

ARE YOU AT RISK?

What is your Body Mass Index (BMI)?

Height in Feet and Inches	Weight in Pounds																											
	120	130	140	150	160	170	180	190	200	210	220	230	240	250	120	130	140	150	160	170	180	190	200	210	220	230	240	250
4'6"	29	31	34	36	39	41	43	46	48	51	53	56	58	60	29	31	34	36	39	41	43	46	48	51	53	56	58	60
4'8"	27	29	31	34	36	38	40	43	45	47	49	52	54	56	27	29	31	34	36	38	40	43	45	47	49	52	54	56
4'10"	25	27	29	31	34	36	38	40	42	44	46	48	50	52	25	27	29	31	34	36	38	40	42	44	46	48	50	52
5'0"	23	25	27	29	31	33	35	37	39	41	43	45	47	49	23	25	27	29	31	33	35	37	39	41	43	45	47	49
5'2"	22	24	26	27	29	31	33	35	37	38	40	42	44	46	22	24	26	27	29	31	33	35	37	38	40	42	44	46
5'4"	21	22	24	26	28	29	31	33	34	36	38	40	41	43	21	22	24	26	28	29	31	33	34	36	38	40	41	43
5'6"	19	21	23	24	26	27	29	31	32	34	36	37	39	40	19	21	23	24	26	27	29	31	32	34	36	37	39	40
5'8"	18	20	21	23	24	26	27	29	30	32	34	35	37	38	18	20	21	23	24	26	27	29	30	32	34	35	37	38
5'10"	17	19	20	22	23	24	26	27	29	30	32	33	35	36	17	19	20	22	23	24	26	27	29	30	32	33	35	36
6'0"	16	18	19	20	22	23	24	26	27	28	30	31	33	34	16	18	19	20	22	23	24	26	27	28	30	31	33	34
6'2"	15	17	18	19	21	22	23	24	26	27	28	30	31	32	15	17	18	19	21	22	23	24	26	27	28	30	31	32
6'4"	15	16	17	18	20	21	22	23	24	26	27	28	29	30	15	16	17	18	20	21	22	23	24	26	27	28	29	30
6'6"	14	15	16	17	19	20	21	22	23	24	25	27	28	29	14	15	16	17	19	20	21	22	23	24	25	27	28	29
6'8"	13	14	15	17	18	19	20	21	22	23	24	25	26	28	13	14	15	17	18	19	20	21	22	23	24	25	26	28

- Underweight
- Healthy Weight
- Overweight
- Obese

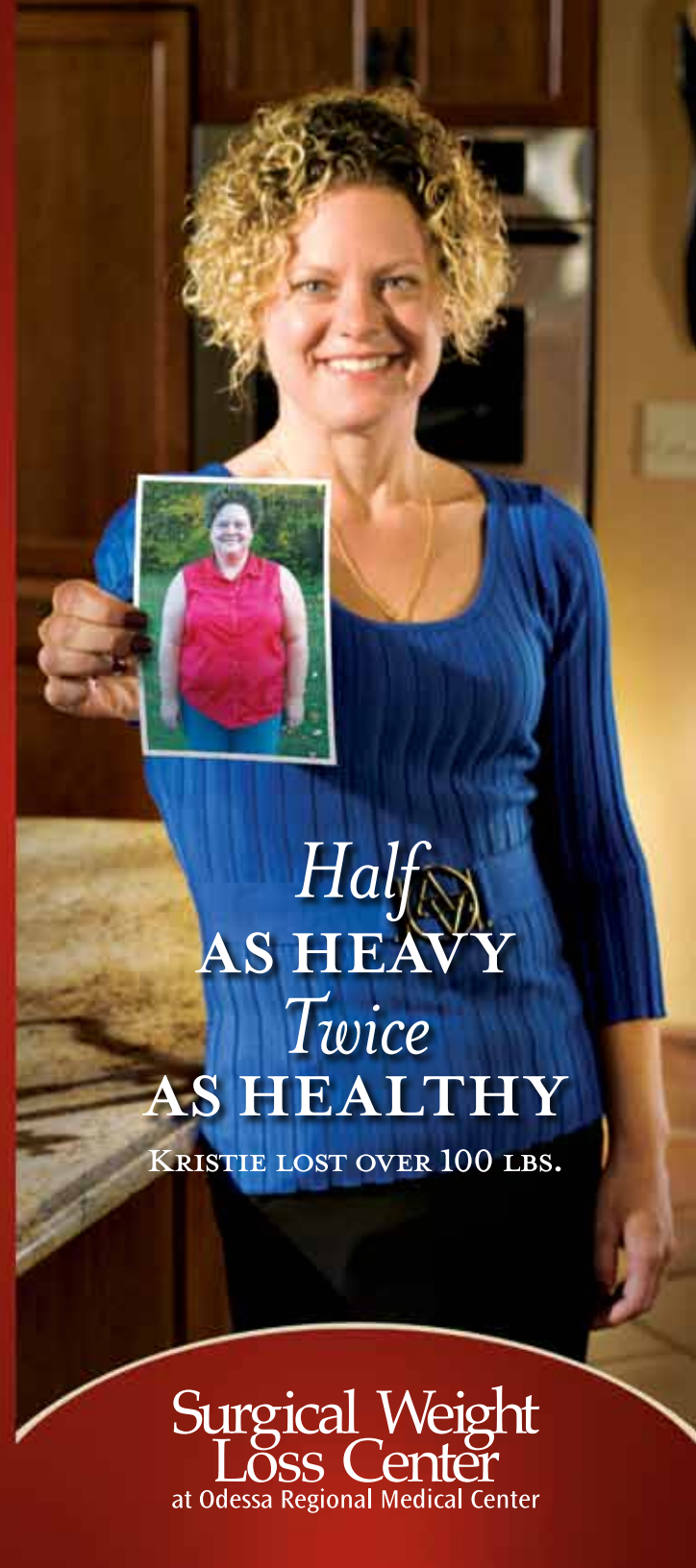
Why is BMI important?

Your BMI or Body Mass Index is a mathematical formula that is determined by using your height and weight. BMI does not actually measure body fat, but generally correlates well with the degree of obesity. For example, a person of the same height and weighing 200 pounds would have a BMI of 31 and would be considered obese. For individuals with a combination of obesity and comorbidities (such as cardiovascular disease, high cholesterol, type II diabetes, sleep apnea, osteoarthritis, or other conditions) the health risk is greatly increased.

ORMC
Odessa Regional
Medical Center

**Surgical Weight
Loss Center**
at Odessa Regional Medical Center

432-582-8677
odessaregionalmedicalcenter.com



Half
AS HEAVY
Twice
AS HEALTHY

KRISTIE LOST OVER 100 LBS.

**Surgical Weight
Loss Center**
at Odessa Regional Medical Center

YOUR STEPS – OUR SUPPORT

The Surgical Weight Loss Center at Odessa Regional Medical Center helps patients lose weight and keep it off. We go far beyond the surgery by providing a life-changing program that includes nutritional, physical activity and emotional guidance, as well as support groups.

Our experienced, board-certified surgeon specializes in the surgical treatment of clinically obese patients. We offer the Roux-en-Y Gastric Bypass, Adjustable Gastric Band, Sleeve Gastrectomy, Revisional Bariatric Surgery, Abdominoplasties, and Brachioplasties.

Our program will provide to you a multidisciplinary team that will help in maximizing your results. This team includes surgeon Dr. Steven Fath, a registered nurse, a registered dietitian, a psychologist, an exercise program coordinator and an insurance specialist. By choosing to have surgery at the Surgical Weight Loss Center at ORMC, you are selecting a program that is specifically tailored to meet your individual needs. We believe in educating patients to make the lifestyle changes required for successful weight loss and we are committed to providing the support needed to lose the weight and keep it off.

If you have a Body Mass Index (BMI) of 40 or greater, a BMI of at least 35 with existing comorbidities, or are facing other health risks due to obesity call 432-582-8677 for information on attending a free seminar with our staff.

FOR MORE INFORMATION

For more information regarding obesity and weight loss surgery please consider the following web sites:

- **Our website: odessaregionalmedicalcenter.com**
An excellent resource for patients who are interested in learning about weight loss surgery and our program.
- **obesityhelp.com**
Resources and peer support for morbid obesity and weight loss surgery.
- **asmbs.org**
This link is for the American Society for Bariatric Surgery.



CHARLES LONG LOST 248 LBS.
BECAUSE ONE DAY HE DECIDED TO LIVE.

REGISTER TODAY TO LEARN MORE

Am I obese? Answering this question may give you the courage you need to take the first step. Below are questions you can use to determine if you are morbidly obese and potentially a candidate for weight loss surgery.

- **Are you more than 100 lbs. over your ideal weight?**
- **Do you have a Body Mass Index of over 40?**
- **Do you have a BMI of over 35 and are experiencing negative health effects such as high blood pressure or diabetes, related to being severely overweight?**
- **Are you unable to achieve a healthy body weight for a sustained period of time, even with medically supervised dieting?**

For a free informational seminar location nearest you, call or visit online.

432-582-8677
odessaregionalmedicalcenter.com

**Surgical Weight
Loss Center**
at Odessa Regional Medical Center