

## Can I Consider Bariatric Surgery?

For a surgeon to consider you for Bariatric Surgery, you must:

- Be between the ages of 25 and 64
- Be morbidly obese (Please see our separate download explaining morbid obesity)
- Not have an underlying, treatable cause for your obesity
- Have experienced your obesity interfering with your activities of daily living or your ability to work
- Have a body mass index (BMI) consistent with requirements for surgery (varies by age and sex)
- Be able to document that you've been unable to lose weight through traditional means or that you've lost but regained your weight despite your participation in weight-loss and exercise programs
- Be evaluated and cleared for surgery by licensed medical and mental-health professionals
- Comply with your surgeon's recommended weight-loss goal for you prior to surgery
- Understand the surgical procedure as well as its risks and possible complications
- If you smoke, stop smoking at least two months prior to surgery
- Agree to participate in a program after surgery that will help you with diet, physical activity, and social support

These guidelines exist for your safety and to help ensure the success of bariatric surgery. We will adjust them based on additional guidelines associated with your insurance carrier.

For more information on Bariatric Surgery at Evangelical Community Hospital, or to schedule an appointment, please call 570-768-3100.