

# Obesity and your heart: A guide for meaningful discussions

## Questions to help you start a positive conversation with your doctor

There's more to obesity management than simply changing your diet and exercise routines. A lot more. You've taken a positive step by choosing to attend this appointment, so now it's time to use it wisely. Print off this guide and bring with you to your next doctor's visit.



### While you wait.

#### Key facts that you may not know about obesity and the heart

- **Obesity is associated with other health conditions**, many of which can be attributed to your heart health<sup>1,2</sup>
- **Living with obesity may cause your heart to work harder.**<sup>3</sup> Obesity can lead to the narrowing of your arteries, which can put your heart under pressure<sup>3,4</sup>
- **Importantly:**
  - Unlike other symptoms of obesity, heart disease symptoms can go unnoticed<sup>5</sup>
  - Excess weight in early and mid-adulthood (from as early as 20-years-old) can change the structure and function of your heart in later years (60–64 years)<sup>2</sup>
  - Living with obesity over an extended period can increase the risk of heart-related health issues and may impact overall life expectancy<sup>1</sup>

**The good news** is that people living with obesity are 2.9 times more likely to achieve their weight management goal when working with an obesity expert.<sup>6</sup>



### Ready for your consultation?

#### Here are some questions you could ask:

- How can we check the health of my heart?
- Alongside reducing my weight, what else can I do to lower my risk factors associated with heart disease?
- How do we work together to develop a weight management plan based on my individual needs?
- What obesity care options could be suitable for me?

For additional resources to learn more about managing your health and understanding obesity, visit **Truth About Weight**.

### Notes

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### References:

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6. Griauzde DH, Turner CD, Othman A, et al. A Primary Care–Based Weight Navigation Program. *JAMA Netw Open*. 2024;7(5):e2412192. doi:10.1001/jamanetworkopen.2024.12192.