### What are the benefits and risks of each option?

<table>
<thead>
<tr>
<th>Health Benefits at 1 year (More Dots = Greater Benefit)</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Type 2 Diabetes</strong></td>
<td><img src="#" alt="Lifestyle Intervention" /> <img src="#" alt="Bariatric Surgery" /></td>
</tr>
<tr>
<td><strong>Sleep Apnea</strong></td>
<td><img src="#" alt="Lifestyle Intervention" /> <img src="#" alt="Bariatric Surgery" /></td>
</tr>
<tr>
<td><strong>Nonalcoholic Fatty Liver Disease</strong></td>
<td><img src="#" alt="Lifestyle Intervention" /> <img src="#" alt="Bariatric Surgery" /></td>
</tr>
<tr>
<td><strong>Pseudotumor Cerebri</strong></td>
<td><img src="#" alt="Lifestyle Intervention" /> <img src="#" alt="Bariatric Surgery" /></td>
</tr>
<tr>
<td><strong>High Blood Pressure</strong></td>
<td><img src="#" alt="Lifestyle Intervention" /> <img src="#" alt="Bariatric Surgery" /></td>
</tr>
<tr>
<td><strong>High Cholesterol &amp; High Triglycerides</strong></td>
<td><img src="#" alt="Lifestyle Intervention" /> <img src="#" alt="Bariatric Surgery" /></td>
</tr>
<tr>
<td><strong>Quality of Life</strong></td>
<td><img src="#" alt="Lifestyle Intervention" /> <img src="#" alt="Bariatric Surgery" /></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Weight Loss Benefits at 1 year (More Dots = Greater Benefit)</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Average Amount of Weight Loss</strong></td>
<td><img src="#" alt="Lifestyle Intervention" /> <img src="#" alt="Bariatric Surgery" /></td>
</tr>
<tr>
<td><strong>Keeping Weight Off</strong></td>
<td><img src="#" alt="Lifestyle Intervention" /> <img src="#" alt="Bariatric Surgery" /></td>
</tr>
</tbody>
</table>

*R 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

<table>
<thead>
<tr>
<th>Safety of Treatment (More Dots = Safer)</th>
<th><img src="#" alt="Lifestyle Intervention" /> <img src="#" alt="Bariatric Surgery" /></th>
</tr>
</thead>
<tbody>
<tr>
<td>Avoids Multiple Nutritional Supplements (More Dots = Desirable)</td>
<td><img src="#" alt="Lifestyle Intervention" /> <img src="#" alt="Bariatric Surgery" /></td>
</tr>
<tr>
<td>Time Commitment (More Dots = More Time)</td>
<td><img src="#" alt="Lifestyle Intervention" /> <img src="#" alt="Bariatric Surgery" /></td>
</tr>
</tbody>
</table>

^K Serious complications are rare but can include leaks, bleeding and infections.

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**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:
  - Type 2 diabetes
  - Severe sleep apnea
  - Severe fatty liver disease
  - Pseudotumor cerebri (increased pressure in the brain)

- OR -

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

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What are the treatment options?

**Lifestyle Intervention**

**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

**You feel ready to make changes to diet and exercise**
**You feel the risks of surgery are too high**

**Weight Loss Surgery** (Bariatric Surgery)

**Laparoscopic Roux-en-Y Gastric Bypass**

**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.

**Laparoscopic Vertical Sleeve Gastrectomy**

**Overview**
- 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.

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

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