

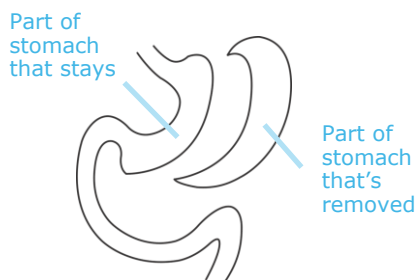


This family education sheet explains what bariatric surgery is and how families engage with our team at the Adolescent Bariatric Surgery Program.

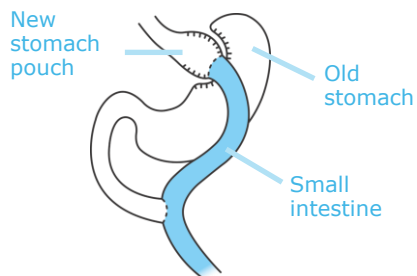
What is bariatric surgery?

- Bariatric surgery is a treatment for obesity and related complications, including type 2 diabetes.
- Boston Children's Hospital performs 2 types of bariatric surgery:

- **Vertical sleeve gastrectomy**



- **Roux-en-Y gastric bypass surgery**



What is the Boston Children's Adolescent Bariatric Surgery Program?

- The program includes doctors from Surgery, Gastroenterology and Endocrinology as well as specialists from Nutrition, Psychology and Social Work.
- Children seen in our program usually have monthly visits with our team. This includes a psychological evaluation followed by monthly follow-up visits that focus on your child's medical and nutritional care.
- Most children need at least 6-12 months, sometimes longer, to prepare (get ready) for bariatric surgery.

Can my child have bariatric surgery?

- Surgery is considered if your child has a BMI of 40 kg/m² (140% of 95th percentile for children under age 18) or if they a BMI of 35 kg/m² (120% of 95th percentile for children under age 18) and also have associated health problems, such as diabetes, lipid problems and high blood pressure.
- Your child needs to be highly motivated to make changes to their diet and lifestyle.

What can we expect from the Adolescent Bariatric Surgery Program?

- Clear communication throughout every step of the process
- The opportunity to meet with all members of the Bariatric Surgery team
- The ability to communicate with the Bariatric Surgery team in between appointments
- A partnership approach (you and the team) for achieving your child's weight loss and wellness goals
- The information you'll need to prepare for bariatric surgery

What will be expected of my child if they're seen in the Adolescent Bariatric Surgery Program?

- Coming to every monthly appointment with a support person (such as a parent)
- Diet and behavioral changes, with the help of our team's coaching
 - Daily exercise
 - Taking vitamin and mineral supplements as recommended
- Modest weight loss or no additional weight gain during the program

Interested in learning more?

Start the process by attending a virtual information session.

Call (617) 355-2458 to sign up