



Make the most of your conversation with your or your child's doctor about rare genetic diseases that cause obesity

Obesity due to rare genetic diseases, unlike general obesity, requires a distinct diagnosis and different management and treatment. Standard weight management may not work.

Advocate for a diagnosis

It's important to have an open and honest conversation with your or your child's doctor. The more you share about your or your child's medical history, symptoms, and their effects on daily life, the more the care team can help. **This information may lead to a specific diagnosis, which is a positive first step to managing the condition.**



Talk to a doctor about whether genetic testing for a rare genetic disease may be right for you or your child. Genetic testing may aid in diagnosis.

Tips to support a productive conversation



Prepare for your appointment by collecting your or your child's full medical history and documenting all symptoms, including those unrelated to weight or hunger.

Use the checklist below to summarize symptoms:

- ☐ Continuous weight gain that led to obesity at an early age
- ☐ Weight gain that doesn't respond to a calorie-restricted diet and regular exercise plan
- ☐ Constant, hard-to-control hunger
- ☐ Food-seeking behaviors such as hiding food, stealing food, or waking up at night to find food

Other signs and symptoms can vary depending on the genetic disease. Be sure to discuss all the signs and symptoms you or your child experience, even those that may not seem related.



For caregivers, consider bringing your child's:

- Growth charts or weight history
- Photos over the years
- Food diary and eating habit log for at least a week before the appointment
- Activity log



Act early: Genetic testing may be the first step in the journey towards receiving a diagnosis.



Questions to ask at your next appointment

Starting the conversation

- 1 Based on my or my child's symptoms and medical history, do you think these symptoms could be due to a rare genetic disease that causes obesity?
- 2 Could the obesity and hunger be caused by another condition?

Getting a diagnosis

- 1 Should I consider genetic testing?
- 2 Would I need to go to a specialist?
- 3 What support and educational resources are available to people with a rare genetic disease that causes obesity?

Setting expectations

- 1 What might I expect after a diagnosis?
- 2 Should I expect to change how I manage my or my child's weight and hunger?
- 3 Are there treatments that can help with obesity due to a rare genetic disease?
- 4 Are there other doctors who should be added to my or my child's care team to help manage obesity due to a rare genetic disease?

To learn more about rare genetic diseases that cause obesity, visit DifferentObesity.com or scan the QR code to the right.

