

# Bariatric Surgery

Frequently Asked Questions



**Advent Health**

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# Common Questions About Bariatric Surgery

## If I'm considering bariatric surgery, how do I get started?

Deciding to have bariatric surgery is a life-changing decision, and we strongly encourage potential candidates to learn as much as they can prior to the procedure. Our informational video located on our website, MyBariatricCare.com, walks you through the important details about the procedures offered. If you have additional questions, call us at 800-270-3043.

## How do I know if I qualify for surgery?

BMI (body mass index) is used as an indicator of how much fat is in your body based on your height and your weight. To find your BMI, divide your weight in kilograms by your height in meters squared (lbs x 0.45)/(inches x 0.0254)<sup>2</sup> or you can find it based on the chart below.

To find your BMI, locate where your height and weight intersect; your BMI is listed at the top of that column.

		HEALTHY BMI					OVERWEIGHT BMI					OBESITY BMI					EXTREME OBESITY BMI																
BMI		19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50
		WEIGHT (IN POUNDS)																															
HEIGHT	4'10"	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	172	177	181	186	191	196	201	205	210	215	220	224	229	234	239
	4'11"	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	178	183	188	193	198	203	208	212	217	222	227	232	237	242	247
	5'	97	102	107	112	118	123	128	133	138	143	148	153	158	163	169	173	179	184	189	194	199	204	209	215	220	225	230	235	240	245	250	255
	5'1"	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	190	195	201	206	211	217	222	227	232	238	243	248	254	259	264
	5'2"	104	109	115	120	126	131	136	142	147	153	158	164	169	174	180	185	191	196	202	207	213	218	224	229	235	240	246	251	256	262	267	273
	5'3"	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	192	197	203	208	214	220	225	231	237	242	248	254	259	265	270	278	282
	5'4"	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	209	215	221	227	232	238	244	250	256	262	267	273	279	285	291
	5'5"	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	216	222	228	234	240	246	252	258	264	270	276	282	288	294	300
	5'6"	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	223	229	235	241	247	253	260	266	272	278	284	291	297	303	309
	5'7"	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223	230	236	242	249	255	261	268	274	280	287	293	299	306	312	319
	5'8"	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230	236	243	249	256	262	269	276	282	289	295	302	308	315	322	328
	5'9"	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236	243	250	257	263	270	277	284	291	297	304	311	318	324	331	338
	5'10"	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243	250	257	264	271	278	285	292	299	306	313	320	327	334	341	348
	5'11"	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	257	265	272	279	286	293	301	308	315	322	329	338	343	351	358
	6'0"	140	147	154	162	169	177	184	191	199	206	213	221	228	235	243	250	258	265	272	279	287	294	302	309	316	324	331	338	346	353	361	368
	6'1"	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265	272	280	288	295	302	310	318	325	333	340	348	355	363	371	378
6'2"	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	280	287	295	303	311	319	326	334	342	350	358	365	373	381	389	
6'3"	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	287	295	303	311	319	327	335	343	351	359	367	375	383	391	399	
6'4"	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287	295	304	312	320	328	336	344	353	361	369	377	385	394	402	410	

← REDUCED RISK      INCREASED RISK →

## How much does the surgery cost and will my insurance cover it?

The coverage related to bariatric surgery depends on the type of coverage your insurance plan provides. Our care coordinators will help you communicate with your insurance company to understand what coverage your plan requires and provides. To start the insurance verification process, submit the form at the following link. <https://www.adventhealth.com/practice/west-florida/adventhealth-weight-loss-and-bariatric-surgery/get-started>

## Which bariatric procedure is best for me?

This will be determined at your consult visit when you sit down with your bariatric surgeon. The decision is based on various factors such as your BMI and health history.

## How rapid is weight loss after bariatric surgery?

Most patients will lose about 65 percent of their excess weight in 18 months (1.5 years) and most of the weight comes off in the first year.

## Will my hunger go away after surgery?

No operation eliminates hunger completely. It is a survival instinct and a necessary bodily function. Weight-loss surgery will reduce your hunger, especially in the first few months after the operation.

## If I have Type 2 diabetes, will weight-loss surgery help?

Weight-loss surgery can have a profound and positive impact on your diabetes, and your diabetes will resolve or completely go away in some cases.

## If I have severe GERD. Is there a preferred type of weight-loss operation?

Gastric bypass is typically recommended if you have severe GERD or heartburn.

## If I had a lap band that was unsuccessful, can I be a candidate for another weight-loss operation?

Yes, and many times we can perform the second “revisional” weight-loss operation at the same time.

## What is the average length of time of a weight-loss operation?

Gastric bypass surgery: 2 hours

Gastric sleeve surgery: 1.5 hours







## Life After Bariatric Surgery

### What percentage of people can lose weight after surgery and keep it off long term?

About 75 percent of those who undergo surgery can successfully lose weight and keep it off long term.

### Is long-term follow-up in nutritional counseling required?

Yes. We will provide you with resources to help ensure your surgery is a long-term success.

### How much excess skin will I have after surgery?

It varies, but most patients who experience substantial weight loss will have some extra skin. Exercising to tone muscles will help to some degree. Removal of the extra skin is usually considered cosmetic, and coverage depends on your insurance policy. We recommend you first reach your weight-loss goal, and then undergo surgery to remove your excess skin.

### What is Dumping Syndrome?

Dumping Syndrome is actually an adrenaline rush caused by too many carbohydrates entering the intestine too quickly. Symptoms are palpitations, sweating and a weak-in-the-knees feeling. One-quarter of patients who receive a gastric bypass will experience this. This condition is unusual with the gastric sleeve.

### When are dietary supplements needed?

You will be advised to take multi-vitamins for the rest of your life. If you have gastric bypass surgery, you will also need to take iron, calcium and vitamin B12.

### Can I continue to exercise following weight-loss surgery?

Absolutely. After recovering for about four weeks following your surgery, you will be encouraged to incorporate exercise into your routine.

## About the AdventHealth Digestive Health and Surgery Institute

The AdventHealth Digestive Health and Surgery Institute is dedicated to providing patients with the most advanced treatments and technologies for a wide variety of digestive conditions. Our elite team of physicians, nurses and caregivers includes world-renowned specialists who teach cutting-edge medical techniques to other physicians around the globe. Our comprehensive program specializes in building a compassionate, patient-centered environment that provides constant education, evaluation and support throughout the care journey.

We are a comprehensive, multidisciplinary program specializing in treating complex obesity and related disorders for every age group. Obesity medicine is far more advanced than it has ever been. New insights into the physiology and environmental factors that can cause obesity, as well as new FDA-approved medicines and procedures, give us more tools than ever to combat the disease.

Our team of highly trained obesity and metabolic specialists, nutritionists, pharmacists, exercise physiologists and psychologists can help you overcome even the most complicated situations to help you get back to a healthier you. As our patients lose weight, many of them experience an improvement or complete reversal of many other conditions such as high blood pressure, diabetes and infertility.







## The AdventHealth Philosophy of Care

### Our Mission

#### Extending the Healing Ministry of Christ

We believe in the power of faith and seek to provide uplifting care to the body, mind and spirit of all in need.

### CREATION Health — Our Approach to Health and Wellness

CREATION Life is a comprehensive framework created by AdventHealth designed to help individuals achieve maximum health and wellness. This framework seeks to positively influence all aspects of a person's life — body, mind and spirit. When practiced consistently, CREATION Life empowers you to live a more fulfilling and productive life by embracing eight guiding principles — Choice, Rest, Environment, Activity, Trust, Interpersonal Relationships, Outlook and Nutrition. CREATION Life inspires our entire staff to provide a whole-health brand of care to each person we serve.

### Let's talk in person.

**For more information about the AdventHealth Bariatric Surgery Program, us at 800-270-3043.**

*This guide is provided to the general public to disseminate health-related information. The information is not intended to be used for diagnosing or prescribing. Please consult your physician before undertaking any form of medical treatment and/or adopting any exercise program or dietary guidelines.*

*AdventHealth complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.*

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