How to initiate supportive discussions

Explaining Pathophysiology
How to start the conversation

Assessing readiness establishes where the patient is in their weight management journey and helps the Healthcare Professional engage in more effective and tailored communication.

Ask

“Are you okay with discussing your weight today?”

followed by

“Would you be comfortable if I worked with you on a plan?”

Obesity is driven by multiple factors, many of which are outside an individual’s control.

Understanding how weight can impact health

What is important for the patient?

- **CNS**
  - Depression

- **Cardiovascular**
  - Hypertension

- **Gastrointestinal**
  - Nonalcoholic fatty liver disease

- **Genitourinary**
  - Women: infertility, pregnancy complications

- **Musculoskeletal**
  - Osteoarthritis

- **Renal**
  - Chronic kidney disease

- **Endocrine**
  - Metabolic syndrome, Type 2 diabetes
  - Dyslipidemia

- **Other**
  - Social stigmatization

- **Pulmonary**
  - Obstructive sleep apnea

- **Cancer**
  - Colorectal, postmenopausal breast, endometrial, gastrointestinal, liver

- **Infections**
  - Sensitivity to influenza and COVID-19

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Why is it difficult to keep weight off, after losing weight?

Strategies to talk with your patient about weight management and explain the need:

- Respectful language
- Explaining the disease and benefits of weight reduction
- Supportive counseling
- Patient-centered approaches