

## **Frequently Asked Questions about Surgery**

### **Who qualifies for surgery?**

Patients qualify for surgery if they have a body mass index (BMI) of 35 with another illness (comorbidity) such as high blood pressure, sleep apnea or diabetes. Patients can also qualify if their BMI is greater than 40.

### **Why would I have surgery?**

Even with healthy eating habits and exercise, some people are unable to lose enough weight to get healthy. Surgery is not an “easy way out” or a “cure all,” but combined with healthy eating habits, surgery can help people lose weight. With this weight loss, many comorbidities resolve or improve.

### **What kind of surgery options are there for me?**

In our opinion Sleeve Gastrectomy is the most appropriate operation for teenagers. There is a lower risk of nutritional problems with this operation than gastric bypass. In this surgery, the surgeon removes a portion of the stomach, leaving a smaller banana shaped stomach. Food intake is limited by the smaller stomach and it is thought that some of the cells that produce the hormones which tell your brain you are hungry are removed.

### **How would I prepare for surgery?**

Surgery is only successful when combined with healthy eating habits and lifestyle changes. This is a commitment patients and parents need to make. In addition, you will need to be seen by our psychologist for a pre-surgery appointment.

### **How do I learn more?**

Talk to your provider about your interest in surgery. You can attend an information session to learn more about your options. Call 508-334-9000 and ask to be seen at the Good Fit Clinic once you have completed a [questionnaire](#).