



Health Notes

8 STRATEGIES FOR A HEALTHY SPRING

Surgeons Choice Medical Center

22401 Foster Winter Drive
Southfield, MI 48075
(248) 423-5100

Surgeons Choice Macomb Center

11012 E. Thirteen Mile Rd
Warren, MI 48093
586-751-9800

Surgeons Choice Dearborn Center

22731 Newman St
Dearborn, MI 48124
313-359-9540

Surgeons Choice Imaging Center

11012 E. Thirteen Mile Rd,
Suite 111
Warren, MI 48093
586-558-8470

Surgeons Choice Medical Clinic

Call for an appointment
to be seen by a specialist
within 24-hours
248-485-8300



Help prevent chronic diseases like type 2 diabetes, heart disease, and cancer with these 9 healthy habits for spring.

Listen to Your Body

Always pay attention to your body's signals so that you don't overdo it. If you experience any pain or discomfort during your first few outdoor workouts, take a break or make adjustments to prevent an injury. If you have a heart condition, be on the lookout for warning signs of a cardiac event such as chest pain, shortness of breath, lightheadedness or dizziness. If you experience any of these symptoms, stop exercising at once and seek medical attention.

You should also build in rest days to your routine. As much as being active outside is great for your mind and body, these rest days are crucial for recovery and muscle growth.

Move More, Sit Less

Get at least 150 minutes of moderate-intensity physical activity every week. That could mean 30 minutes a day, 5 days a week. Do muscle-strengthening activities 2 days a week.

Eat Healthy Foods

Try healthy food choices like fruits, vegetables, whole grains, lean meats, and low-fat dairy products.

TIP: Make half your plate fruits and vegetables and half your grains whole grains.

Choose Your Drinks Wisely

Substitute water for sugary and alcoholic drinks to reduce calories and stay safe.

Get Enough Sleep

Adults need at least 7 hours of sleep per night.

Be Sun Safe

Wear long-sleeved shirts, long pants, a wide-brimmed hat, and sunglasses and use broad-spectrum sunscreen with at least SPF 15.



TIP:
Wear sunglasses that block both UVA and UVB rays for the best protection.

Brush Your Teeth

Brush twice a day with fluoride toothpaste.

Don't Use Tobacco

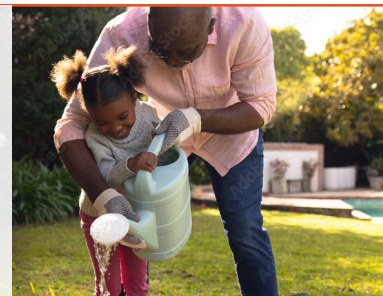
Call 1-800-QUIT-NOW for free support to quit smoking.

Learn Your Health History

Talk to your family and your doctor about your family health history.

DID YOU KNOW?

Children aged 6 to 12 need 9-12 hours of sleep per night. Teens 13 to 18 need 8-10 hours of sleep per night.





WEIGHT-LOSS SURGERY: IS IT AN OPTION FOR YOU?

Weight-loss surgery changes the shape and function of your digestive system.

This surgery may help you lose weight and manage medical conditions related to obesity. These conditions include diabetes, obstructive sleep apnea, and risk factors for heart disease and stroke.

Weight-loss surgery is also known as bariatric surgery. There are various surgical procedures, but all of them help you lose weight by limiting how much food you can eat. Some procedures also limit the amount of nutrients you can absorb.

In the U.S., the most common weight-loss surgery is sleeve gastrectomy. In this procedure, the surgeon removes a large portion of the stomach to create a tubelike sleeve.

Weight-loss surgery is only one part of an overall treatment plan.

Your treatment will also include nutrition guidelines, exercise and mental health care. You'll need to be willing and able to follow this long-term plan to achieve your weight-loss goals.

If you're considering weight-loss surgery, you'll meet with a number of specialists to help you decide if weight-loss surgery is an option for you.

Medical guidelines:

The general medical guidelines for weight-loss surgery are based on body mass index (BMI). BMI is a formula that uses weight and height to estimate body fat. Weight-loss surgery might be an option for an adult with a BMI of 40 or higher.

The surgery may also be an option for an adult who meets these three conditions:

- BMI of 35 or higher
- At least one obesity-related medical condition
- At least six months of supervised weight-loss attempts

In some cases, weight-loss surgery may be an option for adolescents. The guidelines include:

- BMI of 40 or higher and any obesity-related medical condition
- BMI of 35 or higher and a severe obesity-related medical condition

Instead of using these BMI numbers as a guideline for surgery, a surgeon may use growth charts for adolescents. These charts show the standard BMI range for each age. The surgeon may recommend the procedure based on how much the adolescent's BMI is above the standard BMI range.

Depending on the type or severity of an obesity-related illness, some adults or adolescents with lower BMIs may be able to undergo weight-loss surgery.

How to know if you're ready for surgery:

If you're considering weight-loss surgery, you'll meet with a health care team that may include the following:

- Primary care doctor
- Surgeon
- Anesthesiologist
- Dietitian
- Weight management
- Psychologist or psychiatrist
- Other specialists depending on your medical conditions

Members of your team will explain what to expect before and after the procedure. They will evaluate whether you're ready for surgery and help you decide if it's an option for you. They may identify concerns to address – medical, behavioral or psychological – before you're ready for surgery.



IN THE SPOTLIGHT:

Make an appointment with Surgeons Choice Medical Center Bariatric Board-Certified Specialists to learn more about weight-loss surgery:

Dr. Scott A. Laker, MD.

5839 W. Maple Rd
Suite 100

West Bloomfield, MI 48322
(248) 255-4380

Dr. Blake R. Movitz, M.D.

22401 Foster Winter Drive
Southfield, MI 48075

(313) 889-3456

