

Losing weight:

important information for patients being referred to hospital for an operation

Risks associated with being overweight

Being overweight when having an operation carries increased risks. People who are overweight have a greater risk of complications such as:

- Infection and bleeding
- Blood clots
- Breathing problems

Your operation may also be less successful.

Obesity is now one of the leading causes of preventable death worldwide, and is a major risk factor for heart disease, stroke and many cancers.

The good news is that losing weight before your operation has many benefits, including:

- Improved blood pressure
- Fewer risks during the operation
- Improved general health

Exercise and healthy eating are known to be the most important factors in aiming for a healthy weight.



What happens now?

NHS North Tyneside CCG has decided that anyone aged 18 or over who is to be referred for an operation and has a body mass index (BMI) of 40 or above (or 35 and above with another serious health condition that can be improved through weight loss, such as type 2 diabetes or high blood pressure) must have completed a 12-week weight management course before being referred, where this is clinically relevant.

BMI is a formula used to calculate whether you are a healthy weight or not.

Your GP or practice nurse will be able to refer you to an appropriate course if you meet these criteria.

