

HEALTH ASSESSMENT GUIDE FOR PATIENTS WITH OBESITY



There is an ever increasing number of people with weight issues, and more specifically, Adiposity Based Chronic Disease (ABCD). Patients with a BMI of 30 or greater are considered to be suffering from the disease of obesity. Obesity has been recognized as a metabolic disease by the American Medical Association and patients should receive treatment just as they would for any other disease. It is vitally important to understand the science of obesity and its treatment options. This guide provides helpful information and resources to treat this condition.

Body Mass Index (BMI)

The Body Mass Index (BMI) is a measurement tool that compares height to weight and provides an indication of whether an individual is overweight or obese.

How to calculate your BMI

$$\frac{\text{WEIGHT}}{(\text{HEIGHT IN INCHES})^2} \times 703$$

Underweight
BMI: <18.5

Healthy Weight
BMI: 18.5 - 24.9

Overweight
BMI: 25 - 29.9

Class I Obesity
BMI: 30 - 34.9

Class II Obesity
BMI: 35 - 39.9

Class III Obesity
BMI: ≥40

Tools and Resources

Considering bariatric surgery can be overwhelming. The Metabolic and Bariatric Surgery Program is here to provide the support and resources you need to make an informed decision.

Visit fresnobariatrics.org or call 866-433-8558 to learn more!

Please complete the information below and return to info@myfresnobariatrics.com or fax 559-261-4501.

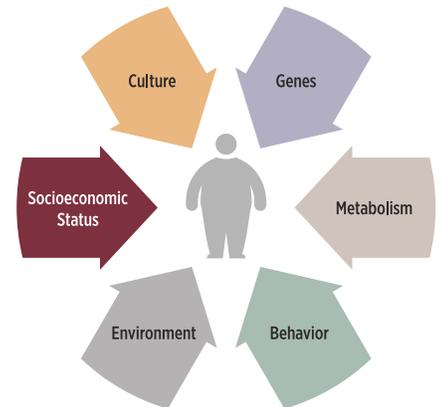
PATIENT NAME

DATE OF BIRTH

PHONE

Causes of Obesity

Obesity is a complex health issue that is caused by a variety of factors.



Obesity Related Conditions

Many people that are overweight, or obese, have significant other health conditions that are either caused by or affected by their condition.

Patient's conditions affected or caused by excess weight - check all that apply.

- | | |
|--|--|
| <input type="checkbox"/> Type 2 Diabetes Mellitus | <input type="checkbox"/> Obstructive Sleep Apnea |
| <input type="checkbox"/> Hypertension | <input type="checkbox"/> Urinary Stress Incontinence |
| <input type="checkbox"/> Migraines | <input type="checkbox"/> Hypercholesterolemia |
| <input type="checkbox"/> Osteoarthritis/Degenerative Joint Disease | <input type="checkbox"/> Other _____ |
| <input type="checkbox"/> Asthma | _____ |
| | _____ |

Weight Loss Efforts

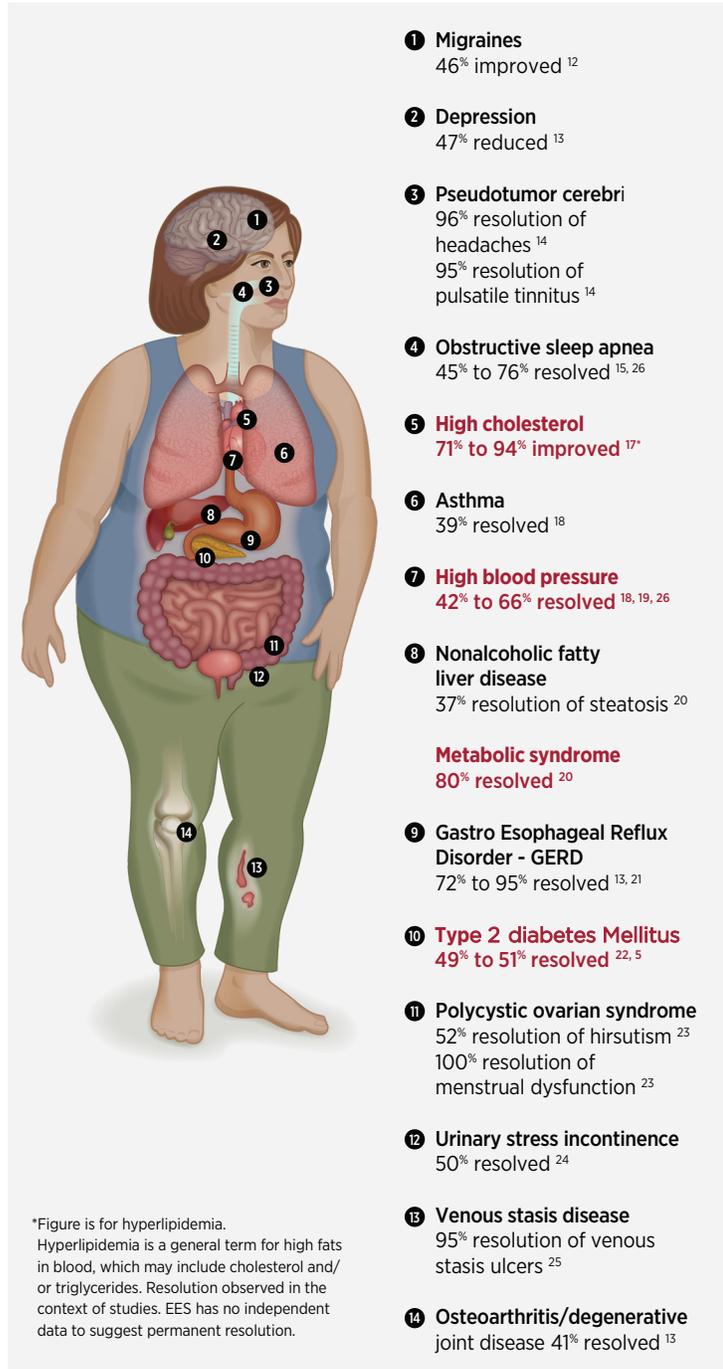
There are important hormonal changes associated with weight loss attempts that affect long-term success. Weight loss with diet and exercise alone is challenging because the body fights to maintain its current weight.



Health improvements associated with weight loss, particularly from bariatric surgery

Surgery has strong results – short and long term, for reducing weight as well as reducing and/or resolving obesity-related diseases such as Type 2 Diabetes Mellitus.

IMPORTANT SAFETY INFORMATION: There are risks with any surgery, such as adverse reactions to medications, problems with anesthesia, problems breathing, bleeding, blood clots, inadvertent injury to nearby organs and blood vessels, even death. Bariatric surgery has its own risks, including failure to lose weight, nutritional or vitamin deficiencies, and weight regain. Patients should consult their physicians to determine if this procedure is appropriate for their condition.



Treatment Options

Depending on a patient's BMI and/or the presence of obesity-related diseases, there are currently four groups of treatment options for obese patients. On the lines below, list previous weight loss attempts and indicate how much weight was lost and for how long:

Treatment options

Lifestyle Modification

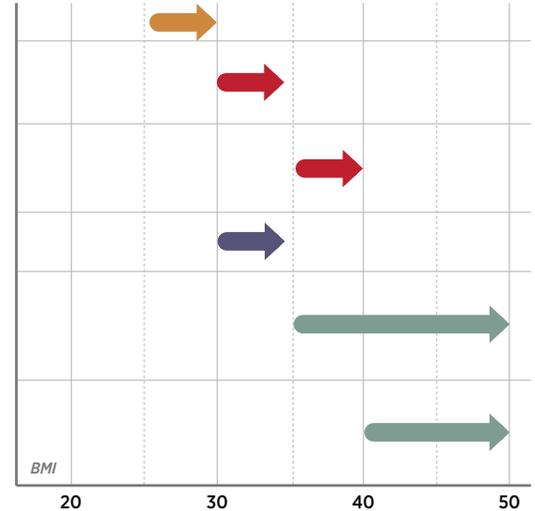
Medication Therapy (with obesity-related diseases)

Medication Therapy (without obesity-related diseases)

Endoscopic Treatment

Minimally Invasive Surgery (with obesity-related diseases)

Minimally Invasive Surgery (without obesity-related diseases)



Lifestyle Modification

BMI ≥ 25-29.9

Diet - establish a healthy eating pattern and attainment of individualized glycemic, blood pressure and lipid goals
Exercise - breakup continuous sitting time over 90 minutes

Medication Therapy

BMI ≥ 30-34.0

with obesity- related diseases

BMI ≥ 35-39.9

without obesity-related diseases

- Phentermine, Lorcaserin, Phentermine, Topiramate ER and Naltrexone-Burpion

Endoscopic Treatment

BMI ≥ 30-35

- Endoscopic Sleeve - A non-permanent plication of the stomach reducing the size of the stomach.

Minimally Invasive Surgery

BMI ≥ 35

with obesity-related diseases

BMI ≥ 40

without obesity-related diseases

- **Gastric Bypass** - procedure where the stomach is divided into a small upper pouch and much larger lower "remnant" pouch.

- **Sleeve Gastrectomy** - removes approx. 80% stomach, restricting the amount of food that can be consumed.

- **Bilopancreatic Diversion with Duodenal Switch (BPS/DS)** - a small tubular stomach pouch is created by removing a portion of the stomach, then a large portion of the small intestine is bypassed.

*All minimally invasive surgery options above suppress hunger and prolong fullness.

For a full list of references please visit:

https://communitymedical.org/CMC/media/FHSH/Documents/Health_Assessment_Guide.pdf