



Med Center Health®

[VIDEO TRANSCRIPT]

90 Seconds to Better Health – Making the Decision for Weight Loss Surgery

O. Raphael Nwanguma, M.D., FACS, The Medical Center Surgical Weight Loss Program

[MUSIC] [NARRATOR]

90 Seconds to Better Health, brought to you by Med Center Health, the largest healthcare provider in the region.

Weight loss surgery, also known as bariatric surgery, encompasses a group of operations that help you lose weight by making changes to your digestive system.

[DR. NWANGUMA]

To know if you need bariatric surgery, you have to talk to your doctor. The way to determine whether or not you need bariatric surgery is by measuring your weight and taking your height, and that number is called the BMI.

[NARRATOR]

For people with a BMI of 35 or higher, obesity can be hard to treat with diet and exercise alone.

[DR. NWANGUMA]

Usually, when people are overweight or obese, that will cause them to have some health issues – like high blood pressure, diabetes, sleep apnea, arthritis, reflux and things like that. So, when people have bariatric surgery, those problems associated with weight gain tend to go away. The Medical Center is a comprehensive hospital for weight loss surgery because we not only have the surgeon, we also have nurse practitioners, dietitians, medical assistants, and we also have lifetime follow up. We still follow up with them for decades and decades afterward.

[MUSIC] [NARRATOR]

For more information, visit MedCenterHealth.org.

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