor.

Don't be embarrassed

Caregivers and patients are often embarrassed and will not openly share the eating habits associated with insatiable hunger. Be upfront with your doctor and care team so they can appropriately help.

NOTES
