

Further considerations

Ongoing or past psychological conditions that have needed the input of community mental health or psychology teams will be reviewed and further information requested.

If you meet the criteria above, you will be referred to the surgical team for assessment. Please note this is not a guarantee you will receive surgery.

After receiving the referral, the weight loss surgery service (NHS Lothian Bariatric Surgical Service) will invite you to a **Patient Information Seminar**. This group session offers information about different types of surgery for weight loss and the changes you need to make to both your diet and lifestyle for surgery to be successful.

Following the seminar, if you choose to go ahead with the assessment, you will be asked to attend six further group sessions (**Intensive Pre-operative Information Course**). The weight loss surgery team will talk you through the pathway to surgery and what you should expect after, should it go ahead.

You will meet all members of the team during this course. You will be encouraged to keep a food diary and to lose 5% of your excess weight whilst on the course. During the course you will be given further written information about the types of weight loss surgery.

You will also have time to ask the team and other patients who have had weight loss surgery questions about what to expect.

Further weight loss support

If you are looking for more information and support on losing weight, the following may be of help:

www.takelifeon.co.uk
www.bdaweightwise.com

Please note this information is correct as of 16 October 2012 but is under review and may change.

Weight Management Service

Helping individuals achieve significant and sustainable weight loss.

Our aim is to support individuals achieve significant and sustainable weight loss.

Who are we?

We are a team of Community Dietitians across NHS Lothian, based in your local area.

What do we offer?

We offer a one-to-one 45-minute assessment appointment with a dietitian and then a group-based lifestyle programme. The group format is:

- Seven fortnightly group sessions lasting three months
- The group sessions last 1 hour 15 minutes.

The group programme includes information and support to enable you to identify and make the lifestyle changes required for significant and sustainable weight loss.

Where are the groups held?

(Please note these venues may change)

West Lothian:

Strathbrock Partnership Centre, Broxburn

East Lothian:

Herdmanflat Hospital, Haddington

Midlothian:

Bonnyrigg Health Centre

South Edinburgh:

Wester Hailes Health Centre, Tollcross Medical Centre, Gracemount Health Centre

North Edinburgh:

Leith Community Treatment Centre and Pilton Community Health Project

How can I get this support?

You will need to be referred by your GP. You can be referred if you:

- Are 18 years of age or above
- And have a body mass index of 40kg/m² or above
or
- Have a body mass index of 35kg/m² or above and need to lose weight for an operation, or you have any of the following: diabetes, high blood pressure, asthma, high cholesterol, heart disease, sleep apnoea, osteoarthritis, gastro oesophageal reflux disease, non-alcoholic fatty liver disease.

Body mass index or BMI is a guide to healthy weight. If you want to calculate your BMI, you can use the healthy weight calculator at www.takelifeon.co.uk

Certain people may be at increased health risk with a **lower** body mass index. Please discuss this with your GP.

It is important to discuss with your GP if referral to the service is appropriate.

What happens after the three-month lifestyle programme?

1) Ongoing weight management support

A further nine months of weight management support will be available, with group sessions held every month at the venues listed above. At this stage of the programme your group will join other groups who have been attending the weight management programme.

or/and

2) Specialist Weight Management Service

Those people who require more intensive support will have the option of an individual appointment(s) with a member of the weight management team.

What about surgery to lose weight?

The criteria for weight loss surgery will be discussed at your initial assessment appointment.

After nine months in the weight management programme, surgery to help you lose weight may become an option. A member of the team will discuss this with you. The criteria for referral to the surgical team are explained below.

Weight loss surgery criteria

- You should be able to demonstrate engagement and commitment to follow up, assessed by your attendance at the weight management programme.
- You should be able to show evidence of ability to make sustainable lifestyle changes, which is measured by your ability to lose weight during the weight management programme.
- Your weight must be below 200kg.

At the end of the weight management programme your body mass index should be greater than 35 kg/m² with a medical condition, such as diabetes, high blood pressure, asthma, high cholesterol, heart disease, sleep apnoea, arthritis, gastro-oesophageal reflux and fatty liver disease, **or** greater than 40 kg/m².