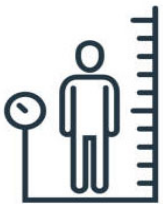


The belief that diet, exercise and “will power” are the only tools for maintaining a healthy weight has proven to be false. Bariatric surgery is extremely effective for weight reduction which can have significant, positive effects on your health including reduced blood pressure, improvements in cardiovascular health and reduction or elimination of many other weight-related health issues. It may be a good choice for you.



### **What is bariatric surgery?**

These procedures reduce or remove part of the stomach or create a bypass to the small intestine. They are usually minimally invasive with only small incisions and a quick recovery. Generally, a 1–2-day hospital stay is required.



### **Am I a good candidate?**

If you have tried to lose weight through changes in your eating habits and physical activity without success, but you are still committed to long-term lifestyle changes you may be a good candidate. With most insurance, to qualify you must have a Body Mass Index (BMI) of greater than 40, or a BMI greater than 35 with weight-related health issues.



### **Why have bariatric surgery?**

Bariatric surgery can help improve many health conditions associated with a high body weight. Greater weight loss is typically achieved than through changes in eating habits and physical activity alone.



### **Where can I learn more?**

Ask your doctor and/or check out these videos at:

<https://asmbs.org/patients/wls-patient-videos> and

<https://www.kansashealthsystem.com/care/treatments/bariatric-weight-loss-surgery>