

Efforts: Lessons From Washington State *How to Get Noticed*

Bob Michaelson, MD, PhD, FACS, FASMBS
Past Pres Washington Chapter ASMBS

No relevant disclosures

Apathy Won't Make Change

- Listen to Lobbyists
 - Chris Gallagher
 - Randy Flem
- Industry Partners
 - Janet Fikes
 - Laura Leslie Health Policy & Economics Director Health Economics & Market Access
- "Interested Parties"
- Go to Every Public Hearing
 - Make Oral and Written Comments
 - Chris; Wayne English; John Scott - whole Access to Care Team
 - STAR – Brian Sung
- Don't let ignorance prevent moving the cause forward

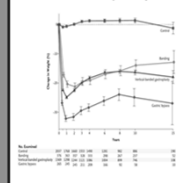
Policy Makers and Officials

- Genuinely want to become informed and do the right thing
 - Often under-informed
 - Mis-informed i.e cosmetic perception

Suzanne - *Lost 97 Pounds*



Swedish Obesity Subjects Trial




State Chapter Officers

- Make yourselves known
 - Grand Rounds
 - Community Organizations
 - Chapter Officers/Board Members use Signage
- Get it out there and they will come to you
- Be Evangelical


 Robert Michaelson, MD, PhD, FACS, FASMBS
 Northwest Weight Loss Surgery
 President, Washington State Chapter
 American Society for Metabolic and Bariatric Surgery
 Department, American Board of Obesity Medicine
 125 137 Street, S.E.
 Everett, WA 98203
 Phone: (425) 385-2323
 Fax: (425) 385-8476
 rmmichaelson@nwsl.com

You Don't Have Much Time to Get Their Attention 4 Examples


Current Approach to Obesity



254 lbs
BMI 42

- HPI: 34 y Female in NAD presents for annual PE
- Assessment & Plan
 - Heart Disease - cardiology
 - Diabetes – endocrinology
 - Kidney Failure – Nephrology
 - Peripheral Neuropathy – Neurology
 - Retinopathy - Ophthalmology
 - High BP – internal med
 - Sleep Apnea – pulmonology
 - Osteoarthritis – ortho
 - PCOS; infertility – Ob-Gyn
 - GERD – GI
 - Breast Cancer
 - General Surgery
 - Oncology
 - Radiation

Desirable Approach to Obesity



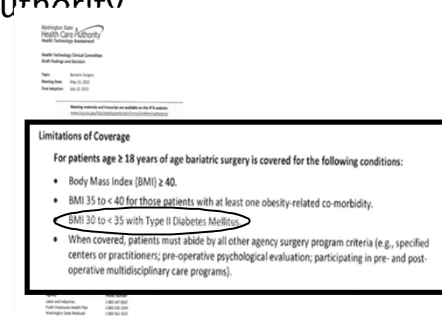
259 lbs
BBM#26

- HPI: 31 y **Morbidly Obese** Female in NAD
- Assessment & Plan
 - Heart Disease – weight loss
 - Diabetes - weight loss
 - High Blood Pressure – weight loss
 - Sleep Apnea – weight loss
 - Osteoarthritis – weight loss
 - Infertility; PCOS – weight loss
 - GERD - weight loss

Washington State Health Care Authority

- WA HCA purchases health care for > 2 Million Residents
 - Apple Health (Medicaid)
 - Public Employee Benefits Board
 - L & I
 - DOC
- Nothing Involving Policy Happens Quickly
 - 2011 initial public comment
 - 2013 Involvement as advisor to WA HCA-HTA
 - ICER Report
 - Discounted SOS on technicality in evidence review
 - 2015 Law

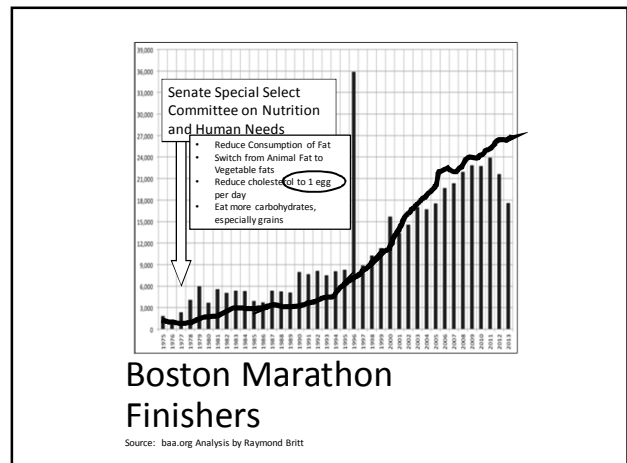
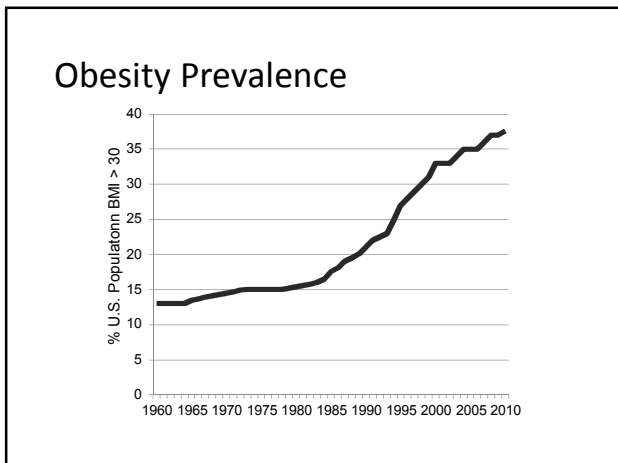
Washington Health Care Authority



Limitations of Coverage

For patients age ≥ 18 years of age bariatric surgery is covered for the following conditions:

- Body Mass Index (BMI) ≥ 40.
- BMI 35 to < 40 for those patients with at least one obesity-related co-morbidity.
- BMI 30 to < 35 with Type II Diabetes Mellitus**
- When covered, patients must abide by all other agency surgery program criteria (e.g., specified centers or practitioners; pre-operative psychological evaluation; participating in pre- and post-operative multidisciplinary care programs).



WA Office of the Insurance Commissioner

- R 2015-18 Essential Health Benefits: Amendment to comply with recent federal guidance regarding coverage for obesity
 - Coverage for Obesity Services is now an Essential Health Benefit in WA
- R 48.43.005 Cease and Desist Order from OIC against Regence
 - Plan X states "Surgical and no-surgical treatments for morbid obesity are specifically excluded under this plan".
 - Consumers who have fully-insured plans that are issued in Washington – about 35% of the health plans in our state –
 - have the right to bring their appeal to an independent review organization (IRO), even if the basis for the denial is the fact

Hemorrhoids vs: Obesity

- | | |
|--|---|
| <p>Hemorrhoids</p> <ul style="list-style-type: none"> • Disease • 4 Categories <ul style="list-style-type: none"> • 1 – non prolapsed • 2 – spontaneous reduction • 3 – manual reduction • 4 – incarcerated • Always Covered by Insurance | <p>Obesity</p> <ul style="list-style-type: none"> • Disease – AMA July 2013 • 4 Classes <ul style="list-style-type: none"> • 1 – BMI 30 – 34.9 • 2 – BMI 35 – 39.9 • 3 – BMI 40 – 49.9 • Super Obese BMI > 50 • Sometimes (conditionally) Covered |
|--|---|

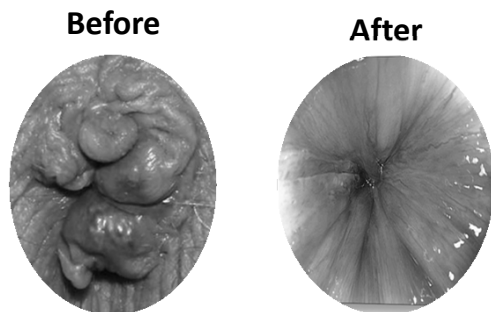
If Hemorrhoids Were Obesity:

- Grade 3 Approved if:
 - MR documents hemorrhoids have been shown to PCP annually for 5 consecutive years.
 - If hemorrhoids became Grade 2 at any point during the 5 yr period, a new 5 year interval must be started from the point at which Grade 3 was re-established.
- If Grade 2: must have co-morbid conditions
 - Constipation
 - Diverticular disease
 - Thrombosis
 - Worms
- Pre-surgical preparatory program to reduce size of hemorrhoids by 5% over 3-6 month period.
 - If failure to reduce by 5% surgery denied
 - If a monthly visit is missed must resume 3-6 month program from beginning.

Bariatric Surgery - Cosmetic



You Decide!!!



Bree Collaborative

"... to provide a mechanism through which public and private health care stakeholders can work together to improve quality, health outcomes, and cost effectiveness of care in Washington State."

- Bundles for
 - CABG
 - Total Joint
 - Lumbar Spine Fusion
 - Bariatric Surgery
- Members
 - 23 Members Appointed by the Governor
 - Work Group = 15
 - Surgeons
 - Physicians
 - Consumers
 - Medical Directors
- 2014 Womens Health talk

Metabolic Syndrome



• Components

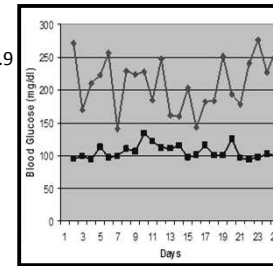
- Central Obesity
- Insulin Resistance
- Hypertension
- Dyslipidemia
- Pro-inflammatory
- Pro-thrombotic

• Predisposed to

- Type II Diabetes
- CAD

Clinical Course

- Pre-Op
 - 5'4" @ 325 lbs = BMI 55.9
 - Glyburide, Metformin
 - Lasix, Lisinopril 20 mg
 - Lipitor
 - CPAP



Metabolic Man

- 55 y Male
 - Lost 152 # over 1 yr
 - DM-II cured
 - HTN cured
 - Hypercholesterolemia cured
 - Sleep Apnea cured
 - Off 7 prescription Meds
 - 54 inch waist to 32 inch
 - Able to get life insurance



Conclusion

- People that want to make change will come to you if they know you have an interest
- You aren't going to make the change at the first encounter
- You need to get their attention so you are brought back
- You need a seat at the table to effect change