



You've tried diets. Exercise. You've even taken appetite-reducing drugs. Still, the excess weight remains. You're not alone. Weighing more than what is physically and emotionally healthy is a major health problem in the United States. More than 66 percent of adults have a serious weight problem. If nothing appears to be helping you lose excess pounds, weight loss surgery – also known as bariatric surgery – may be your best option.



Clinics available at Northwest Hospital, Sinai Hospital and in Howard County. Please call for details.

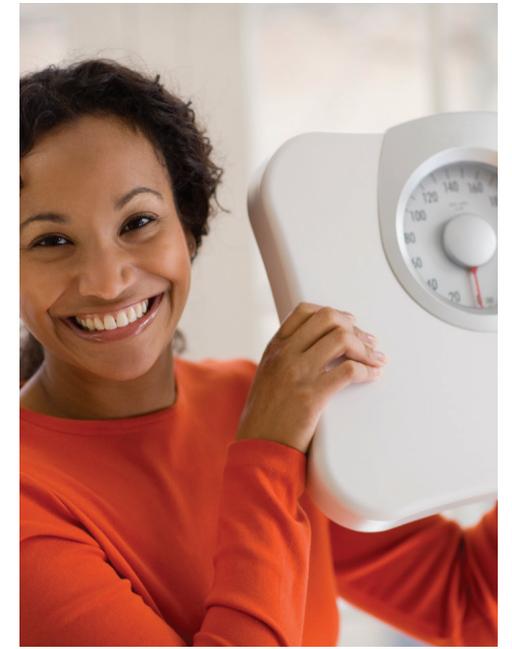
NORTHWEST HOSPITAL

a LifeBridge Health center

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LifeBridge Health Weight Loss Surgery Center at Northwest Hospital



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**For more information, call 410-601-WELL (9355)
www.lifebridgehealth.org/bariatricsurgery**

Who is a candidate for surgery

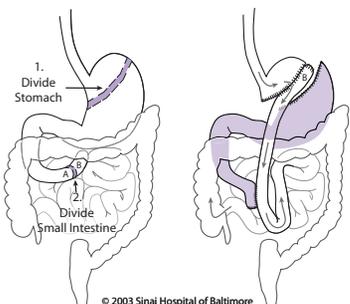
Severely obese people are defined as those who are at least 100 pounds overweight, or twice their ideal body weight. Obesity is a health risk for heart disease, high blood pressure, diabetes, sleep apnea, reflux disease, joint pain, high cholesterol, urinary incontinence, shortness of breath and leg swelling. Annually approximately 112,000 deaths are attributable to obesity, making it the second leading cause of preventable cause of death (after smoking) in the United States.

Not everyone who has a weight problem qualifies for surgery. One way to tell is to check your Body Mass Index (BMI), which is a ratio of your weight to your height. To determine your BMI, see our website for a BMI calculator or ask your doctor. If your BMI is 40 or more, or if your BMI is over 30 and you have certain health conditions, you might be a good candidate for surgery.

Laparoscopic gastric bypass

Gastric bypass surgery involves stapling the stomach and re-routing the small intestine to form a small stomach pouch about the size of an egg. The intestine is attached to the pouch to create a bypass. After surgery, food enters the pouch and empties into the small intestine. As a result, food bypasses almost all of the stomach and a segment of the intestine. The overwhelming majority of surgeries are per-

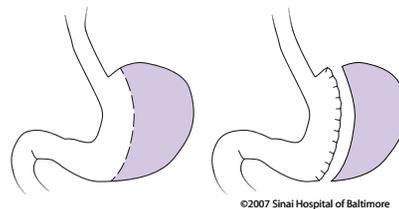
formed laparoscopically using small incisions 1/4 to 1/2 inch in size. Your surgeon will determine the best approach for you based on your medical history, height and weight.



After the surgery, you will feel satisfied after eating smaller portions, so that will limit the amount of food you consume. When you eat less food, your body draws on its own fat reserves for energy, resulting in weight loss.

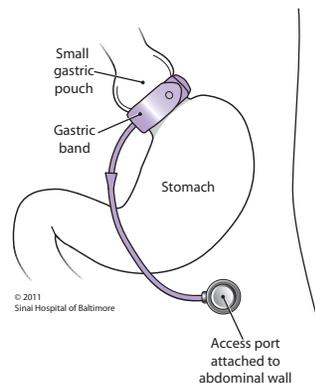
Sleeve gastrectomy

This non-reversible procedure generates weight loss through reduced food intake and normal mechanisms. Divided vertically, the stomach is reduced by more than 85 percent. The portion of the stomach that remains is shaped like a very slim banana or sleeve, which measures from 2 to 5 ounces. There is no intestinal bypass, only stomach reduction. Similar to the traditional gastric bypass, after the sleeve gastrectomy you will feel satisfied after eating smaller portions.



Laparoscopic adjustable gastric band procedure

With this procedure, minimally invasive surgery is used to place an inflatable band around the upper part of the stomach. With the band in place, your feeling of fullness is increased when you eat. The gastric banding is less invasive than other procedures. It requires no cutting or stapling of the stomach or bowel, and this procedure is also associated with a lower risk for malnutrition. Adjustments to the band can be made without additional surgery, and the gastric band is removable if necessary.



Your role and responsibilities in the weight loss process

While surgery is the only proven way for severely obese men and women to lose weight and keep it off, it is not a magic cure. It requires absolute cooperation and dedication. Before you agree to surgery, please understand that you must make a lifelong commitment to a low-fat, sugar-free, sensible diet; regular exercise; and daily vitamins. Surgery is a tool that requires your effort and involvement in your weight loss.

Your next steps

If you would like to be evaluated as a possible candidate for weight loss surgery, call our office at 410-601-WELL (9355). We will be happy to send you a full weight loss surgery information package, which contains sections for you to complete and return to us.

You also should attend at least one bariatric surgery information session. During these free seminars, our surgeons discuss what is involved with weight loss surgery and answer questions. Call 410-601-WELL (9355) to reserve your place at one of our upcoming bariatrics information sessions.