

# Obesity Treatment Guide

	<b>BMI Category</b>				
<b>Treatment</b>	<b>25-26.9</b>	<b>27-29.9</b>	<b>30-34.9</b>	<b>35-39.9</b>	<b>&gt;40</b>
<b>Medical Weight Loss</b> <ul style="list-style-type: none"> <li>• Diet</li> <li>• Exercise</li> </ul>	+/- Comorbidities	+/- Comorbidities*	+	+	+
<b>Medical Weight Loss</b> <ul style="list-style-type: none"> <li>• Diet</li> <li>• Exercise</li> <li>• Medication</li> </ul>		+ Comorbidities* Esp. Cognitively Challenged Groups	+/- Comorbidities	+	+
<b>Surgical Weight Loss</b>		*	With Comorbidities	+	+

*\* Especially Asian Americans with a BMI >27*