

# Obesity

Obesity is a disease caused by excessive weight that affects nearly one-third of the adult American population (approximately 60 million).

What Are The Characteristics and Symptoms?

Overweight is defined as a BMI of 25 or greater.

Obesity is characterized by having a Body Mass Index (BMI) of 30 or greater. BMI is calculated by the following formula:  
(weight in lb.) / (height in inches)  $2 \times 704.5 =$  BMI

Morbid obesity is defined as a BMI of 40 or greater.

Who Is Most Likely To Have This Condition?

- Overeaters
- People with metabolic syndrome or metabolic abnormalities
- Diabetics
- People with a family history of or genetic predisposition toward obesity

Treatment for Obesity:

- Calorie-Restricted Diet
- Exercise
- Diet Pills (called "Anorectics")
- High-Volume Liposuction / Panniculectomy
- Bariatric Surgery
- Gastric Banding (LAP BAND Procedure)
- Gastric Bypass Surgery

What Does Surgical Treatment Involve?

You should consult the web page for the individual procedure you are considering. The LAP BAND Procedure is minimally invasive compared to a standard gastric bypass.

Are You A Candidate?

You may be a good candidate for high-volume liposuction, panniculectomy, and/or bariatric surgery if:  
You have had significant, or morbid obesity which has been refractory to management using diet or exercise.

## What Are The Advantages Of Surgical Procedures?

Bariatric surgery and high-volume liposuction provide a direct and permanent solution to excess weight by either physically reducing the amount of food one can comfortably eat, or by suctioning out large amounts of fat. The weight loss is quite dramatic even in a relatively short period of time.

## How Long Does It Take?

This depends on the specific procedure and the individual patient's case.

## How Many Treatments Are Required?

Usually one.

## What Are My Alternatives?

- Diet
- Exercise
- Diet Pills

## Will I Have Pain?

These are major surgical procedures, and some post-operative pain is to be expected. It is very easily treated with prescription analgesics.

## When Can I Go Back To Work Or School?

This depends on the procedure.

## Who Will Perform My Treatment?

The treatment will be performed by one of our highly-trained specialists in the field.

### How Much Does It Cost?

This depends upon the procedure chosen. Please call TopSurgeons at 800-506-8084 for more information.

### Will My Insurance Cover?

This is dependent on which procedure you choose and your particular case; you should check with your insurance company to determine coverage