DIFFERENT OBESITY[™]

Hyperphagia Checklist for Adults

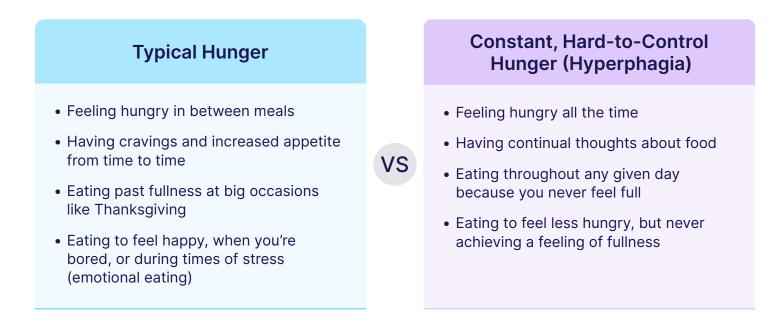


Recognize a different type of hunger

Learn about the signs of constant, hard-to-control hunger

Hunger is a natural and important feeling, but not all hunger is the same. Constant, hard-tocontrol hunger that does not go away is called hyperphagia (prounounced hi-per-fay-juh).

Hyperphagia and weight gain from an early age could be signs of a rare condition that affects the brain, not the stomach. It may require a specific diagnosis and tailored treatment.



While these are not the only symptoms of hyperphagia you may experience, they are the most common. Consider discussing these symptoms and behaviors with your doctor. They may help lead to a specific diagnosis, which is a positive first step to managing it.



If you have constant, hard-to-control hunger and weight gain from an early age, talk to your doctor about whether genetic testing might be right for you.

DIFFERENT OBESITY"

Adults



Do you have hyperphagia?

Use the checklist below to identify the signs of hyperphagia.

Do you:	Yes	No
Feel sadness, frustration, guilt, or anxiety when food isn't available?		
Eat throughout the day because you never feel full?		
Eat to feel less hungry but never achieve a feeling of fullness?		
Sneak, steal, or hide food?		
Hide eating behaviors from friends and family?		
Wake up to eat in the middle of the night?		
Stay awake at night because of hunger?		
Plan your day around food?		
Have difficulty concentrating at work or participating in recreational activities due to hunger?		
Find that hunger impacts your relationships with family or friends?		
Have continual thoughts about food?		
Have a formal diagnosis of obesity?		

Bring the completed checklist to your next appointment. Ask your doctor about these behaviors and what may be the cause, including whether it could be a rare condition.

To learn more about rare conditions that cause obesity, visit DifferentObesity.com or scan the QR code to the right.



