

BARIATRIC SURGERY

Weighing Your Options

IS WEIGHT LOSS SURGERY FOR YOU?

- Do you have a **BMI >35**?
- Do you have **Diabetes, High Blood Pressure, and/or Sleep Apnea**?
- Have you attempted **six consecutive months** of weight loss trials with you Primary Care doctor within the last year?

If you answered YES to all three of these questions, then weight loss surgery IS for YOU.



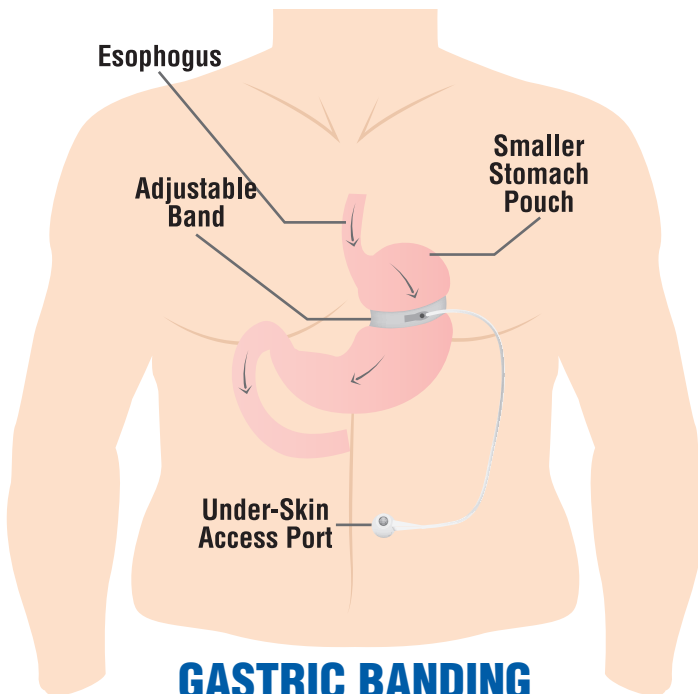
SLEEVE GASTRECTOMY

- ▶ This is an inpatient surgery, usually performed laparoscopically, where the bottom portion of stomach is removed. This results in the stomach taking the shape of a tube or “sleeve” which makes the stomach hold much less food, but does NOT interrupt the digestive process.
- ▶ Studies show that with the bottom of the stomach that is removed, levels of a hormone called ghrelin will decrease. Ghrelin is often referred to as the “hunger hormone”.
- ▶ In the first year, patients can expect to experience a 60% weight decrease after having the surgery.
- ▶ With the sleeve gastrectomy, there is NO foreign body implanted.
- ▶ The sleeve gastrectomy is permanent and cannot be reversed.
- ▶ Patients who smoke cannot have a sleeve gastrectomy.



GASTRIC BANDING

- ▶ This is an outpatient surgery, usually performed laparoscopically, where a silicone band is placed around the top part of the stomach restricting the amount of food that can be taken in.
- ▶ A port that is connected to the band is placed under the abdominal skin for easy access. A needle is used to inject saline into the band for “tightening” or “loosening” of the gastric band.
- ▶ In the first year, patients can expect to experience a 45% weight decrease after having the surgery.
- ▶ This gastric band is a device implanted into the body.
- ▶ This surgery is not permanent, and the gastric band can be removed if needed.
- ▶ Patients who smoke may have gastric band surgery, but most insurance companies require you to quit smoking.



GASTRIC BANDING

STEPS, GUIDELINES & REQUIREMENTS FOR SURGERY

- ▶ Attend a free Bariatric Information Seminar with Dr. Patrick Klapheke. Seminars take place each month on the first Monday at 6 p.m. at the T.J. Health Pavilion Community Center, and on the third Monday each month at 5 p.m. at T.J. Health Columbia Primary Care.
- ▶ Start a 6-consecutive-month weight loss trial with your primary care provider (if you haven't already).
- ▶ Schedule a consultation appointment with Dr. Klapheke.

He will order the following:

1. Dietitian referral
 2. Cardiac clearance (*If insurance requires it or patient presents need for it.*)
 3. Pulmonology clearance (*If insurance requires it or patient presents need for it.*)
 4. Psychology evaluation
 5. Upper scope (*If you have not had one in the past year.*)
- ▶ After completion of all of above, the request will be sent to your insurance for pre-certification and scheduling of the surgery.
 - ▶ *All of above is subject to change depending on patient's compliance and insurance requirements.*

TJ Samson BARIATRIC SURGERY

For more information, to schedule an appointment, or to register for the free informational seminar session, please contact us at

270.659.5945 or **270.651.1111**