



James A. Harris, MD, FACS

Gastrointestinal and Laparoscopic Surgery

1411 Physicians Drive

Wilmington, NC 28401

Phone: (910) 343-0811

Fax: (910) 202-0827

www.coastalsurgery.com

Are You a Candidate for Weight Loss Surgery?

Coastal Surgery Specialists is recognized by the American Society of Bariatric Surgery and Blue Cross Blue Shield as a Center of Excellence. Dr. Harris performs the Lap-Band[®] and Laparoscopic Roux-en-Y Gastric Bypass weight loss procedures. These surgeries have been proven highly successful for treatment of morbid obesity and associated medical diseases such as diabetes, high blood pressure, sleep apnea, and other weight-related conditions. For this reason, **many health insurance plans cover weight loss surgery and the associated office visits.**

Candidates for Weight Loss Surgery Should Meet the Following Criteria:

- You must be considered morbidly obese as defined below:

Body Mass Index > 40 (**approximately 100 lbs overweight**)

or

Body Mass Index > 35, with obesity related medical co-morbidities
(e.g. high blood pressure, diabetes, coronary artery disease, sleep apnea)

$$\text{*Body Mass Index (BMI)} = \frac{703 \times (\text{weight in pounds})}{(\text{height in inches})^2}$$

- You must not smoke or abuse alcohol/drugs
- You must be between 18 and 65 years old
- You must have no history of prior weight loss surgery
- You must have some prior attempts at weight loss (e.g. diet, exercise, etc.)
- You must have the willingness and ability to comply with post-op diet and follow-up visits

If you think you may be a candidate and would like to learn more about weight loss surgery, please contact the Bariatric Coordinator at 910-343-0811.