It doesn’t matter if you have a little weight to lose or a lot of weight to lose. Everyone can see benefits of weight loss, even if it’s just five to ten pounds.

Check out these four benefits to shedding some extra pounds:

1. Sleep better.
2. More energy.
3. Increase quality of life.
4. Reduced risk for:
   - Heart attacks.
   - Dementia.
   - Sleep apnea.
   - Cancer.
   - Diabetes.

Do you think you might be a candidate for weight loss surgery?

Check out a sample of conditions that can be improved by surgery.

Learn more at HonorHealth.com/bariatrics.

Reduced risk for:

- Migraines: 57% resolved
- Asthma: 82% improved or resolved
- Non-alcoholic fatty liver disease: 90% improved, 37% resolution of inflammation, 20% resolution of fibrosis
- Metabolic syndrome: 80% resolved
- Type II diabetes mellitus: 45 - 95% resolved
- Polycystic ovarian syndrome: 79% resolution of hirsutism, 100% resolution of menstrual dysfunction
- Venous stasis disease: 93% resolved
- Gout: 77% resolved
- Dyslipidemia: 63% resolved
- Cardiovascular disease: 82% risk reduction
- Obstructive sleep apnea: 74-98% resolved
- Pseudotumor cerebri: 96% resolved
- GERD: 72-98% resolved
- Stress urinary incontinence: 44-88% resolved
- Degenerative joint disease: 41-76% resolved

*Results dependent on selected surgery