

Obesity case: The Big Issue

Background

A 27 year old male patient of yours comes to the surgery with a painful in-growing toenail.

He is a Sunday league football referee frustrated at not being able to run around the pitch like he used to because of his toe. He goes on to say that the fans have now started to shout abuse on somebody 'eating all the pies.' You notice that he is a little bit on the overweight side and that this might be one of the reasons why he is unfit. He says that he isn't bothered by his weight.

You refer him to a podiatrist. It's the first time you've seen this patient who seems to be happy with the treatment and you feel that you've established good rapport with him. You decide not to address the weight issue any further in case you 'ruffle a few feathers' and get on the wrong side of him in which case he looks like a bloke who could certainly inflict some damage.

3 months later...

As he waddles into your consulting room, the first thing you notice is the increase in truncal obesity. He presents with ringworm for which you prescribe some medication.

You are already running a bit late and the new receptionist has booked a few extras for you. You recall the Hippocratic Oath that you swore by when you graduated and feel that it is your duty to address the obesity.



How do you proceed now?

What other questions do you ask in the history?

What physical examination do you undertake?