Rethink Obesity®

BENEFITS OF OBESITY MANAGEMENT

Weight loss can require a team approach¹



As with any chronic illness, managing patients with obesity involves balancing an interplay of factors that are likely to change over time. At different times, your patients may benefit from interactions with other healthcare professionals offering specialised services.

Be sure to discuss how you think a referral could help support your patient's weight loss efforts, and together agree on how you should proceed.

A variety of medical professionals can be of assistance in the management of patients with obesity¹

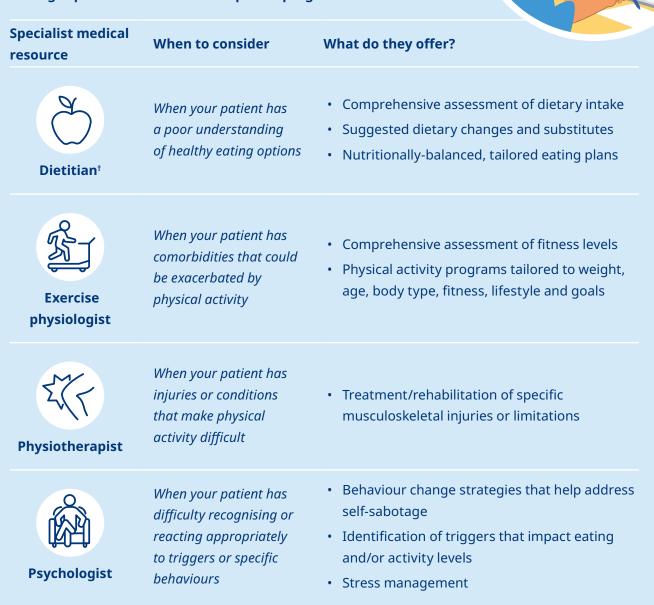
Specialist medical resource	What do they offer?
Endocrinologist	When your patient has a clinical endocrine disorder that may be affecting weight loss efforts
Bariatric physician	When your patient is not making progress despite continued management and medication
Bariatric surgical team	 When your patient has: BMI >40 kg/m² or >35 kg/m² and an obesity-related health condition, e.g. hypertension
Psychiatrist	Your patient has a recognised mental health condition that affects weight or weight loss efforts



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Allied health professionals can be called on as needed to help manage specific issues or devise specific programs¹



Encourage your patients to involve supportive family and friends in their weight-management program

[†]A dietitian has specific qualifications and expertise in nutrition for medical conditions and must undertake regular training to maintain accreditation. Dietitians must be Accredited Practising Dietitians (APDs) who are accredited by the Dietitian Association of Australia.

