

The background features abstract, overlapping green geometric shapes, primarily triangles and polygons, in various shades of green, creating a modern and dynamic visual effect.

I Am More Than My BMI: A Patient's Perspective

Michele Tedder, MSN, RN

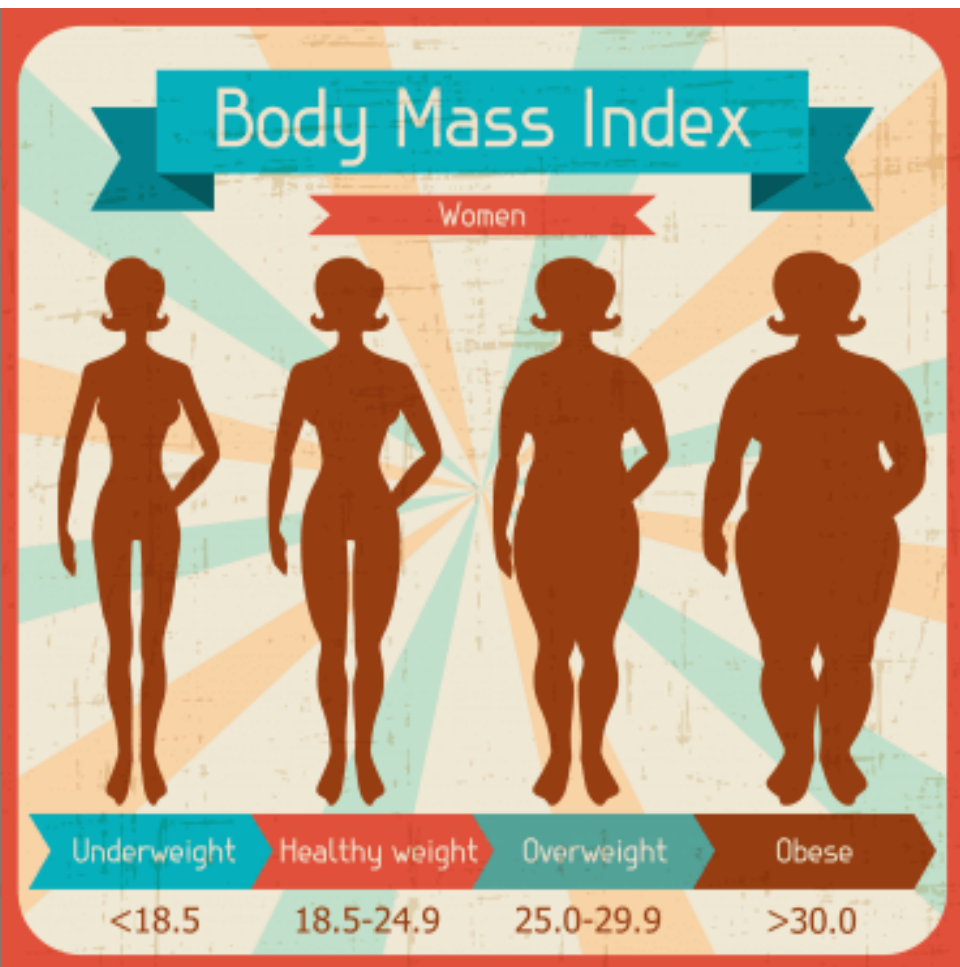
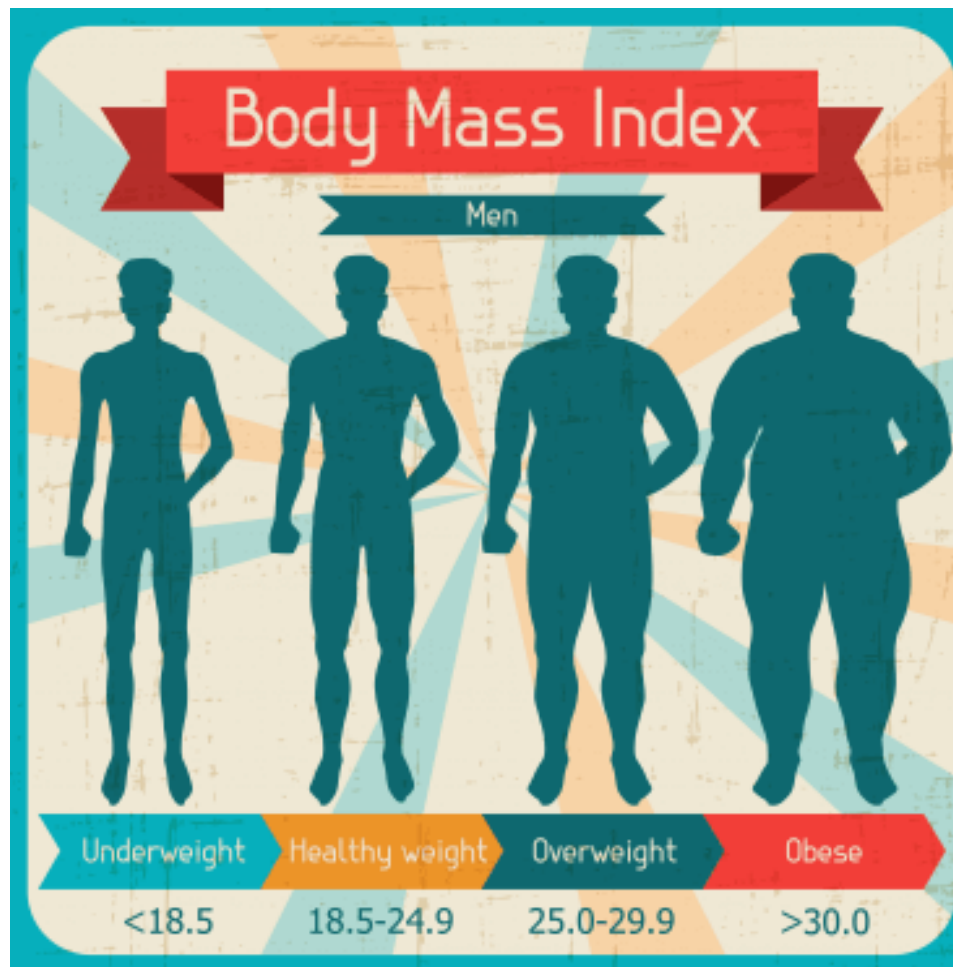
Disclosures

- ▶ I have no disclosures
- ▶ Content is based on my own experiences as a patient living with obesity

My Story

- ▶ Overweight since childhood
- ▶ Lifetime of dieting
- ▶ Minimal results with traditional methods





Co-Morbidities

Type 2
Diabetes

Sleep
Apnea

High
Cholesterol

Joint pain

High blood
pressure



The Transformation Begins

- ▶ December 4, 2017
- ▶ Sleeve gastrectomy
- ▶ Pre-surgery weight 323
- ▶ 5' 1"
- ▶ BMI= 61

The Truth About Obesity Care

Requires multiple therapies - weight loss surgery was one necessary tool in my toolbox



There is no “one size fits all approach” people are unique so treatment must be also



My journey continues to require a comprehensive treatment plan that includes medication, lifestyle change programs, behavioral approaches and access to healthy foods.

What Access to Care Looks Like



- ▶ Type 2 diabetes in remission
- ▶ Cholesterol medication discontinued
- ▶ Joint pain greatly improved
- ▶ Sleep apnea greatly improved
- ▶ Blood pressure meds eliminated/cut in half
- ▶ Weight= 238
- ▶ BMI=45



Comprehensive
Individualized
Obesity Care
Changed My Life!

Thank You!

- ▶ IG: Coach_Tedder
- ▶ LinkedIn: www.linkedin.com/in/michele-tedder
- ▶ Email: nursetedder@gmail.com
- ▶ Email: mtedder@bwhi.org