



National Bariatric Link
surgical weight loss resource

Personal Bariatric Strategy and Planning Guide

The First Step

Just like anything else in life you must set goals. Having a plan or guide is helpful in meeting your goals. You and your surgeon will need to participate to fully realize and understand your weight loss goals. Many questions will require talking with your healthcare provider before you come to any conclusions. Other questions are simply intended to help you focus on personal, financial, and emotional issues that you may encounter along the way. The second part of the plan is designed to help you keep track of your treatment history.

As you consider these questions, take your time and talk over each one with your doctor. You may find it helpful to think of your Bariatric Plan as a work in progress and decide to tackle these issues in phases, rather than all at once. And remember, your Plan is never etched in stone. The decisions are yours and can be changed at any time.

If you find that you need some background information as you develop your Bariatric Plan, www.NationalBariatricLink.org is an excellent resource.

Part One: Important Questions to Consider

Evaluate and answer these questions honestly to help you focus on the medical, financial, and emotional aspects of trying to lose weight.

WEIGHT LOSS- ON OUR OWN

- What is our timeline for losing weight on our own? Does your health affect your ability to lose weight?

- If we fail to lose weight on our own, at what point should we talk to a healthcare provider?

- Do we have any medical conditions that might warrant seeking medical attention immediately?

SEEING A HEALTHCARE PROVIDER

- What kind of healthcare provider should we/are we seeing?

Our primary care physician

A Bariatric Surgeon

A Certified Nutritionist

■ How do we feel about undergoing bariatric surgery?

■ Are there any kind of treatments we aren't willing to undertake? How does undergoing Bariatric surgery fit with our personal and religious beliefs?

- Adjustable Gastric Banding
- Sleeve Gastrectomy
- Gastric Bypass Surgery (Roux-en-Y Gastric Bypass)
- Biliopancreatic Diversion

UNDERGOING TREATMENT

- Do you have a **body mass index (BMI) of 40 or more**? This would be about 100 pounds overweight for men or 80 pounds for women.
- Have a lower BMI (between 35 and 40) **but also have a serious health problem related to obesity**, like heart disease, type 2 diabetes, severe sleep apnea, or high cholesterol.

The Body Mass Index (BMI) is used as a measurement of body fat based on height and weight. The formula for determining your BMI is (weight in pounds) divided by (height in inches squared).

[Try National Bariatric Link's FREE BMI Calculator](#)

The BMI measurement categorizes weight as follows:

Healthy Weight: BMI between 19 and 25

Overweight: BMI between 25 and 30

Obese: BMI over 30

Severely (Morbidly) Obese: BMI is 40 or more

Have tried and failed to lose weight by other means.

Fully understand the risks.

If surgery were not an option, what other options would be acceptable to you?

FINANCIAL CONSIDERATIONS

What is and isn't covered by our health insurance?

Does our insurance stipulate what kind of healthcare provider we should see and the types of tests and treatments we can undertake?

How will we pay for tests and treatments not covered by insurance?

How much can we/will we spend out-of-pocket?

Total Limit _____
Limit on an annual basis _____

How expensive is the surgery?

EMOTIONAL CONSIDERATIONS

How will we communicate our thoughts and feelings with family and friends — especially if the process becomes stressful?

How do you feel about calling upon family and friends for support? Are there certain issues you won't discuss with people?

How do we feel about seeking the advice of a counselor or advocacy group? How will we know if it's necessary?

Would you consider professional counseling or support if you have trouble coping?

Part Two: Current Assessment/Health Record

As you investigate your health and possible treatment options, it can be a good idea to keep track of your current health status, test results, and treatment history. The following worksheet offers a convenient format for maintaining an accurate record. Portions of this record may need to be completed by your health care practitioner.

GENERAL ASSESMENT				
	Date (M/D/Y)	Results		Amount
Weight			Avg. Daily Cal.	
Blood Type			Smoking	
BMI			Alcohol	
			Coffee/Tea	

PAST MEDICAL/SURGICAL HISTORY			
Medical Problems	Date (M/D/Y)	Past Surgeries	Date (M/D/Y)

CURRENT MEDICATIONS			
Medication	Date (M/D/Y)	Medication	Date (M/D/Y)

Past Weight Loss History

History						
	1	2	3	4	5	6
Month/Year						
Weight						
+/-						

KEY INVESTIGATIONS						
	Month/ Year	Normal/ Abnormal	Month/ Year	Normal/ Abnormal	Month/ Year	Normal/ Abnormal
Mineral Analysis						
Nutritional Assessment						
Osteoporosis Bone Test						
Food/ Allergy Test						
Stool Analysis & Parasitology Test						
Female Hormone test						
Stress Test						
Gluten Intolerance						

TREATMENTS			
	Month/Year		Outcome

Plan of Care

INVESTIGATIONS TO BE DONE				
Test/Procedure	Date Booked	Preparation	Results	Comments/ Questions

SURGERY TO BE DONE				
Type	Date	Doctor	Medications/ Protocol	Outcome

This document contains information about Bariatric treatment. It is intended for educational purposes only and is not meant to substitute for professional medical advice, diagnosis or treatment. You should make decisions regarding your healthcare in consultation with a physician who understands your specific situation. Always talk to your physician about possible precautions, warnings, contraindications, and side effects before beginning any medical treatment.