

Bariatric Surgery Assessment Service

Definition of Obesity

The National Institutes of Health Consensus defines obesity as someone with:

- a body mass index (BMI) of 40 or higher
- a BMI greater than 35 in conjunction with severe comorbidities such as cardiopulmonary complication or severe diabetes
- prior attempts to lose weight
- more than 100 lbs over ideal body weight



Obesity Statistics

- According to the 1999-2000 National Health and Nutrition Examination Survey, there are 59 million obese adults in the U.S. (Flegal, Carroll, Ogden & Johnson, 2002).
- Since 1980, obesity among adults has more than doubled (Flegal et al., 2002).
- The number of people seeking out bariatric surgery has grown from 20,000 in 1995 to 40,000 in 2000 (Charatan, 2000).
- The U.S. Surgeon General estimates that obesity costs about \$117 billion a year - \$61 billion in direct medical expenses and \$56 billion in indirect costs.

Risks and Consequences of Obesity

- Obese individuals have a 50-100% increased risk of death from all causes compared with normal-weight individuals (National Institutes of Health, 1998).
- The literature describes high rates of psychopathology among the obese and morbidly obese (Glinski, Wetzler, & Goodman, 2001).

Treatment Options for Obesity

There are a number of weight loss programs that exist these days. Most of the medically supervised or comprehensive weight loss programs will incorporate diet/behavior modification and exercise. Some use very low calorie diet (VLCD) and/or pharmacological interventions. Unfortunately, these programs result in long-term success for only a small percentage of patients (NIH Consensus Statement). Compared to these interventions, weight loss surgery is more successful in assisting people to maintain significant weight loss (ASBS Rationale).

About Weight Loss Surgery

There are several types of weight loss surgeries being done in the field of bariatrics. The NIH endorses two types of weight loss surgeries: the Roux-en Y gastric bypass and

the vertical banded gastroplasty. The Roux-en Y gastric bypass can be performed either as an open or laproscopic procedure.

Gastric bypass is a procedure that reduces the size of the stomach, with some degree of associated food malabsorption. The premise underlying gastric bypass is that the reduced size of the stomach will improve the person's eating behavior dramatically. The smaller stomach means reduced caloric intake. It requires that the person modify his or her behavior by eating small amounts slowly and chewing each mouthful well. As a result of these behavior changes, people have been shown to lose a significant amount of weight and improve their health status.

About CONCERN's Bariatric Assessment Service

Evaluation by a licensed mental health provider documents the absence of significant psychopathology that can limit an individual's understanding of the procedure or ability to comply with the medical/surgical recommendations. Recommendations and psychometric test scores are well documented for insurance purposes, as well as for the medical staff caring for the patient.

What Does the Assessment Cost?

Currently, CONCERN Services provides evaluations for the Good Samaritan Bariatric Surgical Care Team. Independent assessments are also available upon request for \$300 per assessment.

To schedule a confidential bariatric surgery assessment, please call CONCERN at (513) 891-1627 or (800) 642-9794 outside the Cincinnati area.