

PATIENT INFORMATION SHEET

SYMPTOM OVERVIEW

UNDERSTANDING UNEXPLAINED WEIGHT CHANGES



- Experiencing significant weight loss or gain that cannot be readily explained by changes in diet, exercise, or stress levels.
- These changes may occur relatively quickly or over a more extended period.

WHAT IT MIGHT INDICATE

- Common conditions: Unexplained weight loss can be caused by various conditions, including but not limited to, thyroid disorders, diabetes, digestive diseases, or even certain types of cancers. Weight gain, on the other hand, may be associated with thyroid issues, hormonal imbalances, or side effects of medications.
- Other factors like mental health issues (depression or anxiety), eating disorders, or metabolic syndromes can also lead to changes in weight.
- Please note: This document is not intended for self-diagnosis. Persistent or significant weight changes should be evaluated by a healthcare professional.

IMMEDIATE ACTIONS

- Monitor your diet and exercise habits to determine if they might be contributing to weight changes.
- Keep a record of your weight over time, noting any other symptoms or factors that might be related.
- If weight changes are sudden or severe, or accompanied by other symptoms like fatigue, palpitations, or changes in bowel habits, seek immediate medical attention.

WHEN TO CONTACT US



- If you're experiencing unexplained weight changes that concern you or affect your quality of life, consider contacting us to arrange an online consultation with our specialists.
- If you're seeking further guidance, alternative treatment options, or a second opinion, our service can provide expert advice and specialist referrals.

WHAT TO EXPECT DURING OUR ONLINE CONSULTATION

- Our specialist will inquire about your weight changes, medical history, and any medications you're taking.
- You may be asked to discuss any related symptoms, dietary habits, physical activity levels, and mental health considerations.
- Further diagnostic tests (like blood tests, thyroid function tests, or imaging) or referrals to endocrinologists, nutritionists, or other specialists may be recommended based on your symptoms and history.

PREPARATION FOR YOUR APPOINTMENT

- Be ready to discuss in detail the weight changes you've been experiencing, their timeline, and any potential contributing factors or related symptoms.
- Compile a list of all medications and supplements you're taking, including dosages.
- Ensure you're in a quiet, well-lit room with a stable internet connection for the video call.
- Have any questions about your symptoms, potential causes, or treatment options written down and ready to ask.

DISCLAIMER

This information sheet is for educational purposes only and is not a substitute for professional medical advice, diagnosis, or treatment. Always consult your healthcare provider with any questions or concerns you may have regarding your condition.

CONTACT US

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-  [Book a Free Consultation](#)

