

Are you a weight loss surgery candidate?

You have tried every weight loss program to lose weight and yet those confounded pounds keep piling up. Your doctor remarked that you are a walking time bomb and is only a matter of time before your life will be cut short by a massive stroke, heart attack or even certain types of cancer. You wring your hands in exasperation.

Your life is miserable. You have problem getting around. Simple household chores can be difficult to perform. Climbing up stairs leaves you terribly out of breath and a gigantic pounding headache. Even tying your shoe laces or crossing your legs are impossible tasks. The quality of your life sucks.

Faced with these physical handicapped, many severely overweight people are convinced that things will only get worse. Depression sets in and some may even be suicidal.

Are you facing these obesity related problems? If you are, then perhaps you may wish to consider weight loss surgery as part of your weight loss program.

Many research papers have found evidence that weight loss surgery as a weight management program can dramatically reverse many obesity related health problems and greatly improve your quality of life. You will also prevent new health problems from developing.

Check with your doctor whether a weight loss surgery program is for you. Usually, potential surgery patients will be assess on the following facts :-

A body mass index (BMI) of more than 40 for men and a BMI of over 35 for women. The patient is even more a likely candidate if there are historical records of obesity related medical conditions, such as diabetes, heart diseases and obesity induced musculoskeletal problems.

The potential patient must also show that attempts at losing weight through dieting and conventional weight loss programs did not work.

A person who undergoes a weight loss surgery needs to make a lifelong commitment to a new lifestyle, including a new nutrition and exercise regimen, otherwise the weight the patient lost from the surgery may come back again.

The result from a weight loss surgery program should not be measured merely by the amount of weight that is lost. It must also take into consideration improvements in a person's health conditions. After the excess weight is lost, the improvement in the quality of life is an important consequence. An important objective of weight loss surgery is to improve a patient's health, activity level, enjoyment of life and work productivity.

Most patients whom have been seriously overweight for most of their lives have had to adapt to the many physical, emotional and social consequences of obesity. Dramatic quality of life changes can occur after surgery and these can lead to important improvements in physical and mental anguish.

If you consider yourself to be a potential candidate for weight loss surgery, talk to your doctor. He may even recommend you good surgeons and post surgery counsellors.

Source: <http://www.articlecircle.com>

About the Author

Chris Chew is a fitness personal trainer and author of "Burn Fat Build Muscles Fast". More free articles at his site and blog <http://www.sgfitness.com> and <http://sgfitnessonline.blogspot.com>