There is an ever increasing number of people with weight issues, and more specifically, obesity. Patients with a BMI of 30 or greater are considered obese. Obesity has been declared a disease by the American Medical Association. It is vitally important to understand the science of obesity and its treatment options. This guide provides helpful information and resources to help 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.

Patients Name: ________________________________

**Causes of Obesity**

There are a variety of factors that play a role in weight gain and specifically obesity. It is a complex health issue to address.

**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.*

- Type 2 Diabetes Mellitus
- Hypertension
- Migraines
- Osteoarthritis/Degenerative Joint Disease
- Asthma
- Obstructive Sleep Apnea
- Urinary Stress Incontinence
- Hypercholesterolemia
- Other ____________________________
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 against weight loss.

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 T2DM.

Treatment Options

Depending on a patient’s BMI and/or the presence of obesity-related diseases, there are currently 3 groups of treatment options for obese patients. List previous weight loss attempts and indicated if the weight loss was sustained beyond 1 year (Y/N). – ____________________________

Typical Obesity Treatment Weight Loss Results

Of all the weight loss options, Bariatric Surgery provides the strongest, most durable results.

Percent average weight loss = % of total body weight lost as a result of treatment
Percent excess weight loss = % of body weight in excess of the ideal body weight that is lost as a result of treatment

<table>
<thead>
<tr>
<th>Treatment</th>
<th>Average Weight Loss at 3 Years</th>
<th>Average Weight Loss at 5 Years</th>
</tr>
</thead>
<tbody>
<tr>
<td>Diet and Exercise</td>
<td>~0% (29)</td>
<td>~16% (29)</td>
</tr>
<tr>
<td>Drug therapy</td>
<td>11.0% (30)</td>
<td>Not enough data</td>
</tr>
<tr>
<td>Surgery</td>
<td>Excess Weight Loss at 3 Years</td>
<td>Excess Weight Loss at 5 Years</td>
</tr>
<tr>
<td>Gastric Bypass</td>
<td>71.2% (29)</td>
<td>60.5% (29)</td>
</tr>
<tr>
<td>Sleeve Gastrectomy</td>
<td>66.0% (29)</td>
<td>49.0% (29)</td>
</tr>
<tr>
<td>Gastric Band</td>
<td>55.2% (29)</td>
<td>29.5% (29)</td>
</tr>
</tbody>
</table>

Tools and Resources

To learn more about obesity and the surgical option, patients can either attend a seminar, visit www.REALIZE.com or consult with a local surgeon - ____________________________.

*Figure is for hyperlipidemia. Hyperlipidemia is a general term for high fats in blood, which may include cholesterol and/or triglycerides.

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References

6. Median change in fasting plasma glucose at 24 months (mg/dL): -24 gastric bypass, -70 sleeve gastrectomy, -33 IMT (p<0.005 for each surgical group vs. IMT). Mean HbA1c at 24 months: 6.7% gastric bypass, 7.1% sleeve gastrectomy, 8.4% IMT (p<0.005 for each surgical group vs. IMT).
8. Median values for b-cell function (oral disposition index) at 24 months: 0.196 gastric bypass vs. 0.027 intensive medical therapy (IMT) (P<0.001). At 24 months, percentage of truncal fat (r=-0.32, p<0.002) was inversely correlated with b-cell function, mean change in truncal fat from baseline: gastric bypass -15.9% vs +0.9% IMT.