

Weight Loss and Bariatric Surgery (*Interview Transcripts*)

Kidanu Birhanu, MD, Internal Medicine and Medical Weight Loss Specialist, OSF HealthCare

“Once a person has decided to lose weight and why they want to lose weight, they should look at some of the things they do every day. Then, figure out which things effect their weight and if they are willing to change those behaviors.” (:24)

Kidanu Birhanu, MD, Internal Medicine and Medical Weight Loss Specialist, OSF HealthCare

“What do you want to achieve, and what are you willing to change? In other words, if a person eats when they are stressed or because the food is there, then are you willing to get rid of some of these things that predispose you to overeating?” (:26)

Kidanu Birhanu, MD, Internal Medicine and Medical Weight Loss Specialist, OSF HealthCare

“Some people justify overeating after they exercise. Our bodies have become very efficient – you can burn a small amount of calories and do a lot of work. And each time you exercise, you become more efficient. But I cannot tell people to depend on exercise alone for losing weight. But what does exercise do? It helps you with your overall health, cholesterol, and is good for the brain.” (:26)

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“If a person has a BMI of 35 and above with comorbidities such as diabetes, hypertension, and sleep apnea, they are good candidates for bariatric surgery. Or, if the BMI is over 40 without comorbidities.” (:17)

Kidanu Birhanu, MD, Internal Medicine and Medical Weight Loss Specialist, OSF HealthCare

“You have to change your behavior – bariatric surgery by itself is not enough. The surgery is easy, it’s what happens after. Are you willing to visit the surgeon or the nutritionist afterwards? Are you willing to avoid drinking sugary drinks? Things like that.” (:18)