

# Lapband Surgery

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There are a great many reasons why both men and women, either as adults, teenagers and even senior citizens struggle with weight loss and weight maintenance. While many people simply eat incorrectly and don't exercise enough, there are other individuals that, through no fault or lack of desire on their own part, are simply not able to lose the weight needed to maintain health. For most of these individuals that are struggling to lose 50, 70, 80 or even more than 100 pounds the prospect of simply changing eating habits and increasing exercise levels is just not enough to help them in their weight loss goals. With modern surgical procedures, now effectively tested and researched, weight loss for those considered morbidly obese is no longer just a dream or a wish; it is a reality. Morbidly obese individuals are those that weigh more than 100 pounds over healthy body weight for their age, height and size and have a Body Mass Index (BMI) of more than 40 or more than 35 if coupled with another concurrent health condition.

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