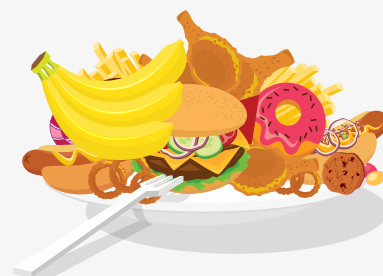


Speaking to your doctor about genetic diseases that may lead to hard-to-control hunger and obesity



Many people struggle with hunger and weight gain their whole lives. However, in some rare cases, hard-to-control hunger, that may lead to people developing obesity at a young age, can be related to a problem in an area of their brain, caused by their genes.¹

If you, or someone you care for, is experiencing hard-to-control hunger and fast weight gain, you may want to discuss why this may be happening with your doctor.²



This guide has been developed to support you to prepare for your appointment with your doctor, and help you talk about the impact of hard-to-control hunger and obesity.

When completing this guide, reflect on your own experiences or of someone you care for. Don't worry if you're unable to fill in everything, focus on the elements that matter most and bring the completed guide to your doctors appointment.

You can **fill in this guide** on your computer/smart device and bring a digital version, or save it and print out the completed version. You can also print out a blank one and fill in the answers by hand.

Preparing for an appointment

1. VISIT www.cravinganswers.com to learn more about genetic diseases that can lead to hard-to-control hunger and obesity.



2. CONSIDER completing a food diary for one week and bringing this to your appointment. This may help your doctor assess your eating habits or the habits of someone you care for.

- Genetic diseases that cause hard-to-control hunger can lead to obesity, and sharing a food diary may help your doctor assess this.

3. SHARE early childhood photos of yourself or the person you care for with your doctor.

- This may help your doctor see how much weight was gained in childhood. Early-age childhood obesity can be a sign of a genetic disease that causes hard-to-control hunger and obesity.



4. BRING any growth charts you might have to your appointment as this may help your doctor to compare your weight or the weight of the person you care for with others of equivalent age.

- People living with genetic diseases that cause hard-to-control hunger often have a different trajectory of their growth chart. Sharing growth charts with your doctor may help them determine this.



You may find it helpful to write down some questions you might like to ask your doctor in advance of an appointment



Add the questions you would like to ask your doctor in the **space below**

Here are some example questions you might find useful to ask:

What could be the cause of hard-to-control hunger and/or obesity?

Could there be a genetic disease that is causing hard-to-control hunger and/or obesity?

Are there any diseases that cause hard-to-control hunger and/or obesity?

How can I find out if the person I care for has a genetic disease that is causing hard-to-control hunger and/or obesity?

How can I find out if I am living with a genetic disease that is causing hard-to-control hunger and/or obesity?

Some information you may want to share with your doctor



Answering the following questions may help your doctor determine why you, or the person you care for, may be experiencing hard-to-control hunger and obesity.

Name

Age

Weight

1. Compared to other people of the same age, does it take longer for you/someone you care for to feel full whilst eating?

Yes No I don't know

2. Even after eating a full meal, do you/someone you care for still feel very hungry?

Yes No I don't know

3. Do you/someone you care for think about food constantly throughout the day?

Yes No I don't know

4. Do you/someone you care for regularly demonstrate food-seeking habits such as sneaking or arguing to get food?

Yes No I don't know

5. Despite following a low-calorie diet and exercise plan, did you/someone you care for continue to gain significant weight?

Yes No I don't know

6. As a toddler or young child, were you/someone you care for considered to have significant obesity?

Yes No I don't know

7. Has a doctor previously classified you/someone you care for as having obesity?

Yes No I don't know

You can use the space below to write down any further information that might be helpful for your doctor to know, such as details of any previous anti-obesity treatments or surgeries, a family history of hard-to-control hunger and obesity, a genetic disease, or other symptoms they should be aware of.



Answering the following questions may show your doctor how the disease has impacted your life or the life of someone you care for.

1. Do you/someone you care for struggle to focus at school or work because food is always on their mind?

Yes No I don't know

2. Do you/someone you care for find it difficult to spend time with friends or family due to being constantly hungry?

Yes No I don't know

3. Do you/someone you care for find it hard to carry out routine daily tasks such as household chores due to constant hunger?

Yes No I don't know

4. Do you/someone you care for find it hard to do things they enjoy such as light exercise or hobbies?

Yes No I don't know



You can use the space below to write down any other signs or symptoms that you or the person you care for may be experiencing, particularly if you're not sure why they might be happening.

Remember to bring your completed guide to your appointment.

For any additional questions, please contact EU_Medinfo@rhythmtx.com

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References: 1. Fonseca ACP, et al. *J Diabetes Complications*. 2017;31(10):1549–1561. 2. Styne DM, et al. *J Clin Endocrinol Metab*. 2017;102(3):709–757.