

## Bariatric Surgery

Bariatric surgery is an operation done to help you lose weight. It is only used when you haven't been able to lose weight with diet, exercise and medicine. The surgery will cause you to feel full more quickly when you eat, which means you will eat less.

Obesity is a serious condition because it increases your risk of health problems such as heart disease, stroke, cancer and diabetes.

### When Is It Used?

- When diets and exercise have failed to help you lose weight.
- When your BMI is 40 or higher. BMI is a ratio of your weight to your height. Or if you are a man and 100 pounds overweight or a woman and 80 pounds overweight.
- When you have health problems related to being overweight, such as diabetes or heart disease.

### Changes You Will Need to Make:

- Change your eating habits.
- Eat healthy foods.
- Take your medicine as your doctor tells you to.
- See your doctor regularly for checkups.
- Be sure to get all tests your doctor tells you to.
- Follow your plan for physical activity.

