

What are the benefits and risks of each option?

	Lifestyle Intervention	Bariatric Surgery
Health Benefits at 1 year (More Dots = Greater Benefit)		
Type 2 Diabetes	●●○○	●●●●
Sleep Apnea	●●○○	●●●○
Nonalcoholic Fatty Liver Disease	●●●○	●●●○
Pseudotumor Cerebri	●●●○	●●●○
High Blood Pressure	●●●○	●●●○
High Cholesterol & High Triglycerides	●●●○	●●●○
Quality of Life	●●●○	●●●○
Weight Loss Benefits at 1 year (More Dots = Greater Benefit)		
Average Amount of Weight Loss	* ●○○○	# ●●●●
Keeping Weight Off	●●○○	●●●○
	* For a person weighing 300 pounds, typical weight loss would be 15-30 pounds, but results can vary.	# For a person weighing 300 pounds, typical weight loss would be 100 pounds, but results can vary.
Risks or Cons of Treatment		
Safety of Treatment (More Dots = Safer)	●●●●	^ ●●●○
Avoids Multiple Nutritional Supplements (More Dots = Desirable)	●●●●	○○○○
Time Commitment (More Dots = More Time)	●●●●	●●●●
		^ Serious complications are rare but can include leaks, bleeding and infections.

Weight Loss Options: What is Right for Me?

Being severely overweight can cause serious health problems in teens. Losing weight can help, but can be hard to do. Sometimes, a more intensive lifestyle program or weight loss surgery can help. This handout covers both options to help you get the information you need and make choices based on the things that matter the most to you.

What qualifies you to take the next step?

A BMI of 35 kg/m² or higher, and one or more of these health problems:

-OR-

A BMI of 40 kg/m² or higher, and one or more of these health problems:

- Type 2 diabetes
- Severe sleep apnea
- Severe fatty liver disease
- Pseudotumor cerebri (increased pressure in the brain)
- High blood pressure
- High cholesterol or triglycerides (high fat levels in the blood)
- Weight interfering with your life
- Other health problems related to weight, such as joint or back problems

What are the treatment options?

Lifestyle Intervention

Lifestyle Intervention might be right for you if:

- You are just getting started with your treatment
- You feel ready to make changes to diet and exercise
- You feel the risks of surgery are too high

Overview

- Frequent follow up visits increase chance of success
- For best results, meet with program staff every week or every other week
- Making changes in what and how you eat is key to losing weight
- Regular exercise (walking, taking classes, or going to local YMCA or gym) helps you to lose weight and keep it off
- Insurance may not always pay for lifestyle intervention or there may be some co-pays. The program staff can help you with insurance matters.
- For more information, contact the Center for Better Health and Nutrition at 513-636-4305 or www.cincinnatichildrens.org/service/b/better-health/default/.

Lifestyle Intervention

26+ Visits per Year

Brief Overview:
Lifestyle Intervention requires regular visits to a health professional minimum of 26 per year, ideally 72+.

Weight Loss Surgery (Bariatric Surgery)

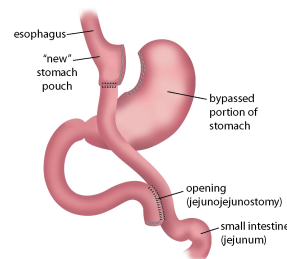
Surgery might be right for you if:

- You have tried other weight loss attempts without success
- You feel ready to make changes to diet and exercise
- You understand and accept the risks of surgery

Overview

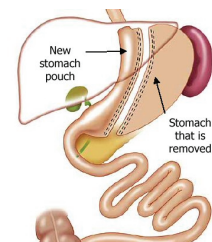
- The surgeries are done laparoscopically (through five thumb-sized openings in the belly).
- You will need at least 3 to 6 monthly visits to get ready, a 2 to 3 day hospital stay after surgery, and 4 visits in the 9 months after surgery then yearly visits.
- Insurance may not always pay for bariatric surgery for teens. The program staff can help you with insurance matters.
- For more information, contact the Surgical Weight Loss Program for Teens at 513-636-4453 or www.cincinnatichildrens.org/weight.

Laparoscopic Roux-en-Y Gastric Bypass



Brief Overview:
Surgical staples are used to create a small segment of stomach pouch and the intestines are re-routed.

Laparoscopic Vertical Sleeve Gastrectomy



Brief Overview:
A long, narrow stomach pouch is created and the rest of the stomach to the right of the pouch is then removed.