



Adolescent Surgical Weight Loss program

Our providers work together to help teens who are overweight achieve their weight-loss goals and prepare for weight-loss surgery. The Adolescent Surgical Weight Loss program is made up of two equally important parts. Families will initially work with New Impact to get started on medical clearances and healthy lifestyle modifications, which may include changing meal patterns and food choices or increasing physical activity. The New Impact team consists of a pediatrician and pediatric dietitian who specializes in childhood and adolescent weight management.

Following goal completion with New Impact, teens will transition to work with the surgical team, where they will meet with their surgeon and surgical dietitian. Choosing to have weight-loss surgery is a life-changing decision. We give you the resources to make a confident, informed decision with your family, and we are here to help you every step of the way.

Who is eligible? Adolescents seeking bariatric surgery must:

- Be 14–17 years old
- Have a BMI of 35 or higher with major co-morbidities (such as type 2 diabetes, moderate or severe sleep apnea, or severe fatty liver disease)
- Have a BMI of 40 or higher with less severe co-morbidities (such as high blood pressure, high cholesterol, mild or moderate sleep apnea)
- Have reached skeletal maturity

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