

**WEIGHT-LOSS
SURGERY**

**Not a
Surgery Candidate**

WEIGHT LOSS

**Weight Loss May Be
Recommended**

**IMPACT OF WEIGHT
ON QOL**

**Quality of Life
Greatly Impacted**

Weight loss to improve quality of life is recommended.

Based on your weight, surgery isn't an option for you.

- Weight-loss surgery candidates are generally 100 pounds or more overweight.
- Based on widely accepted guidelines, a person of your height should weigh less than 183 pounds (a weight loss of 1 pound for you).
- You reported that your weight greatly impacts the quality of your life. A health care professional can work with you to change that.

People in the healthy weight range live 8 to 10 years longer than people with obesity. Weighing 20% more than recommended (obesity) has a health effect similar to that of being a life-long smoker.

People who need to lose weight for health reasons should talk to a health care professional about a personalized treatment plan. Several health conditions can get better or go away with weight loss. Weight-loss surgery may be the next step for people with obesity if:

- They haven't been able to lose weight other ways
- Their current weight greatly affects their quality of life
- They have a weight-related health problem

According to the recent National Health and Nutrition Examination Survey, approximately 69% of adults are in the overweight or obesity weight category.

Obesity, like smoking, can shorten lifespan by up to 10 years.

Weight-Related Health Conditions	You Reported
Quality of life is greatly impacted	Yes
High blood pressure or on medication	Yes
High blood sugar or on medication	No
Abnormal cholesterol or on medication	No
Prediabetes or Type 2 diabetes	No
Debilitating arthritis	No
Asthma	No
Obstructive sleep apnea	No
Gastroesophageal reflux disease (GERD)	No
Severe urinary incontinence	No
Obesity-hypoventilation syndrome	No
Pseudotumor cerebri	No
Nonalcoholic liver disease	No
Venous stasis disease	No

Results

Weight-Loss (Bariatric) Surgery

Weight-loss surgery is a term for any surgery that limits how much food a person can eat. Weight-loss surgery is also called bariatric surgery.

Before recommending weight-loss surgery, doctors consider:

- Current health
- Past attempts to lose weight
- The impact of weight on quality of life

Most people lose 10 to 20 pounds per month in the first year after surgery. Later on, people lose less weight per month. Keeping the weight off after surgery means changing old eating and exercise habits.

Even if a doctor recommends weight-loss surgery, some health insurance plans may not cover the cost of surgery.

Weight-loss surgery is generally safe. It does have risks and some can be serious. A health care professional can tell you about the risks and benefits of weight-loss surgery.

WEIGHT-LOSS SURGERY

**Not a
Surgery Candidate**

Recommendations may be based on weight (BMI), quality of life, and weight-related health conditions.

IMPACT OF WEIGHT ON QOL

**Quality of Life
Greatly Impacted**

Body Mass Index (BMI)

BMI is a calculation that uses height to define weight ranges for both men and women. BMI is a good first step towards learning if you're at a healthy weight.

If you're in the obesity weight range, don't let the name get you down. Obesity is a term doctors use to describe people who weigh 20% more than recommended for their height. As you lose weight, the name of the BMI weight category you're in will change too!

BMI may not be the best way to determine the healthy weight range for people under age 20, highly trained athletes, or pregnant/breastfeeding women.

Weight Category (BMI)	Weight Range for people 6'0" tall
Underweight (BMI under 18.5)	135 lbs. or less
Healthy (BMI 18.5 to 24.9)	136 to 183 lbs.
Overweight (BMI 25.0 to 29.9)	184 to 220 lbs.
Obesity I (BMI 30.0 to 34.9)	221 to 257 lbs.
Obesity II (BMI 35.0 to 39.9)	258 to 294 lbs.
Extreme Obesity (BMI 40+)	295 lbs. or more

Results (continued)

Your Weight Loss Recommendation

Only a health care professional can determine the ideal weight for you. This assessment uses body mass index (BMI) to estimate your healthy weight range. Your ideal weight may not fall within this range.

Watch Your Weight and Your Waistline

Having too much body fat increases several serious health risks. Having too much belly fat (a larger waistline) can also increase these risks no matter how much you weigh.

If you're overweight, losing just five to ten pounds can help lower your blood pressure. High blood pressure is an important risk factor for heart disease and stroke. Type 2 diabetes is another important weight-related health risk.

Lose Weight and Keep It Off

There's no guaranteed way to lose weight and keep it off.

The best weight management plans focus on healthful eating for the rest of your life. Plans can also include staying active, lowering stress, taking medication, having surgery, or a combination of these.

Treating overweight and obesity early may prevent other health problems. Always talk to a health care professional before beginning a weight management program.

WEIGHT LOSS

**Weight Loss May Be
Recommended**

Recommendations may be based on weight (BMI), waist measurement, and weight-related health conditions.

About This Assessment

The recommendations for weight-loss surgery included in this profiler are from:

- The 2013 clinical practice guidelines cosponsored by American Association of Clinical Endocrinologists (AACE), The Obesity Society (TOS), and the American Society for Metabolic & Bariatric Surgery (ASMBS)
 - The 2nd Diabetes Surgery Summit (DSS-II), convened in 2017, to develop guidelines for metabolic surgery
- The bariatric surgery guidelines are also endorsed by European Association for the Study of Obesity (EASO), International Association for the Study of Obesity (IASO), International Society for the Perioperative Care of the Obese Patient (ISPCOP), Society of American Gastrointestinal Endoscopic Surgeons (SAGES), American College of Surgery (ACS), and International Federation for the Surgery of Obesity and Metabolic Disorders (IFSO).

The weight-loss recommendations are from the 2013 AHA/ACC/TOS clinical practice guidelines and a 2005 AHA/NHLBI scientific statement on abdominal girth and ASCVD risk.

Weight-Related Health Risk Factors

High (uncontrolled) blood sugar can take a toll on almost every organ of the body.

A fasting blood sugar of 126 mg/dL or higher indicates diabetes. A fasting blood sugar between 100 mg/dL and 125 mg/dL is called prediabetes. Prediabetes is a major risk factor for developing diabetes in the future.

Exercising, eating/drinking fewer calories, and losing a little weight may help lower blood sugar.

High blood sugar is not a weight-related risk factor in people with Type 1 diabetes.

FASTING BLOOD SUGAR

Current

Within recommended range
Average Risk

Recommended Goal

Within recommended ranges
Average Risk

Cholesterol is a type of fat that is found in the blood. It can build up in arteries and block them, causing heart and blood vessel disease. There are no symptoms for abnormal cholesterol.

Some people are able to control their cholesterol through physical activity, losing weight, and eating a healthful diet. Other people may need to add medication in order to reach their recommended goals.

CHOLESTEROL

Current

Within recommended ranges
Average Risk

Recommended Goal

Within recommended ranges
Average Risk

"NORMAL" CHOLESTEROL RANGES

Total cholesterol = Less than 200 mg/dL

HDL "good" cholesterol (men) = 40 mg/dL or higher

HDL "good" cholesterol (women) = 50 mg/dL or higher

LDL "bad" cholesterol = Less than 100 mg/dL

High blood pressure is an important health risk factor. Your doctor will figure out your blood pressure goal based on several health factors.

People with high blood pressure should:

- Keep their weight in the healthy range
- Be physically active every day
- Take medication to control blood pressure (if recommended by a doctor)

BLOOD PRESSURE

Current

125/75 mm Hg
Moderate Risk

Recommended Goal

Less than 120/80
Average Risk

Weight-Related Lifestyle Risk Factors

Smokers have a higher risk of several important health problems. The more cigarettes smoked, the higher the health risk.

Quitting smoking has big health benefits. It may even reduce cravings for high-calorie and high-fat foods in some people.

Programs to quit smoking should also include weight management support.

SMOKING

Current

Recommended Goal

Never smoked
Average Risk

Never smoked/Quit
Average Risk

Exercise is only part of the weight loss story.

A healthful diet and regular exercise can help with weight loss. The key is to exercise for enough minutes each week.

Regular physical activity can also improve blood pressure, cholesterol, and blood sugar.

WEEKLY EXERCISE

Current

Recommended Goal

Equal to 150 min. (moderate)*
Decreased Risk

150 min. or more (moderate)**
Decreased Risk

*50 moderate + 50 vigorous = 150 min. moderate
(each minute of vigorous exercise equals two minutes of moderate)

**The goal is 150 minutes of moderate exercise or an equivalent mix of moderate and vigorous minutes.

NOTICE: Health assessments are based on averages from studies of large groups of people.

Your situation may be different. It is important to discuss your personal situation with your health care provider. This assessment is not intended to replace medical advice from your health care provider, but rather help you set health goals and make healthy lifestyle decisions.

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