

Deciding About Weight-Loss Treatment

If you're eating healthy and exercising and are still not losing weight, you may be wondering "Should I get weight loss surgery" or should I take weight loss medications.?"

What's the best option for you? Let's take a look at both so you can make the right decision for you.

First up is weight loss surgery, also called bariatric surgery.

It's only done when a healthy diet and exercise have not worked over a certain period of time or when you have serious health problems because of your weight like heart disease or Type 2 diabetes.

There are different types of weight loss surgeries. Some surgeries limit how much you can eat. Some create a shortcut for your food to travel, avoiding parts of your stomach so you take in less calories and nutrients. And some surgeries do both.

To find out if you're a candidate for weight loss surgery, you will go through an extensive screening process by your healthcare team.

You will meet with a surgeon, dietitian, and other specialists to make sure you're healthy enough for surgery.

You will also speak with a specially trained therapist to find out if you're mentally and emotionally ready for surgery, and willing to make lifelong lifestyle changes after surgery.

This surgery is not for everyone. You must have a BMI of over 40 or more or you must have a BMI over 35 and a serious health condition like type 2 diabetes, heart disease or sleep apnea.

Keep in mind weight loss surgery is a life-long journey. You will need to change how you eat and exercise for the rest of your life to keep the weight off.

Now let's take a look at weight loss medicines.

Some medications make you feel fuller, so you eat less calories, and some help your body take in less fat.

Weight loss medicines work best for people with a BMI over 30 or a BMI over 27 with one or more serious health conditions such as type 2 diabetes, high blood pressure or high cholesterol.

Taking these medicines along with eating a healthy diet and being physically active are key to keeping the weight off.

Both weight loss surgery and weight loss medications can improve your quality of life but they're not without risks and side effects.

Risks for weight loss surgery include: bleeding, infection, blood clots, lung or breathing problems, leaks in your stomach or small intestine, hernias, gallstones, malnutrition, and diarrhea.

The side effects of weight loss medications include nausea, vomiting, constipation, indigestion, pain in the stomach area, and diarrhea.

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Cost is another thing to consider when deciding on whether to get weight loss surgery or take weight loss medications.

Both options can be costly, so reach out to your insurance company to see what your plan covers.

Whatever you decide, remember you don't have to do it alone. Talk to your friends and family about your decision.

They can cheer you on or check in on you when things get tough. Friends and family can help you with meal prep or be your workout buddy.

You can also join a support group or talk to a therapist to help you be successful in this next chapter of your life.

If you're considering weight loss surgery or medication, talk to your doctor about the benefits and risks of both options so you can find the treatment that's best for you.