

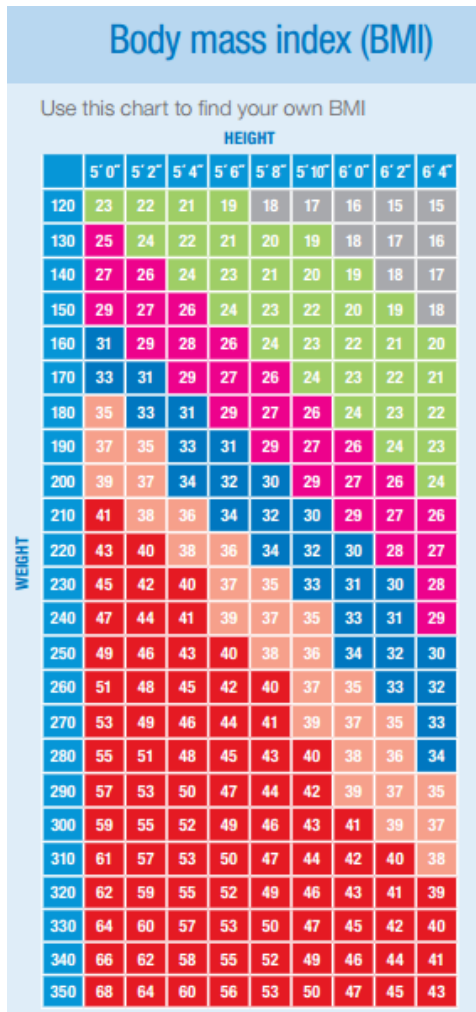
Bariatric Surgery Criteria

Bariatric surgery is used for the treatment of morbid obesity as a disease. More than one-third of the population in the United States is considered obese and many meet the criteria for bariatric surgery. Currently, only 1% of patients who qualify for surgery seek treatment or have coverage.

The medical guidelines established by the National Institutes of Health to qualify for the surgery are as follows:

- Have failed more conservative weight loss attempts such as a supervised diet, exercise, and behavior modification programs
- Are at least 18 years of age
- Have a body mass index (BMI) of at least 40 or 35 with one or more serious obesity-related conditions (Hypertension requiring medication, Diabetes requiring medication, or Obstructive Sleep Apnea requiring CPAP)

Body Mass Index (BMI) is a tool that uses a calculation of height and weight to determine if an adult is a healthy weight.



World Health Organization's classification of BMI:

BMI	Classification
19-24	Ideal weight
25-29	Overweight
30-34	Moderate obesity
35-39	Severe obesity
40-49	Morbid Obesity
>50	Super morbid obesity

Bariatric Surgery Process

Insurance Coverage

Bariatric surgery is a treatment that is often covered by many insurance plans to treat obesity and obesity-related conditions. It is important for patients to contact their insurance company to determine if they have bariatric coverage in their current plan and to keep informed of any changes or updates to their policy. Our staff will assist patients to determine if they meet the criteria to proceed with bariatric surgery.

Information Seminar

Attending an Information Seminar is the first step in the process to learning about bariatric surgery. Patients have the opportunity to meet the surgeon and bariatric team to learn about the different surgical options and have the opportunity to ask questions. Patients have the option of watching an online seminar followed by a quiz.

Consult with Bariatric Surgeon and Nurse Practitioner

After attending an Information Seminar, patients will meet with one of our surgeons and nurse practitioner to discuss their medical history and determine if bariatric surgery is an appropriate treatment option. Together the patient and the surgeon will decide which procedure is the safest and most beneficial to meet their goals.

Nutrition Consults

The requirements for bariatric surgery vary with each insurance company. Patients may be required to complete 3-6 months of nutrition consults.

Psychological Evaluation

Each patient undergoing bariatric surgery is referred for a psychological evaluation and will require a letter of clearance for bariatric surgery.

Endoscopy

Most patients require an endoscopy. If they have not had one within the past year they will be scheduled for one prior to surgery to determine that it is safe to perform surgery on your stomach.

Additional Testing

Depending on the patient's medical history, they may require additional medical clearances by other specialists including Cardiologists, Pulmonologists, etc.

Pre-admission Testing

Pre-admission testing for most patients consists of blood work, EKG, and a chest x-ray. Blood work should be completed within 30 days of the scheduled surgery date.

Follow up

It is imperative for patients to follow up with the surgeon within 7-10 days from the surgery date, then a month later, and every three months for the first year following surgery then annually at minimum.

Patients may continue to see the Registered Dietitian and Psychologist as needed. Patients are encouraged to attend monthly support groups.