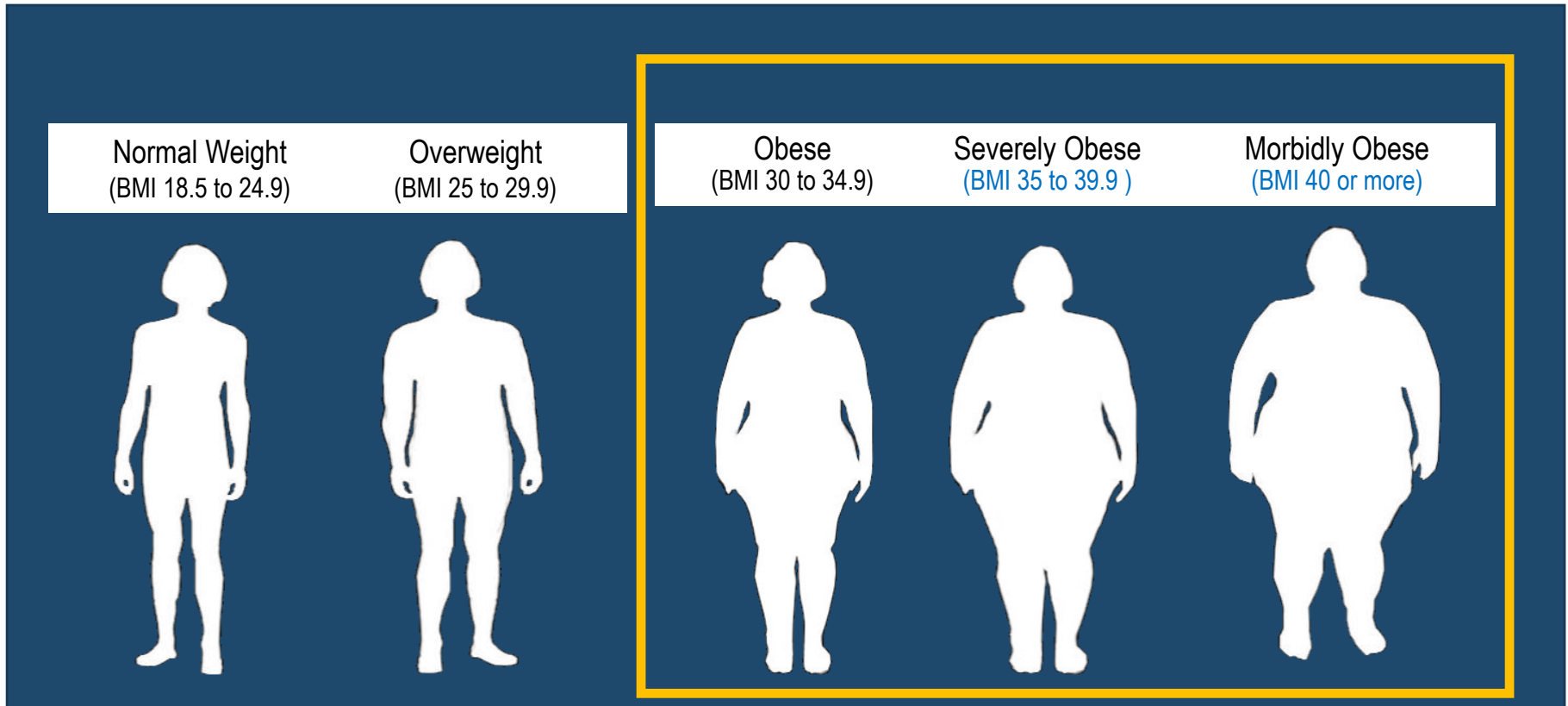


# Surgical Weight Loss Institute Informational Seminar

# Your Journey to Good Health Through Weight Loss Surgery

# Defining Obesity: Body Mass Index (BMI)

- Used to measure degree of obesity based on height and weight
- One aspect to determine eligibility for weight loss surgery



# Obesity is a complex disease

Weight that is higher than what is considered as a healthy weight for a given height is described as overweight or obese.

Obesity causes:



It is caused by a variety of factors:

- Genes
- Metabolism
- Behavior
- Environment
- Culture
- Socioeconomic status

# Eligibility

- **Patients 18 years and above**
- **Covered by most insurances**
- **Criteria**
  - BMI  $\geq$  40
  - BMI > 35 with one or more health condition such as:
    - Diabetes
    - Heart Disease
    - Sleep Apnea
    - High Cholesterol
    - High Blood Pressure

# Bariatric surgery is a safe and the only effective treatment for obesity

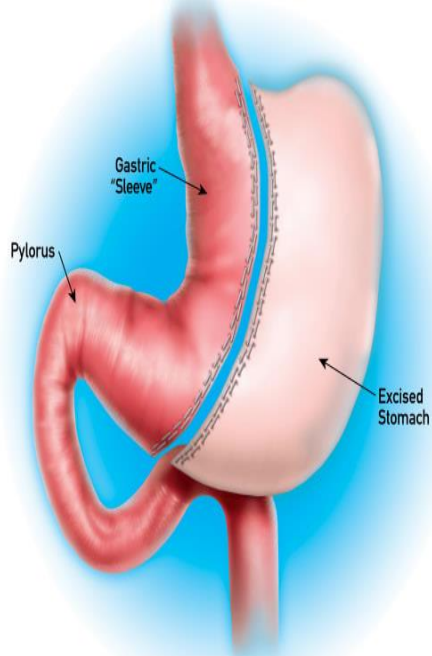
## We offer:

- An in-depth approach to weight loss via a team of specialists
- Guide the bariatric patient through a comprehensive process and pre-operative consultation
- Weight loss surgery (Gastric Sleeve, Gastric Bypass, Conversion and Revisional procedures)
- Long-term follow-up, and ongoing support groups

# Surgical Options

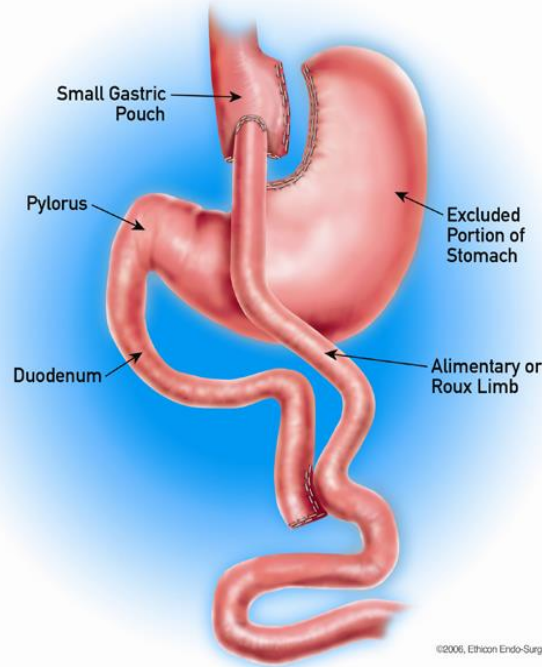
## Gastric Sleeve

### Sleeve Gastrectomy Surgery

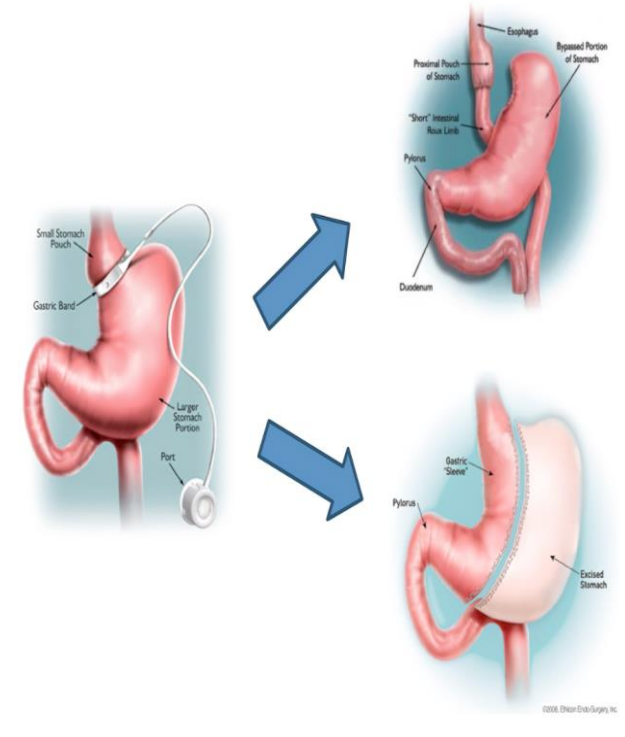


## Gastric Bypass

### Roux-en-Y Gastric Bypass Surgery



## Conversion and Revisional



# Food Choices

- Proper nutrition will be key to success both before & after surgery
- Start to practice making better food choices now to begin your weight loss journey
- Begin to work 1:1 with our Registered Dietitians





# Nutrition Guidelines

- Protein
  - Vital nutrient needed by all parts of the body
  - Promotes healing
  - Prevents excessive muscle loss & slowing metabolism
- Fruits
  - Good source of fiber, vitamins, & minerals
- Vegetables
  - Contain important vitamins & minerals
  - Good source of fiber
  - Nonstarchy vegetables are ideal
- Water
  - Water or sugar free fluids
  - 64 oz or more per day is recommended



# Successful Journey

- Lifestyle changes
  - Differentiate between physical / mental hunger
- Inspiration
  - Set goals
- Structure /Consistency
  - Pre-planning: food, exercise, support, reading labels
- Cognitive Behavior Therapy (CBT)
  - Learn how to replace emotional eating
- Journaling
  - Food/Emotions/Water/Exercise
- Support System
  - Family/ Friends / Support Groups / Co-workers / Professional Staff

# Emotional Impact

- Weight loss does not eliminate everyday problems
  - Learning how to cope without seeking food for comfort is necessary
- Potential for transfer of addiction
  - Spending Money / Shopping
  - Drugs
  - Alcohol
  - Gambling
- Counseling

# Long Term Weight Loss

Losing and maintaining weight after surgery is truly based on lifestyle changes for the long-term success

- Food choices
- Exercise
- Ongoing support
- Follow-up care with bariatric program
- Avoid Grazing (unnecessary snacking)
- Overeating: risk of damaging size of stomach/ pouch / esophagus

# Good Samaritan Hospital Bariatric Team



# Bariatric Unit

The 6,000-square-foot Bariatric Surgery Center includes seven private suite rooms designed for accessibility, sensitivity and safety. Extra space is allotted in each room, doorway and hallway to allow for safe movement and transportation, and rooms are equipped with digital monitoring equipment and modern accommodations.



# Thank you

**For more information, please contact us:**

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