

## Obesity & Weight

Carrying extra weight raises the risk of diabetes, heart disease, and other problems. Even modest, steady changes improve health — this is a medical issue, not a matter of willpower.

### Everyday basics

- Set small, realistic goals with your care team rather than crash diets.
- Build meals around vegetables, whole grains, lean protein, and water.
- Add movement you can keep up with, most days.
- Ask about programs, counseling, medicines or surgery if lifestyle changes aren't enough.

### Good questions to ask your care team

- What is a healthy, realistic goal for me?
- Are there weight-management programs or specialists I can see?
- Could my medicines or another condition affect my weight?
- Do medicine or surgery options make sense for me?

#### When to get help right away

Seek care for chest pain, severe shortness of breath, or sudden severe symptoms.



#### Scan to join Tomeko — free, no ads, no data sold

Follow your health center so education, reminders, and events reach you after the visit.

[tomekohealth.com](https://tomekohealth.com)

Source: MedlinePlus, U.S. National Library of Medicine (NIH) — <https://medlineplus.gov/obesity.html>

Educational only; reviewed public health information, not medical advice. Always follow your own care team's guidance.