

WHAT IS BODY MASS INDEX?

The **Body Mass Index** (BMI) is one of the most accurate ways to determine whether or not an adult is overweight. BMI uses a person's weight and height to determine total body fat.

BMI is calculated by dividing a person's weight (in kilograms) by his or her height (in meters, squared). BMI can also be calculated by multiplying weight (in pounds) by 705, then dividing by height (in inches) twice.

WHAT IS A HEALTHY BMI?

A person with a BMI of 24 or less is considered to be at an ideal weight. A person with a BMI of 25-29.9 is considered to be overweight. Individuals who fall into the BMI range of 25 to 34.9, and have a waist size of over 40 inches for men and 35 inches for women, are considered to be at especially high risk for obesity related health problems, such as diabetes, high blood pressure, and heart disease. A BMI over 40 indicates that a person is morbidly obese. This can increase a person's risk of death, from all causes, by 50-150%.

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INDICATIONS FOR SURGERY

To be eligible for surgery with our program you must meet the following criteria:

- Have a Body Mass Index (BMI) of: (a) at least 40 but no greater than 60, or (b) have a BMI of 35 with co-morbidities
- Be between the ages of 18 and 65 years of age
- Present with no severe psychological or medical conditions that would make surgery unnecessarily risky
- Not be drug or alcohol dependent, unless involved in a good treatment program with one year of sobriety

SPECIAL ISSUES

Other problems may possibly occur after surgery, depending on the type of surgery you have.

Malnutrition – Your body may or may not be able to absorb all the vitamins and minerals it needs. Symptoms include, but are not limited to fatigue, swollen ankles, or excessive hair loss. It is important that you follow your doctors' advice and take your supplements and vitamins for life!

Dehydration – Since surgery reduces the size of your stomach in most cases, it makes it difficult to drink enough liquids. It is important to sip liquids all day long to prevent possible dehydration.

Dumping syndrome – weakness, cramps, nausea, diarrhea, sweating, and fainting may occur. This happens when you eat high sugar foods. Some other foods may also cause dumping. It is imperative that you avoid foods that cause dumping. Most RNY patients complain of this problem.

Lactose intolerance – you may lose the ability to digest lactose. Symptoms include cramps, bloating, and diarrhea. You will need to avoid dairy products if this happens.