Ask Your Doctor About Weight Gain

Your health care team can advise you about how to manage weight and improve overall health and fitness.

October 1, 2021 By Liz Highleyman

Here are some questions to ask your health care provider about how to manage your weight and improve your overall health and fitness.

- What is a healthy weight range for someone of my age, sex and body type?
- Are my blood sugar, cholesterol and blood pressure normal?
- Am I at risk for cardiovascular disease, fatty liver disease or kidney problems?
- Am I taking an optimal antiretroviral regimen?
- What is your advice for a healthy diet?
- What types of food and drinks should I cut down on or avoid?
- How much physical activity do I need?
- What types of exercise are best for someone of my age and health status?
- How much sleep should I get each night?

- Are there medications that can help me lose weight or shed fat?

- What is your advice for managing stress, depression and anxiety?

- What else can I do to improve my overall health and fitness?

For a related POZ Focus article on the challenge of losing weight, read “Managing Weight Gain.”

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