# Priority Topic: LOSS OF WEIGHT

## Key Features:

1. Pursue an underlying cause in a patient with *unexplained weight loss* through history, physical examination (including weight) and appropriate investigations.

   **What you should study:**
   - Unintentional Weight Loss in Older Adults AAFP 2014
   - Unintentional Weight Loss in Older Adults CMAJ 2011

2. Maintain an *ongoing record of patients’ weights* so as to accurately determine when true weight loss has occurred.

   ✓ Just do it!

3. In patients with *persistent weight loss of undiagnosed cause*, follow-up and reevaluate in a timely manner in order to decide whether anything needs to be done.

   **What you should study:**
   Basically, don’t let these patients fall through the cracks. If you want an article on this, here is one:

   ✓ Unintentional Weight Loss 2017