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Dr. Steven Lamm Shares Helpful Tips for Talking with Your Doctor about Weight



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Dr. Steven Lamm is a paid
consultant to Eisai Inc.

Here are some easy tips to help you prep for the visit:

- Before your appointment, write down any questions you may have about losing weight. Bring this list with you so you don't forget any of your questions.
- Bring a list of any family history of medical conditions such as type 2 diabetes, heart disease or high blood pressure to share with your doctor.
- Body Mass Index (BMI) is a measure doctors use to see if a person's weight is in the normal, overweight or obese category. Find out what your BMI is and learn what it can mean to your overall health.
- Make sure you leave your appointment with an understanding of the health benefits of weight loss and what your next steps are to get you there. Make a plan with your doctor and set specific and realistic goals you want to achieve by your next visit.
- Use a diary to keep track of the food you eat and the ways you are active each day. This can help you see how you are doing and ways you can improve.
- Sometimes diet and exercise may not be enough - your doctor will be able to discuss this with you and help determine what's best for you.