



Please join us at a **FREE**  
Weight Loss Surgery Orientation Session or Support Group

**1. New Patient Orientation**

The new patient orientation session meets on the dates and times listed below. This session is mandatory and gives an overview of the requirements of the weight loss surgery program as well as the process.

**MUST ATTEND ORIENTATION PRIOR TO ATTENDING A NEW PATIENT SUPPORT GROUP.**

Thursday, July 8, 2010	3pm – 5:30pm	Monday, April 25, 2011	6pm – 8:30pm
Monday, July 26, 2010	6pm – 8:30pm	Thursday, May 12, 2011	3pm – 5:30pm
Thursday, August 12, 2010	3pm – 5:30pm	Monday, May 23, 2011	6pm – 8:30pm
Monday, August 23, 2010	6pm – 8:30pm	Thursday, June 9, 2011	3pm – 5:30pm
Thursday, September 9, 2010	3pm – 5:30pm	Monday, June 27, 2011	6pm – 8:30pm
Monday, September 27, 2010	6pm – 8:30pm	Thursday, July 14, 2011	3pm – 5:30pm
Thursday, October 14, 2010	3pm – 5:30pm	Monday, July 25, 2011	6pm – 8:30pm
Monday, October 25, 2010	6pm – 8:30pm	Thursday, August 11, 2011	3pm – 5:30pm
Monday, November 22, 2010	6pm – 8:30pm	Monday, August 22, 2011	6pm – 8:30pm
Thursday, December 9, 2010	3pm – 5:30pm	Thursday, September 8, 2011	3pm – 5:30pm
Thursday, January 13, 2011	3pm – 5:30pm	Monday, September 26, 2011	6pm – 8:30pm
Monday, January 24, 2011	6pm – 8:30pm	Thursday, October 13, 2011	3pm – 5:30pm
Thursday, February 10, 2011	3pm – 5:30pm	Monday, October 24, 2011	6pm – 8:30pm
Monday, February 28, 2011	6pm – 8:30pm	Thursday, November 10, 2011	3pm – 5:30pm
Thursday, March 10, 2011	3pm – 5:30pm	Monday, November 28, 2011	6pm – 8:30pm
Monday, March 28, 2011	6pm – 8:30pm	Thursday, December 8, 2011	3pm – 5:30pm
Thursday, April 14, 2011	3pm – 5:30pm		

**2. New Patient Support Group**

This monthly support group meets on the dates listed below and is designed for people interested in weight loss surgery. Post-op patients provide valuable information relevant to pre-surgical and post-surgical issues. This support group provides an opportunity for you to talk to others who have had weight loss surgery. Spouses, and friends who are part of your personal support system are welcome to attend.

**MUST ATTEND ORIENTATION PRIOR TO ATTENDING A NEW PATIENT SUPPORT GROUP.**

Thursday, July 8, 2010	6:30pm–8:30pm	Thursday, May 12, 2011	6:30pm–8:30pm
Thursday, August 12, 2010	6:30pm–8:30pm	Thursday, June 9, 2011	6:30pm–8:30pm
Thursday, September 9, 2010	6:30pm–8:30pm	Thursday, July 14, 2011	6:30pm–8:30pm
Thursday, October 14, 2010	6:30pm–8:30pm	Thursday, August 11, 2011	6:30pm–8:30pm
Thursday, December 9, 2010	6:30pm–8:30pm	Thursday, September 8, 2011	6:30pm–8:30pm
Thursday, January 13, 2011	6:30pm–8:30pm	Thursday, October 13, 2011	6:30pm–8:30pm
Thursday, February 10, 2011	6:30pm–8:30pm	Thursday, November 10, 2011	6:30pm–8:30pm
Thursday, March 10, 2011	6:30pm–8:30pm	Thursday, December 8, 2011	6:30pm–8:30pm
Thursday, April 14, 2011	6:30pm–8:30pm		

**ALL sessions meet in the following location:**

Tampa General Hospital, Rehabilitation Center, Activity Room, 2nd Floor, Rehabilitation Center

All sessions are **FREE** and registration is **NOT** required. Parking is available in the Tampa General Hospital parking garage. Attendees are responsible for parking fees.

Some materials discussed in these meetings are not appropriate for children. We ask that they not attend these meetings. If you have questions about these meetings, please call (813) 844-4576.

# Body Mass Quick Index

Height (feet)

	4'8"	4'9"	4'10"	4'11"	5'0"	5'1"	5'2"	5'3"	5'4"	5'5"	5'6"	5'7"	5'8"	5'9"	5'10"	5'11"	6'0"	6'1"	6'2"	6'3"	6'4"	6'5"	6'6"
200	45	43	42	41	39	38	37	36	34	33	32	31	30	30	29	28	27	26	26	25	24	24	23
205	46	44	43	42	40	39	38	36	35	34	33	32	31	30	29	29	28	27	26	26	25	24	24
210	47	46	44	43	41	40	39	37	36	35	34	33	32	31	30	29	29	28	27	26	26	25	24
215	48	47	45	44	42	41	39	38	37	36	35	34	33	32	31	30	29	28	28	27	26	26	25
220	49	48	46	45	43	42	40	39	38	37	36	35	34	33	32	31	30	29	28	28	27	26	25
225	51	49	47	46	44	43	41	40	39	38	36	35	34	33	32	31	31	30	29	28	27	27	26
230	52	50	48	47	45	44	42	41	40	38	37	36	35	34	33	32	31	30	30	29	28	27	27
235	53	51	49	48	46	45	43	42	40	39	38	37	36	35	34	33	32	31	30	29	29	28	27
240	54	52	50	49	47	45	44	43	41	40	39	38	37	36	35	34	33	32	31	30	29	29	28
245	55	53	51	50	48	46	45	44	42	41	40	38	37	36	35	34	33	32	32	31	30	29	28
250	56	54	52	51	49	47	46	44	43	42	40	39	38	37	36	35	34	33	32	31	31	30	29
255	57	55	53	52	50	48	47	45	44	43	41	40	39	38	37	36	35	34	33	32	31	30	30
260	58	56	54	53	51	49	48	46	45	43	42	41	40	39	37	36	35	34	33	33	32	31	30
265	60	58	56	54	52	50	49	47	46	44	43	42	40	39	38	37	36	35	34	33	32	32	31
270	61	59	57	55	53	51	50	48	46	45	44	42	41	40	39	38	37	36	35	34	33	32	31
275	62	60	58	56	54	52	50	49	47	46	45	43	42	41	40	38	37	36	35	34	34	33	32
280	63	61	59	57	55	53	51	50	48	47	45	44	43	41	40	39	38	37	36	35	34	33	32
285	64	62	60	58	56	54	52	51	49	48	46	45	43	42	41	40	39	38	37	36	35	34	33
290	65	63	61	59	57	55	53	52	50	48	47	46	44	43	42	41	39	38	37	36	35	34	33
295	66	64	62	60	58	56	54	52	51	49	48	46	45	44	42	41	40	39	38	37	36	35	34
300	67	65	63	61	59	57	55	53	52	50	49	47	46	44	43	42	41	39	39	38	37	36	35
305	69	66	64	62	60	58	56	54	52	51	49	48	47	45	44	43	41	40	39	38	37	36	35
310	70	67	65	63	61	59	57	55	53	52	50	49	47	46	45	43	42	41	40	39	38	37	36
315	71	68	66	64	62	60	58	56	54	53	51	49	48	47	45	44	43	42	41	39	38	37	36
320	72	69	67	65	63	61	59	57	55	53	52	50	49	47	46	45	44	42	41	40	39	38	37
325	73	71	68	66	64	62	60	58	56	54	53	51	50	48	47	45	44	43	42	41	40	39	38
330	74	72	69	67	65	63	61	59	57	55	53	52	50	49	47	46	45	44	42	41	40	39	38
335	75	73	70	68	66	63	61	60	58	56	54	53	51	50	48	47	46	44	43	42	41	40	39
340	76	74	71	69	67	64	62	60	59	57	55	53	52	50	49	48	46	45	44	43	41	40	39
345	78	75	72	70	68	65	63	61	59	58	56	54	53	51	50	48	47	46	45	44	43	41	40
350	79	76	73	71	69	66	64	62	60	58	57	55	53	52	50	49	48	46	45	44	43	42	41
355	80	77	74	72	70	67	65	63	61	59	57	56	54	53	51	50	48	47	46	44	43	42	41
360	81	78	75	73	71	68	66	64	62	60	58	57	55	53	52	50	49	48	46	45	44	43	42
365	82	79	76	74	71	69	67	65	63	61	59	57	56	54	53	51	50	48	47	46	45	43	42
370	83	80	78	75	72	70	68	66	64	62	60	58	56	55	53	52	50	49	48	46	45	44	43
375	84	81	79	76	73	71	69	67	65	63	61	59	57	56	54	52	51	50	48	47	46	45	43
380	85	82	80	77	74	72	70	67	65	63	62	60	58	56	55	53	52	50	49	48	46	45	44
385	87	84	81	78	75	73	71	68	66	64	62	60	59	57	55	54	52	51	50	49	47	46	45
390	88	85	82	79	76	74	72	69	67	65	63	61	59	58	56	55	53	52	50	49	48	46	45
395	89	86	83	80	77	75	72	70	68	66	64	62	60	58	57	55	54	52	51	50	48	47	46
400	90	87	84	81	78	76	73	71	69	67	65	63	61	59	58	56	54	53	51	50	49	48	46
405	91	88	85	82	79	77	74	72	70	68	66	64	62	60	58	57	55	54	52	51	49	48	47
410	92	89	86	83	80	78	75	73	71	68	66	64	63	61	59	57	56	54	52	51	50	49	48
415	93	90	87	84	81	79	76	74	71	69	67	65	63	61	60	58	56	55	53	52	51	49	48
420	94	91	88	85	82	80	77	75	72	70	68	66	64	62	60	59	57	56	54	53	51	50	49
425	96	92	89	86	83	81	78	75	73	71	69	67	65	63	61	59	58	56	55	53	52	51	49
430	97	93	90	87	84	81	79	76	74	72	70	68	66	64	62	60	58	57	55	54	52	51	50
435	98	94	91	88	85	82	80	77	75	73	70	68	66	64	63	61	59	58	56	55	53	52	50
440	99	95	92	89	86	83	81	78	76	73	71	69	67	65	63	62	60	58	57	55	54	52	51
445	100	97	93	90	87	84	82	79	77	74	72	70	68	66	64	62	61	59	57	56	54	53	52
450	101	98	94	91	88	85	83	80	77	75	73	71	69	67	65	63	61	60	58	56	55	54	52
455	102	99	95	92	89	86	83	81	78	76	74	71	69	67	65	64	62	60	59	57	56	54	53
460	103	100	96	93	90	87	84	82	79	77	74	72	70	68	66	64	63	61	59	58	56	55	53
465	105	101	97	94	91	88	85	83	80	78	75	73	71	69	67	65	63	62	60	58	57	55	54
470	106	102	98	95	92	89	86	83	81	78	76	74	72	70	68	66	64	62	61	59	57	56	54
475	107	103	100	96	93	90	87	84	82	79	77	75	72	70	68	66	65	63	61	60	58	56	55
480	108	104	101	97	94	91	88	85	83	80	78	75	73	71	69	67	65	64	62	60	59	57	56
485	109	105	102	98	95	92	89	86	83	81	78	76	74	72	70	68	66	64	62	61	59	58	56
490	110	106	103	99	96	93	90	87	84	82	79	77	75	73	71	69	67	65	63	61	60	58	57
495	111	107	104	100	97	94	91	88	85	83	80	78	75	73	71	69	67	65	64	62	60	59	59

## Formulas:

You can estimate your ideal body weight or body mass index by using the following formulas.

**Ideal body weight for men** (in pounds) = {(height in inches - 60) x 6} + 106

**Ideal body weight for women** (in pounds) = {(height in inches - 60) x 5} + 100

**Body Mass Index** (kg/m<sup>2</sup>) = weight (lb) x 0.4534 / {height (inches) x 0.0254}<sup>2</sup>



**Tampa  
General  
Hospital**