

Obesity and your heart: A guide for meaningful discussions

Questions to help you start a productive conversation with your doctor

You've taken a positive step by choosing to schedule an appointment with your doctor, so now it's time to use it wisely. Print off this guide and bring with you to your next doctor's visit.



While you wait:

Key facts that you may not know about obesity and the heart

- Obesity can **double** your chance of heart disease.
- Carrying excess weight can cause fatty deposits to accumulate in your arteries, which are the blood vessels that supply blood to your organs. This condition is called **atherosclerosis**.
 - When the arteries supplying blood to the heart become damaged or blocked, it can result in a heart attack.
 - If this occurs in the arteries leading to the brain, it may result in a stroke.
- Factors that increase a person's risk of atherosclerosis, such as elevated levels of blood sugar, blood pressure and cholesterol, can **also be linked with obesity**.

The good news? Along with a host of other benefits, you can reduce your cardiovascular disease risk factors by losing just 5 to 10% of your body weight.

5 to 10% body weight reduction	=	↓ Cardiovascular disease risk factors ↓ Blood glucose + A1C ↑ Lipid profiles ↓ Risk of developing type 2 diabetes and other obesity-related complications
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Ready for your consultation? Here are some questions you could ask:

- How can we check my cardiovascular disease risk factors?
- Alongside reducing my weight, what else can I do to lower my risk factors associated with heart disease?
- How do we work together to develop a weight management plan based on my individual needs?
- What obesity care options could be suitable for me?

For additional resources to learn more about managing your health and understanding obesity, visit **TruthAboutWeight.ca**.

References:

1. Heart and Stroke Foundation of Canada. Lifestyle risk factors. 2024. Available at: <https://www.heartandstroke.ca/heart-disease/risk-and-prevention/lifestyle-risk-factors>. Retrieved September 16, 2024. 2. British Heart Foundation. Obesity. 2024. Available at: <https://www.bhf.org.uk/information-support/risk-factors/obesity>. Retrieved September 16, 2024. 3. British Heart Foundation. Atherosclerosis. 2024. Available at: <https://www.bhf.org.uk/information-support/conditions/atherosclerosis>. Retrieved September 16, 2024. 4. Obesity Canada. Health impacts of obesity. 2025. Available at: <https://obesitycanada.ca/understanding-obesity/health-impacts/>. Retrieved December 23, 2025. 5. Lau D, et al. Canadian Adult Obesity Clinical Practice Guidelines: The Science of Obesity. 2020. Available at: <https://obesitycanada.ca/healthcare-professionals/adult-clinical-practice-guideline/>. Retrieved September 15, 2025.

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