

# Lack of appetite and loss of weight

## Questions from the healthcare provider

How would you describe the lack of appetite?

Mild – Moderate – Severe

Rating the lack of appetite on a scale from 0 to 10 can be helpful.

Zero means the person's appetite is good,; while 10 means no appetite at all.

0 – 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10

When did the lack of appetite start?

- How long does it last?
- Is the poor appetite always there, or does it come and go?

What makes it better?

- Certain types of food or drink?
- Eating or drinking in a particular location?
- Anything else?

What makes it worse?

- Certain types of food or drink?
- Cooking odours?
- Anything else?

Has weight loss been experienced?

- How much weight has been lost?
- Over what period of time?

Is there nausea or vomiting associated with the lack of appetite?

- How have the bowels been working?
- Is there constipation, bloating, or diarrhea?
- Is there any pain or discomfort in the abdomen?
- How much concern does the person have about not feeling hungry?  
Sometimes family and friends are more concerned about lack of appetite than the person who is experiencing it.