

A guide to speaking to your doctor about hard-to-control hunger (hyperphagia) and genetic 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 severe 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 so that you can talk openly about the impact of hard-to-control hunger and obesity and work with your doctor to agree on an appropriate care plan.

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 next 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 rare genetic causes of hard-to-control hunger and obesity.



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

- Genetic causes of hard-to-control hunger can lead to obesity and sharing a food diary will help your doctor assess this.

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

- This will help your doctor see how much weight was gained in childhood. Severe early-age childhood obesity can be a sign of genetic forms of hard-to-control hunger and obesity.



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

- People living with genetic forms of hard-to-control hunger often have a different trajectory of their growth chart. Sharing growth charts with your doctor will 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 severe obesity?

Could there be a genetic cause to hard to control hunger and/or severe obesity?

Are there medical conditions that cause hard to control hunger and/or severe obesity?

How can I find out if the person I care for is living with a genetic form of hard-to-control hunger or obesity?

How can I find out if I am living with a genetic form of hard-to-control hunger or obesity?

Information to share during an appointment

Answer the following questions to 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 severe obesity?

Yes No I don't know

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, whether there is a family history of hard-to-control hunger and obesity/a genetic disease or if there are any other symptoms they should be aware of.

Living with hard-to-control hunger and obesity can make it difficult for someone to live their life the way they want



Answer the questions below to show your doctor how the condition 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 this 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 next appointment, where it can be used with your doctor to make a joint decision on your care plan.

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

