Losing weight and sustaining it is hard
# Talking about it doesn't have to be

Body weight is influenced by many different factors, including:

- Genetic
- Environmental
- Hormonal

These factors are often beyond our control.

That's why losing weight and keeping it off may be challenging for people living with obesity, and why obesity isn't just about willpower. For many people, medical intervention is needed to manage weight.
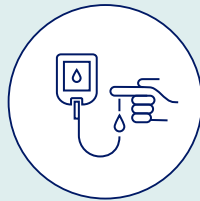
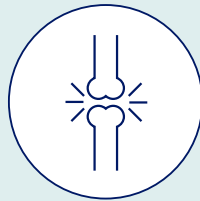**A weight loss of 5% or more can improve your overall health and weight-related complications such as:**
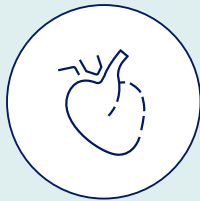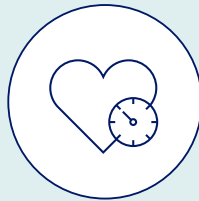
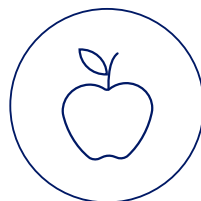| Heart disease | High blood pressure | Type 2 diabetes | Osteoarthritic pain | Health-related quality of life |

Losing weight and keeping it off is difficult, but why?

After losing weight, your body will try to gain it back by making you feel **more hungry and less full**.

After weight loss, your body tends to burn fewer calories or slow its metabolism.

Hunger ↑   ↓ Calories burned

Overall, the changes in your hormones directly influence your eating habits and your metabolism.

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Different methods of weight management

You may think you need to work on your weight by yourself. That may leave you feeling like you are to blame if it doesn't go well. Obesity is a chronic disease and you don't have to figure it all out alone. You can partner with your health care professional in managing your weight. There are several treatment options available for you.

Behaviour change   Reduce calories | Increase physical activities | Change thinking

Prescription medications

Bariatric surgery

To make the most of your next appointment, bring along any questions you may have. Consider asking your health care professional:

1. Why does my weight go up and down?

2. Is my current weight putting me at risk of other diseases?

3. Is there a different way to approach my weight management?

To support a productive conversation, chart changes in your weight over time and note the reasons for those changes.

Weight management is a difficult journey, but by working with your health care professional, you'll be on the way to achieving your weight loss goals.

Schedule a follow up appointment with your healthcare professional:

Date: _____

Time: _____

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