

THINKING ABOUT WEIGHT LOSS SURGERY?

According to the National Institutes of Health (NIH), you may qualify for bariatric surgery based on the following criteria:

- You are 18 years or older.
- You have a body mass index (BMI of 35 or greater) and have related medical problems.
- Use a [BMI Calculator](#) to see if you qualify.
- You have medical problems that are related to your being overweight that can be improved after bariatric surgery.
- You do not have medical problems that would make your risk of undergoing anesthesia or surgery too high.
- You have not had success with physician-supervised diets.
- You demonstrate the ability to lose weight during the preoperative evaluation process.
- You do not have psychiatric or substance abuse problems that would make it unlikely that you would be successful with weight loss after surgery.
- You have sufficient will power and commitment to make the permanent lifestyle changes that are required and are permanent after the surgery.
- You educate yourself about your disease, the surgery, the post-surgical diet, post-surgical life changes and have reasonable expectations.

Talk to your doctor to help you decide if weight loss surgery is right for you.



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