AACE Journey for Patients With Obesity

CONTEMPLATION
- Assess Readiness
- How to Talk to Your Health Care Professional
- Your Life Circumstances

INITIAL ASSESSMENTS
- Height
- BMI (Body Mass Index)
- Weight
- Waist Circumference
- Examination
- Lab Work

DIAGNOSIS AND STAGING
- Stage 1: No Complications* Present
- Stage 2: Complications* Mild to Moderate
- Stage 3: Complications* Severe

TREATMENT AND SETTING REALISTIC GOALS
- Shared Decision-Making
- Healthy Eating
- Physical Activity
- Medications
- Surgery
- Reevaluation Goals, Symptoms, Staging, Treatment

CARE AND CONTINUITY
- Support Groups
- Mental Health
- Healthy Eating
- Physical Activity
- Medications
- Surgery
- Maintenance

* Complications could include high blood pressure, prediabetes, type 2 diabetes, heart disease, nonalcoholic fatty liver disease, osteoarthritis, and more.