

The obesity clinic at Østfold Hospital treats adults with morbid obesity

Morbid obesity is calculated from one's BMI (body mass index) which shows the relationship between weight and height (kg/m²).

One has morbid obesity if one has a BMI over 40 or above or a BMI of 35 or above with the addition of a weight related illness such as: high blood pressure, type 2 diabetes, heart disease, sleep apnea (nocturnal apnea), polycystic ovarian disease (PCOS) or osteoarthritis.

We use interpreters when needed. Let us know what language, and when applicable what dialect you speak so we can get the correct interpreter.

We have a multidisciplinary team to assist you:

Physician	Evaluates your medical history, medications and blood tests. If necessary, the physician will refer you for further assessment or treatment.
Dietitian	Evaluates what, how much and when you eat. Provides suggestions on changes that reduce weight.
Physiotherapist	Evaluate your physical ability and activity level. Provides suggestions for physical activity and exercise based on your ability and tests your level of functioning.
Nurse	Monitors your weight, height, circumferences around the neck, waist, hips and thighs. The nurse follow you along the process.
Psychologist	Can assist you with thoughts and feelings that can affect your weight loss.
Bachelor of social services	Provides guidance on your rights and support from NAV (Norwegian labor and welfare administration).

At the obesity clinic we want to provide you with knowledge concerning obesity and weight reduction treatment:

- Knowledge of the body, how it works and what the body needs in terms of food and activity
- Knowledge concerning a proper diet
- Motivation for physical activity

Important changes for you to lose weight:

- Eat small, frequent meals
- Drink water with meals and when thirsty
- Use less sugar in food and drink
- Use less fat in food and when cooking
- Physical activity is imperative, at least 30 minutes each day
- Register your weight once a week, so you can see the effect of your efforts
- Set goals for losing weight, and to improve daily functioning and health
- Follow the treatment advice you get from the obesity clinic
- Talk to us and ask us when you are uncertain

The obesity clinic can offer:

- Assessment to find the right treatment for you (an interpreter is used if required)
- Individual consultation with members of our team (an interpreter is used if required)
- Group treatment/courses (here you need to understand and speak Norwegian)
- Treatment at a rehabilitation center (here you need to understand and speak Norwegian)
- Surgical treatment, known as bariatric surgery/ weight loss surgery (not liposuction)
- Treatment and follow-up up to 2 years.

Surgical treatment for morbid obesity requires a lifelong effort to change one's lifestyle by changing one's diet and being physically active.



Treatment at a weight loss clinic involves a great effort on your part. Success is completely dependent on you managing to change your lifestyle.

We will guide and support you through the process. Successful requires lifelong focus on a healthy diet and physical activity. This is also the case after surgical weight loss treatment.

Referral from your GP: If you suffer from morbid obesity and wish to receive treatment at clinic, you need a referral from your GP.

Once you have received notice from the weight loss clinic, you will meet up at **Overvektspoliklinikken (the Obesity clinic) at Østfold Hospital in Moss.**

Address: Peer Gynts vei 78, 1535 Moss

Hovedinngang (Main entrance) (Inngang A (Entrance A)). Report your arrival at reception or use the screen for self-admissions. The clinic is located on the 2nd floor, ventesone (waiting zone) no. 20.

Internet:

www.sykehuset-ostfold.no. You can find more information including this brochure in several languages (Arabic, Badini, Norwegian, Polish, Somali, Sorani and Turkish).

Switchboard:
08600

Direct line to the Obesity:
69 86 68 90



Obesity Clinic

Treatment for those who want to reduce their obesity and change their lifestyle

