



## Make the most of your conversation with your doctor about acquired hypothalamic obesity (HO)

**If you are struggling with sustained weight gain, constant hunger, and fatigue after an injury to the hypothalamus, it could be acquired HO**

Acquired hypothalamic obesity, or acquired HO, is caused by injury to the hypothalamus, a key control center in the brain. Causes of this injury can include brain tumors, brain tumor treatment, traumatic brain injury, stroke, and other neurological conditions.

A key sign of acquired HO is sustained weight gain, even with diet and exercise. However, there's more to acquired HO than just weight gain. Living with acquired HO can make day-to-day life emotionally and socially challenging and may also lead to an increased risk of various health problems over time.



Acquired HO is a distinct and diagnosable medical condition that is a result of an injury to the hypothalamus—**not something you caused**

### Use your voice

It's important to have an open and honest conversation with your doctor to get a diagnosis sooner rather than later. Here are some tips to remember when starting this conversation:



**Prepare** for your appointment by collecting your full medical history, documenting your symptoms, and noting how soon after your brain tumor or brain injury these symptoms began.



**Don't be afraid** to be open with your doctor. You are your best advocate. The more information you share with your doctor, the better they will be able to help you.



**Ask questions** to guide the conversation. Some suggestions are included on the next page.



Even if it has been years since you had a brain tumor or brain injury, identifying the underlying cause of your obesity now can help you and your doctor approach your symptoms together



## Ask your doctor about acquired HO

### Starting the conversation

- 1 Based on my medical history, do you think I could have acquired HO?
- 2 *[If applicable]* It's been years since my brain tumor/brain injury. Could it still be acquired HO?
- 3 Could it be another condition that causes obesity?

### Getting a diagnosis

- 1 When and where should I be evaluated?
- 2 Would I need to go to a specialist?

### If you're diagnosed with acquired HO

- 1 What might I expect after an acquired HO diagnosis?
- 2 Should I expect to change how I manage my weight and hunger?
- 3 Are there other doctors who should be added to my care team to help manage my obesity due to acquired HO?
- 4 What support and resources are available for people with acquired HO?

To learn more about acquired hypothalamic obesity (HO), visit [HO.DifferentObesity.com](https://HO.DifferentObesity.com) or scan the QR code to the right.



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