

Health Assessment Guide for Patients with Obesity

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.

Patients Name: _____

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.

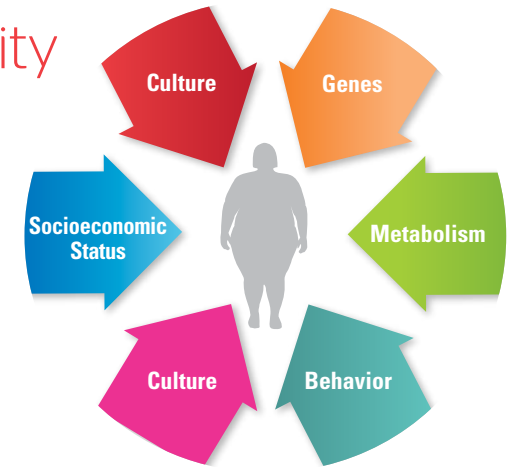
Patients BMI: _____



- Underweight – BMI: <18.5
- Healthy Weight – BMI: 18.5 to 24.9
- Overweight – BMI: 25 to 29.9
- Class I Obesity – BMI: 30 to 34.9
- Class II Obesity – BMI: 35 to 39.9
- Class III Obesity – BMI: ≥40

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

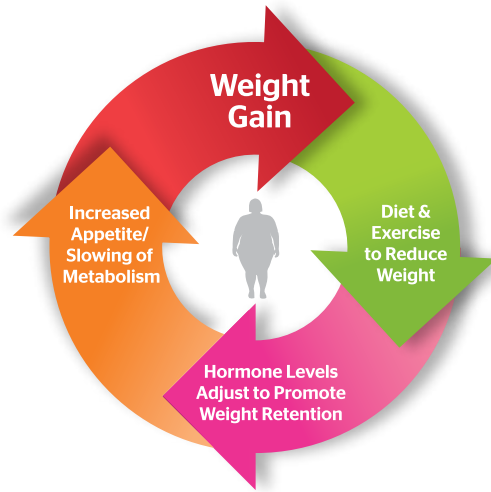
Many people that are overweight, or obese, have significant other health conditions that are either caused by or affected by their condition.

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 _____

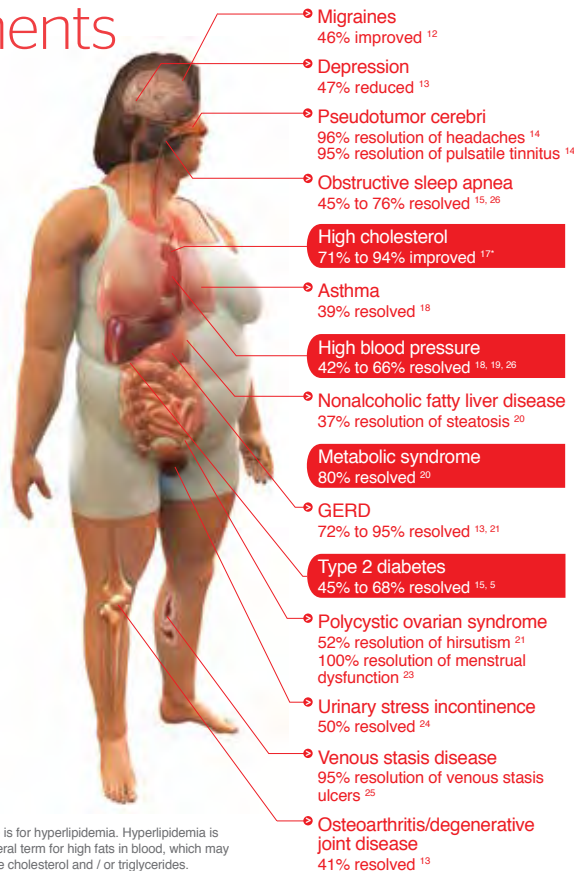
Weight Loss Efforts

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.



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

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).

Surgery BMI ≥ 35 with obesity-related diseases
BMI ≥ 40 without obesity-related diseases

Drug Therapy BMI ≥ 30-34.9 with obesity-related diseases
BMI ≥ 35-39.9 without obesity-related diseases

Lifestyle Modification* BMI ≥ 25-29.9

* (diet, physical activity, behavior modification)

Typical Obesity Treatment Weight Loss Results

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

Treatment	Average Weight Loss at 3 Years	Average Weight Loss at 5 Years
Diet and Exercise	- 0.1% ²⁹	- 1.6% ²⁹
Drug therapy	11.0% ³⁰	Not enough data
Surgery	Excess Weight Loss at 3 Years	Excess Weight Loss at 5 Years
Gastric Bypass	71.2% ³⁰	60.5% ³⁰
Sleeve Gastrectomy	66.0% ³¹	49.0% ²⁹
Gastric Band	55.2% ²⁷	29.5% ²⁹

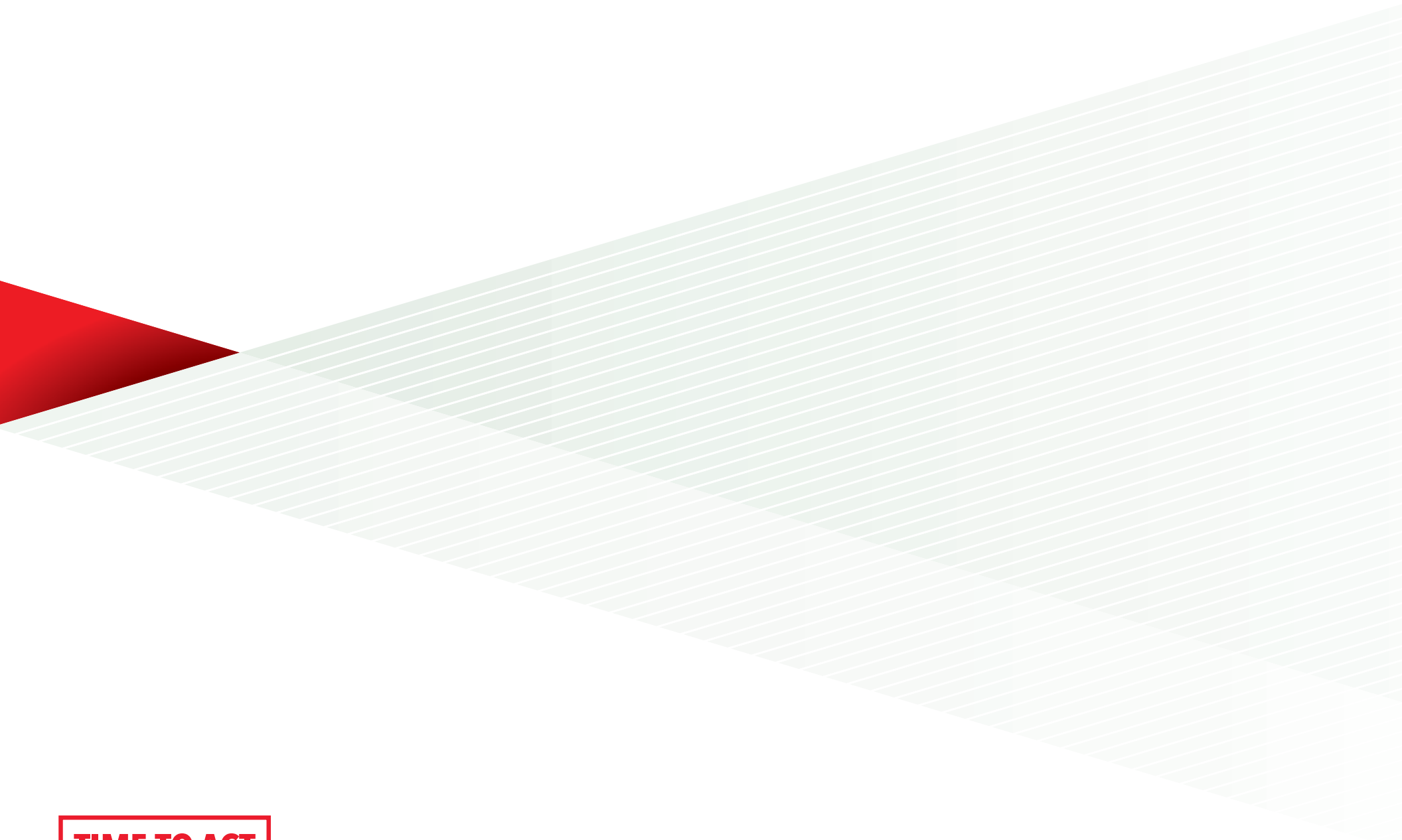
Percent **average** weight loss = % of total body weight lost as a result of treatment
Percent **excess** weight loss = % of body weight in excess of the ideal body weight that is lost as a result of treatment

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 - _____.

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