



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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