

Weight Loss Surgery

Weighing the Pros and Cons

Newspapers, magazines, and TV newscasts are full of stories about people who lost dramatic amounts of weight after weight-loss surgery. While the stories of weight-loss surgery are common, many people do not realize that weight-loss surgery is appropriate only for severely obese people who meet certain medical criteria. If you are trying to decide if weight-loss surgery is right for you, it is important to understand the benefits and risks of the surgery.

Realistic Expectations of Risks and Rewards

People who have weight-loss surgery usually don't lose all their extra weight. For example, people who are 100 pounds heavier than their normal weight may expect to lose 40 to 75 pounds after surgery. They will still be 25 to 60 pounds heavier than their ideal weight, but they will be at a healthier weight. Plus, their weight-related health problems will probably improve.

While surgery can be an effective method for severely obese people to lose weight, it is not a "quick fix," and it comes with serious risks. Like other major operations, weight-loss surgery may lead to complications, including death in some cases.

Surgery Comes With Permanent Lifestyle Changes

Some people believe that having weight-loss surgery means they can continue to eat what they want and still lose weight. In fact, the success of weight-loss surgery still depends on the person eating less and moving more. People who have weight-loss surgery must follow strict eating rules for the rest of their lives. Not following the proper diet can cause people to become ill or regain all the weight they may have lost.

A ConnectionsSM Health Coach Can Help

To learn more about weight-loss surgery and its risks and benefits, call a Health Coach. Health Coaches are specially trained health care professionals, such as nurses, dietitians, and respiratory therapists. They are available by phone, anytime, 24 hours a day, 7 days a week, at no charge to you. If appropriate, a Health Coach will send you a complimentary video called *Weight Loss Surgery: Is It Right for You?*

To talk to a Health Coach, call 1-800-ASK-BLUE (1-800-275-2853). You can also get information online at www.ibxpress.com.

Certain restrictions apply. Please refer to your group contract or contact your benefits administrator to verify your group's coverage.

