

# Patient information from BMJ

Last published: Oct 30, 2020

## Weight problems in adults: questions to ask your doctor

**If you think you may be overweight, you can talk to your doctor to find out more. Below are some questions you might want to ask when you first see your doctor, as well as questions about diet, exercise, drug treatments, and surgery.**

### General questions

- Am I overweight? Am I very overweight (obese)? How do you know?
- How much weight should I lose? How long might it take?
- What will happen if I don't lose weight?
- Has my weight damaged my health? How?
- What is the best way for me to lose weight?
- Can you help me? Should I see a specialist?
- Once I have lost weight, how can I keep it off?

### Questions about diet and exercise

- If I start to exercise, how much should I do? And how often?
- What sort of exercise should I do?
- How should I change what I eat? Are there certain diets or approaches to eating that you recommend?
- Should I see a dietitian?

### Questions about medicine

- Can drug treatment help me to lose weight?
- Which medicine will work best for me?
- What are the side effects?
- How long will I need to take it?

### Questions about surgery

- Is weight-loss surgery an option for me?
- What are the risks and benefits of surgery?
- How will I need to change my eating habits after my surgery?
- How much weight will I lose if I have surgery?

The patient information from *BMJ Best Practice* is regularly updated. The most recent version of Best Practice can be found at [bestpractice.bmj.com](https://bestpractice.bmj.com). This information is intended for use by health professionals. It is not a substitute for medical advice. It is strongly recommended that you independently verify any interpretation of this material and, if you have a medical problem, see your doctor.

Please see BMJ's full terms of use at: [bmj.com/company/legal-information](https://bmj.com/company/legal-information). BMJ does not make any representations, conditions, warranties or guarantees, whether express or implied, that this material is accurate, complete, up-to-date or fit for any particular purposes.

© BMJ Publishing Group Ltd 2024. All rights reserved.

### What did you think about this patient information guide?

Complete the [online survey](#) or scan the QR code to help us to ensure our content is of the highest quality and relevant for patients. The survey is anonymous and will take around 5 minutes to complete.

