

# Talking to Your Doctor

Asking questions about weight loss treatment can be hard. Some people have so many questions that they don't know where to start. Others feel unsure about the topic in general. Many people don't know what to ask, so they don't ask anything at all.

Here are some ways that can help you get what you need when talking with your doctor:

## **My mind goes blank as soon as I walk in the doctor's office**

- Before your doctor visit, write down your questions. The list will help you remember everything you want to ask.
- Even better, you can just hand the list to your doctor if you start to feel nervous.

## **Too much, too fast!**

- Interrupt and ask questions until you understand.
- Its ok to ask the doctor to repeat information or slow down.
- Don't worry about looking stupid. You're not the only person who doesn't understand these words!
- You have a right to ask. This is a huge decision that will affect your body and your life forever.
- If your doctor isn't answering your questions, he or she may need to consult with another doctor to give you the best answer. Ask if you can discuss your unanswered questions at your next visit, write down what needs to be addressed and follow-up until you have what you need.

## **I'm afraid I'll forget after I leave**

- Bring a friend or family member with you.
- Take notes
- Ask your physician if it's okay to record the conversation.

## **Sometimes I feel uncomfortable talking to my doctor**

- Even if you feel unsure, remember that speaking up helps your doctor, too. Your doctor can be more helpful if he or she knows what information you need.
- Remember, choosing to go through weight loss treatment is a personal decision you have made for yourself. Ultimately, your doctor is only there to give you professional opinion and advice.

## **What if I want additional support throughout treatment?**

Many people who go through weight loss treatment seek out support groups either online or in person. Support groups can:

- Help you connect with others who are also going through treatment.
- Provide a safe place to ask questions and share your experiences.
- Offer some peace of mind that you are not alone on your weight loss journey.

