

# THE BENEFITS OF OBESITY CARE AND TREATMENT



Obesity Care Week  
February 27<sup>th</sup> - March 5<sup>th</sup>, 2022



## Fast facts about Obesity Treatment

Surgery is a powerful tool in weight-loss and long-term weight management. While no form of bariatric surgery is a magic cure for obesity and its related conditions, it is one option that can be discussed between a physician and patient as they collaboratively map their path to health. Bariatric surgery changes the anatomy of a patient's digestive tract and can reduce the feelings of hunger and the severity of obesity-related conditions.

## Better outcomes with access to obesity care

The person below is a 37-year-old with the following related health conditions:

- A BMI over 40 (Severe Obesity)
- Type 2 diabetes
- High blood pressure

They have health insurance and a healthcare provider (HCP) that specializes in obesity medicine. Their efforts at long-term weight-loss and management have been unsuccessful, even with the help of their HCP. It has been recommended that they have a sleeve gastrectomy, a minimally invasive procedure that reduces the size of the stomach.



Below is a side-by-side comparison of this person's life 18 months after bariatric surgery was suggested by their HCP. On the left, they were denied bariatric surgery and comprehensive obesity care. On the right, they were approved for bariatric surgery and comprehensive obesity care.

### 18 Months after being DENIED for Obesity Treatment

#### WORSENER DEPRESSION:

Weight bias combined with feelings of failure after being denied surgery increased feelings of depression.

#### DECREASED CARDIOVASCULAR HEALTH:

Excess weight increases blood pressure and the risk of heart disease and stroke.

#### CONTINUED TYPE 2 DIABETES:

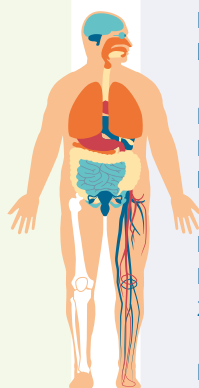
Weight gain allows type 2 diabetes to remain a chronic condition.

#### INCREASED JOINT PAIN:

Carrying excess weight puts additional stress on joints.

#### INCREASED BMI:

Feelings of helplessness led to additional weight gain.



### 18 Months after being APPROVED for Obesity Treatment

#### RELIEF OF DEPRESSION:

Participating in activities with friends and an improved body image improved emotional health.

#### IMPROVED CARDIOVASCULAR HEALTH:

Bariatric Surgery reduces blood pressure and the risk of heart disease and stroke.

#### REMISSION OF TYPE 2 DIABETES:

Bariatric surgery can lead to long-term remission of type 2 diabetes.

#### IMPROVED JOINT PAIN:

Carrying less weight puts less stress on joints.

#### REDUCED BMI:

60% of excess weight has been lost with surgery and behavior change.

Having access to **comprehensive obesity care**, as outlined in the Treat and Reduce Obesity Act is needed for the long-term treatment of the disease of obesity.

Sign-up for OCW Alerts to Learn  
How You Can Get Involved!  
[ObesityCareWeek.org/ocw-alerts](https://ObesityCareWeek.org/ocw-alerts)



@ObesityCareWeek  
#OCW2022