

# Weight Loss Before Surgery

*Improving Your Recovery After Surgery*



Allina Health



## Surgery and Obesity

Being overweight or obese can cause surgery complications (problems). Reaching and maintaining a healthy weight is the best way to lower your risk for these problems.

Even a small amount of weight loss (just 5 to 10 percent of your current weight) will help you lower your risk of problems during surgery.

### Obesity

Obesity is defined as having too much body fat. This means your weight is higher than what is considered healthy for your height.

One way to measure obesity is using the body mass index (BMI). This number is based on your height and weight. The weight may come from muscle, bone, fat and/or body water.

You can calculate your BMI on the next page.

The higher your BMI, the greater your risk is for diseases such as diabetes, high blood pressure, heart disease, stroke, arthritis, respiratory disorders, high cholesterol, infertility (not able to have children), certain cancers and early death.

You are also at a higher risk for problems after surgery.

**Date:** \_\_\_\_\_

**My weight:** \_\_\_\_\_

**My BMI:** \_\_\_\_\_

# Body Mass Index (BMI) Chart

	Normal						Overweight					Obese					
BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
Height (inches)												Body Weight (pounds)					
58	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167
59	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173
60	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179
61	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185
62	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191
63	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197
64	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204
65	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210
66	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216
67	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223
68	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230
69	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236
70	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243
71	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250
72	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258
73	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265
74	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272
75	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279
76	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287

Source: Adapted from *Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults*.

				Extreme Obesity															
36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	
unds)																			
172	177	181	186	191	196	201	205	210	215	220	224	229	234	239	244	248	253	258	
178	183	188	193	198	203	208	212	217	222	227	232	237	242	247	252	257	262	267	
184	189	194	199	204	209	215	220	225	230	235	240	245	250	255	261	266	271	276	
190	195	201	206	211	217	222	227	232	238	243	248	254	259	264	269	275	280	285	
196	202	207	213	218	224	229	235	240	246	251	256	262	267	273	278	284	289	295	
203	208	214	220	225	231	237	242	248	254	259	265	270	278	282	287	293	299	304	
209	215	221	227	232	238	244	250	256	262	267	273	279	285	291	296	302	308	314	
216	222	228	234	240	246	252	258	264	270	276	282	288	294	300	306	312	318	324	
223	229	235	241	247	253	260	266	272	278	284	291	297	303	309	315	322	328	334	
230	236	242	249	255	261	268	274	280	287	293	299	306	312	319	325	331	338	344	
236	243	249	256	262	269	276	282	289	295	302	308	315	322	328	335	341	348	354	
243	250	257	263	270	277	284	291	297	304	311	318	324	331	338	345	351	358	365	
250	257	264	271	278	285	292	299	306	313	320	327	334	341	348	355	362	369	376	
257	265	272	279	286	293	301	308	315	322	329	338	343	351	358	365	372	379	386	
265	272	279	287	294	302	309	316	324	331	338	346	353	361	368	375	383	390	397	
272	280	288	295	302	310	318	325	333	340	348	355	363	371	378	386	393	401	408	
280	287	295	303	311	319	326	334	342	350	358	365	373	381	389	396	404	412	420	
287	295	303	311	319	327	335	343	351	359	367	375	383	391	399	407	415	423	431	
295	304	312	320	328	336	344	353	361	369	377	385	394	402	410	418	426	435	443	

## Possible Surgery Problems

If you are overweight or obese, you are at a higher risk of having:

- problems with anesthesia
- infections
- blood clots
- poor wound healing
- heart problems.

Talk to your health care provider about any concerns you may have or if you do not know what healthy weight is right for you.

## Losing Weight

Losing 5 to 10 percent of your total body weight can reduce your risk of problems after surgery.

The best way to lose weight is through good nutrition and regular physical activity. Make realistic changes to your eating and physical activity that you can stick with.

### Good nutrition

Good nutrition is essential for a healthy body. Eating well-balanced meals and snacks will help you feel your best.

It's important to eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives.

Choose options for meals, beverages, and snacks that have limited added sugars, saturated fat, and sodium.

For complete information, go to [myplate.gov](http://myplate.gov). You will find information, tips and resources on how to eat healthy at all stages of life.

In general, you should:

- Eat smaller portion sizes.
- Make half your grains whole grains
- Make half your plate fruits and vegetables.  
Focus on whole fruits and vary your vegetables.
- Move to low-fat or fat-free dairy milk or yogurt  
(or lactose-free dairy or fortified soy versions).
- Eat lean proteins and vary your protein routine.
- Choose foods and beverages with less added sugars,  
saturated fat, and sodium.

### **Physical activity**

Physical activity has many benefits. In addition to helping build strong bones and muscles, regular physical activity can:

- reduce the risk for heart disease, diabetes, obesity,  
certain cancers and joint conditions
- reduce levels of anxiety and stress
- increase self-esteem
- help maintain a healthy weight
- help maintain good blood pressure and cholesterol levels.

For health benefits, you should be moderately active for at least 30 minutes a day, most days of the week.

You can break up your 30 minutes of physical activity into chunks of 10 minutes. You can take a 10-minute walk in the morning, walk up and down stairs at work for 10 minutes, and do stretching for 10 minutes before bedtime.

## Calculate your weight loss goal

### For example:

Current weight: 250 pounds

(multiply)  $250 \times 5 \text{ percent } (.05) = 12.5 \text{ pounds to lose}$

(divide)  $12.5 / 12 \text{ months} = 1 \text{ pound a month}$

(divide)  $1 \text{ pound} / 4 \text{ weeks} = \frac{1}{4} \text{ pound a week.}$

### Your weight loss goal:

Current weight: \_\_\_\_\_ pounds

(multiply) \_\_\_\_\_  $\times 5 \text{ percent } (.05) =$  \_\_\_\_\_ pounds to lose

(divide) \_\_\_\_\_  $/ 12 \text{ (months)} =$  \_\_\_\_\_ pounds a month

(divide) \_\_\_\_\_  $/ 4 \text{ (weeks)} =$  \_\_\_\_\_ pounds a week.



## Other Ways to Lose Weight

If you would like more help reaching a healthy weight, talk with your health care provider about other weight loss options such as:

- a weight loss program such as Weight Watchers®
  - There are online and in-person programs available. Visit [weightwatchers.com](http://weightwatchers.com) to learn more.
- A medical weight loss program (treatment that may include medicine) such as Allina Health Medical Weight Management program
  - There are locations throughout the Twin Cities metro area.
  - Call 763-236-0940 or visit [allinahealth.org/mwm](http://allinahealth.org/mwm) for more information.
- a meal replacement program such as Optifast®
  - There are locations throughout the Twin Cities metro area.
  - Call 612-262-3600 or visit [allinahealth.org/Optifast](http://allinahealth.org/Optifast) for more information.
- Weight loss surgery (limits the amount of food you can eat to help you lose weight) with Allina Health Surgical Weight Management program
  - There are locations throughout the Twin Cities metro area.
  - Call 763-236-0940 or visit [allinahealth.org/swm](http://allinahealth.org/swm) for more information.



# Notes





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[allinahealth.org](http://allinahealth.org)

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