

How to initiate supportive discussions

Explaining Pathophysiology



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How to start the conversation



ASK

for permission to discuss weight and explore readiness

Ask

“Are you okay with discussing your weight today?”

followed by

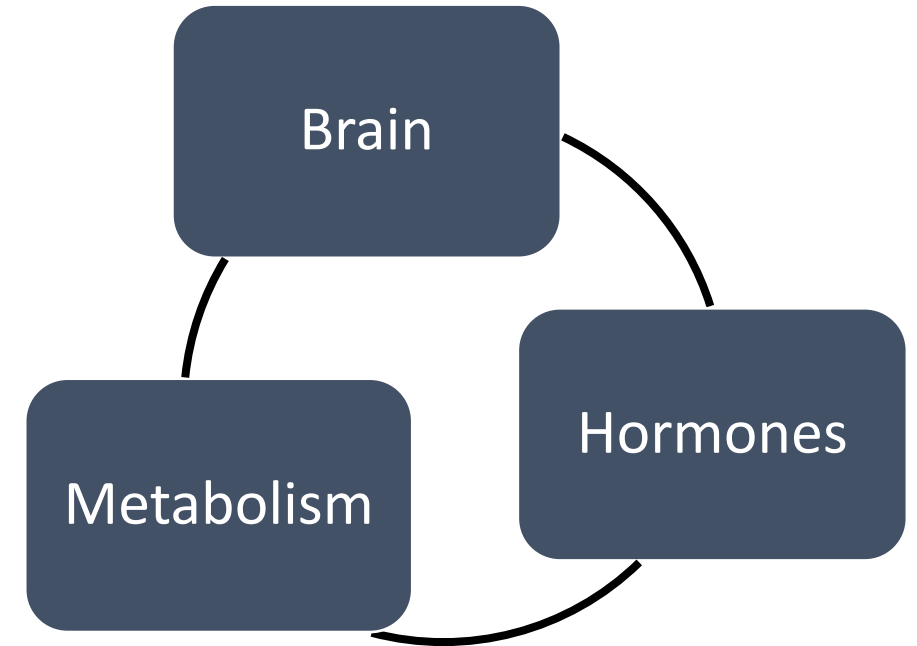
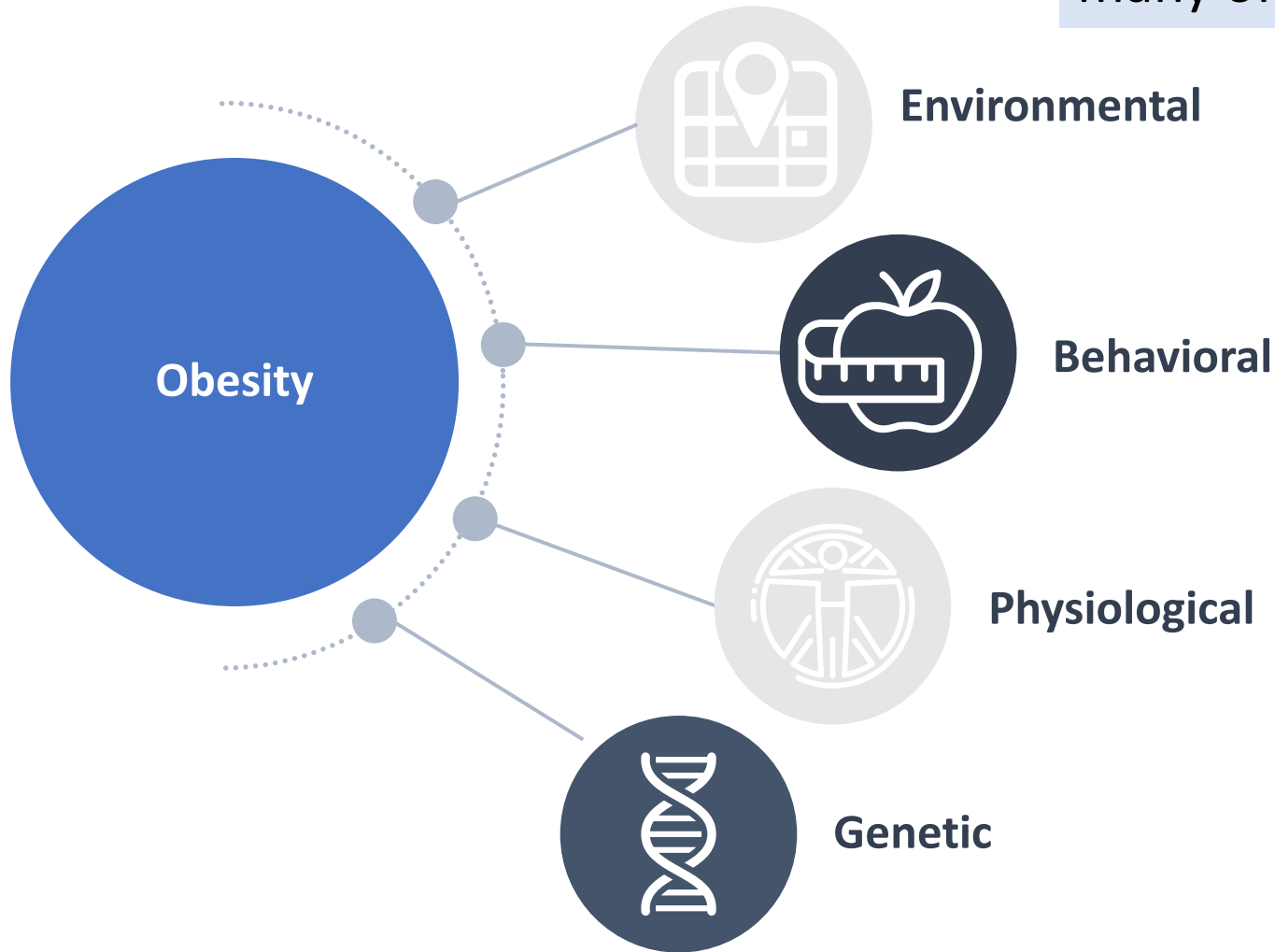
“Would you be comfortable if I worked with you on a plan?”



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

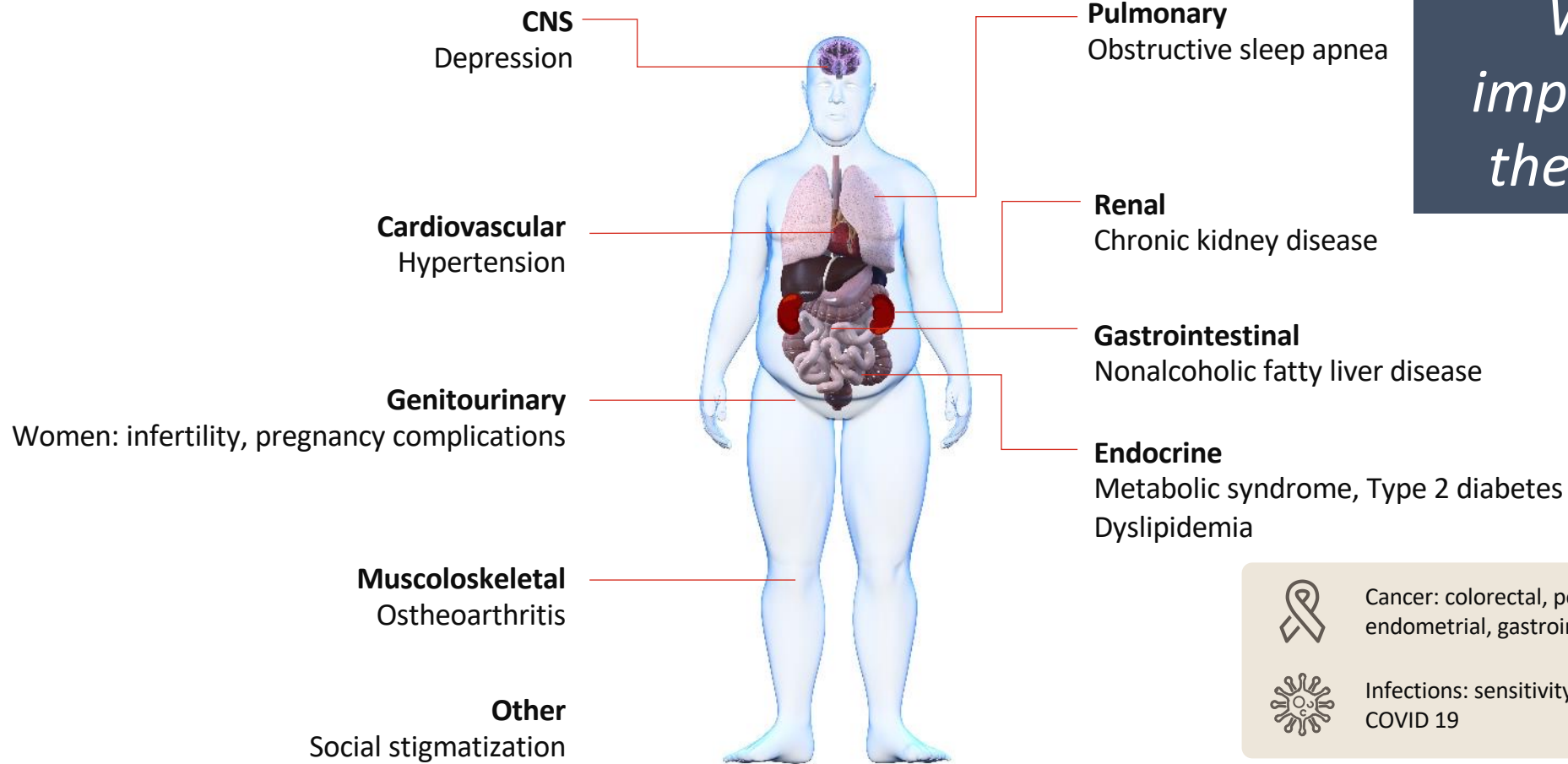
Obesity is driven by multiple factors,

many of which are outside an individual's control.



Understanding how weight can impact health

What is important for the patient?



Cancer: colorectal, postmenopausal breast, endometrial, gastrointestinal, liver



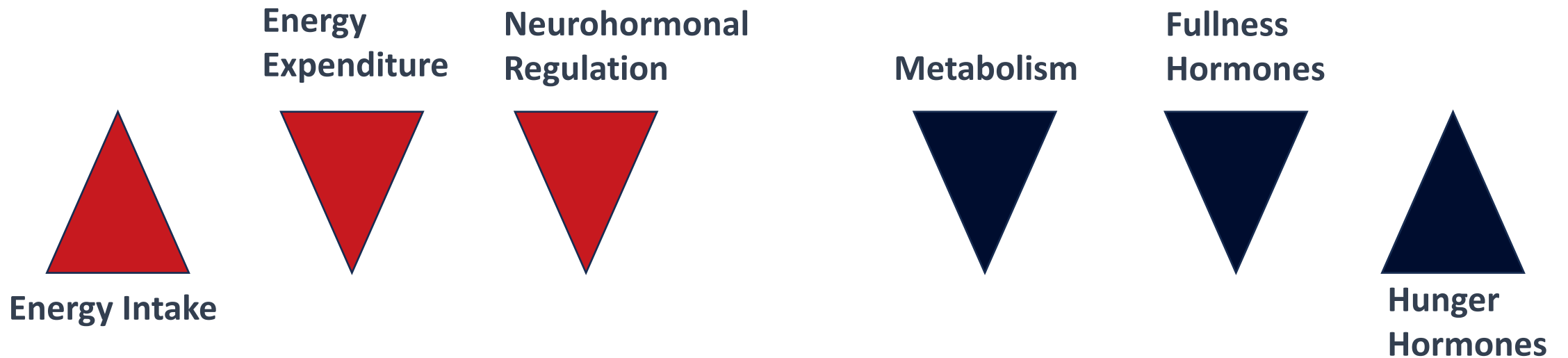
Infections: sensitivity to influenza and COVID 19

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

Weight Gain



Weight Loss



Strategies to talk about weight management

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

