

BARIATRIC SURGICAL SERVICES



UNIVERSITY GENERAL HOSPITAL
Where Five-Star Luxury Meets Clinical ExcellenceSM



WEIGHT-LOSS SURGICAL PROCEDURES FOR THE TREATMENT OF OBESITY

At University General Hospital, we understand that obesity is rapidly becoming a national healthcare problem. More importantly, we understand that the issue may be personal to you.

You are not alone in dealing with the life-threatening disease of obesity, and our staff of professional experts is here to help.

Until now, obesity has been a difficult disease to treat because it is a multi-factorial disease and no one treatment has been considered a "cure." Contributing factors for obesity include genetics, environment, socio-economic, psychological, and medical, and all of these factors come into play when dealing with and treating this disease.

Obesity is considered "morbid" when it reaches the point of significantly increasing the risk of obesity-related health conditions or serious diseases that can cause death or disability.

Some of the diseases and co-morbidities include:

- Diabetes
- Hypertension
- Sleep Apnea
- Heart Disease
- Gallstones and Gallbladder Disease
- High Cholesterol
- Osteoarthritis
- Respiratory Problems
- Gout
- Cancer
- Stroke
- Infertility
- Depression
- Pregnancy Complications
- Urinary Incontinence



FACTS ABOUT THE SURGICAL TREATMENT OF OBESITY

According to the National Institutes of Health, anyone weighing 20 percent or more than their ideal body weight is obese, and it is at this point that extra weight becomes a health risk. In fact, some conditions associated with obesity are life-threatening.

The good news is that surgical intervention is now used to treat obesity. Many individuals seeking surgical treatment for obesity – known as bariatric surgery – do so because they wish to resolve co-morbidities such as type 2 diabetes, sleep apnea, and hypertension.

At University General Hospital, our bariatric surgeons are all board certified, are highly experienced, and are nationally renowned experts in this field. They have literally helped thousands of people lose their excess weight, resolve their co-morbid conditions, and begin to live healthier lives. Each of our bariatric surgeons brings a compassionate and caring spirit to the operating room, the patient's bedside, and the journey to recovery that is unsurpassed.

SURGICAL OPTIONS

GASTRIC BYPASS ROUX-EN-Y

Gastric bypass Roux-en-Y is designed to restrict the amount of food one can eat and to bypass a portion of the small bowel, thus allowing fewer calories to be absorbed. Surgeons carefully divide the stomach to create a small pouch at the end of the esophagus that acts to restrict food intake to about one ounce. This "new stomach" – commonly referred to as "the pouch" – is then attached to the small intestine, bypassing the lower, distal stomach and a portion of the small bowel known as the duodenum.

Advantages of gastric bypass Roux-en-Y include rapid weight loss, reduced co-morbidities, a reduced desire to eat, reversibility, and a proven track record of long-term weight loss maintenance.

On average, one can expect to lose and to have maintained a 70 percent excess body weight loss five years after surgery.

ADJUSTABLE GASTRIC BANDING

The adjustable gastric banding procedure is designed to restrict food intake without interfering with the body's normal digestive processes. A silastic band is placed around the upper portion of the stomach, creating a small pouch and a narrow passage into the stomach. Because the pouch can hold only a small amount of food – usually about an ounce or two – the quantity of food eaten is reduced and a feeling of satiety is obtained (the feeling of fullness). The narrow passage slowly allows food to empty into the stomach where normal digestion occurs. The diameter of the band can be adjusted to increase or decrease the speed at which food empties into the stomach, thus allowing for continued weight loss long-term.

Advantages of adjustable gastric banding include adjustability, steady weight loss, proven success, less impact on the anatomy, a shorter recovery period, normal digestion and absorption of food energy and nutrition, and reversibility.



WEIGHT-LOSS SURGERY REVISIONS

The bariatric surgeons at University General Hospital have performed hundreds of revisional surgeries, giving our patients successful outcomes. Many times, a revision is exactly what is needed in order to achieve a healthy weight.

Types of revisions performed include:

- Adjustable gastric banding to gastric bypass Roux-en-Y;
- Gastric bypass Roux-en-Y to adjustable gastric banding;
- Molina band to adjustable gastric banding;
- Molina band to gastric bypass Roux-en-Y;
- Vertical banded gastroplasty (VBG) to gastric bypass Roux-en-Y;
- Vertical banded gastroplasty (VBG) to adjustable gastric banding.

LIFE AFTER SURGERY ... WHAT SHOULD YOU EXPECT?

Weight-loss surgery is not the "magic bullet" and it will not solve all of your problems. Rather, it is a medical treatment for a medical problem and is only a tool to help you keep your obesity under control. How you use your tool will determine – to some degree – the level of success you achieve.

Our program provides information about diet and exercise, returning to work, sex, birth control, pregnancy, self-esteem and self-worth, long-term follow-up care, reconstructive plastic surgery, and the impact of surgery on your closest relationships – including your relationship with yourself.

We understand that achieving and maintaining a healthy body weight is new to most people going through our program, and we want you to know that you're not alone in your concerns. In fact, we understand your concerns because we're patients, too.

WILL HEALTH INSURANCE COVER MY PROCEDURE?

Many policies cover part or all of bariatric surgical procedures. Pre-approval or pre-certification may be required. Our physicians and business office will work closely with you to maximize any benefits you may have for coverage.

GETTING STARTED ON THE ROAD TO BETTER HEALTH

The first steps to the new, healthier you include attending a free pre-operative educational seminar. To find out more or to register to attend a free seminar, call us at 1-888-THINKTHIN or register online at www.universitygeneralhospital.com.

For a listing of our bariatric surgical specialists, please visit our website and click on "physician search/bariatrics."

Obesity does not have to be a life sentence. With proper treatment, we can help get you on the road to a new, healthier lifestyle.

We look forward to giving you the best care possible.

UNIVERSITY GENERAL HOSPITAL.

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