

Unintentional weight loss

RFQs

- How have you been in yourself? Have you noticed any problems, or symptoms, yourself? Why do you think that you have lost weight? What is your worst fear about your health?
- How is your mood?
- Have you had a cough, or breathlessness?
- How are your bowels? Any bleeding? What about your appetite? And your swallowing?
- What about your waterworks?
- Any pains, or lumps?

Provide

Yes, you've lost about 3 and a half kg, that's half a stone. From what you've told me, there is no obvious cause. We should do some tests at this stage to see if we can find out what might be causing this. Would you mind going to the local walk in centre for a chest X-ray? And having some blood tests done (FBC, U&E, LFT, TSH, CRP, ESR, HbA1c) and a urine sample checked (dip for blood and send for ACR).

(History or examination may suggest other investigations which may be pertinent *but these should be directed by clinical suspicion*, e.g. a PSA test, myeloma screen, gastroscopy or colon imaging.)

Safety net:

If you are continuing to lose weight, please let me know. (Perhaps you could check your weight at home tomorrow morning, before you put your clothes on, "wee and weigh". Then repeat your weight every couple of weeks.)

I also need to know about a persistent cough, any new lumps or bumps, any change in your bowel habit, or persistent abdominal pain, any bleeding, for example from your backside, or night sweats. Your mood seems fine at present, and your memory is OK. Perhaps you or your family might let me know if there are any problems with your mood or memory, or if you are not managing to eat regularly.