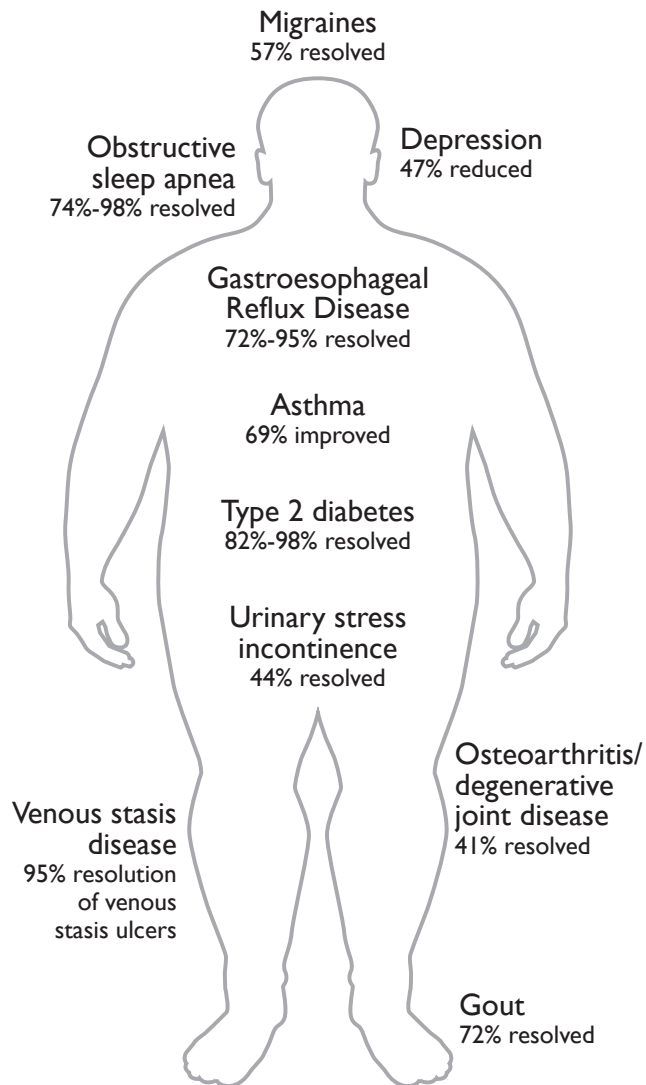


Benefits of weight loss surgery

Losing weight can help you resolve or improve the following obesity-related conditions:



Relative risk of mortality reduced by 89% in a five-year period

For more information

The Bariatric Surgery team at Fletcher Allen will help you determine whether you are a candidate for surgery. Contact our office at (802) 847-3330 for further information and ask us to send you a health questionnaire, which you can fill out and send back to us for evaluation. Or visit us on our website at www.FletcherAllen.org/weightlosssurgery to download the questionnaire.

Once we receive the questionnaire from you, our staff will review it and invite you to attend an introductory session held at our clinic. This two-hour session will provide you with all the information you'll need to take the next steps in planning for surgery.

The Bariatric Surgery Program at Fletcher Allen

353 Blair Park Road
Williston, VT 05495

PHONE (800) 358-1144
(802) 847-3330
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www.FletcherAllen.org



Weight Loss Surgery

Our multidisciplinary team provides support before, during and after surgery, to help you maintain your weight loss.

Overview

Obesity is a life-threatening disease affecting 1 in 3 adults in the United States. Morbid obesity brings with it:

- increased risk of serious health conditions
- social, psychological and economic challenges
- a shorter life expectancy

You've probably made several attempts to take control of your weight through diet and exercise. But for many, that is not enough.

Weight loss surgery, also known as bariatric surgery, has been shown to provide the longest period of sustained weight loss in patients who have tried other approaches without success.

Bariatric surgery has also been shown to resolve or improve obesity-related health conditions, including Type 2 diabetes, hypertension and obstructive sleep apnea.

Getting started/next steps

Determining whether you are a candidate for weight loss surgery is the first step. According to guidelines set by The National Institutes of Health (NIH), you may be a candidate for surgery if:

- you have a body mass index (BMI) of at least 40
- you have a BMI of at least 35, with one or more serious obesity-related conditions such as diabetes and obstructive sleep apnea
- you have a history of repeated attempts at non-surgical weight loss
- you are at least 18 years old

- you are prepared to make healthy changes to your eating and exercise habits

The Bariatric Surgery team at Fletcher Allen will help you determine whether you are a candidate for surgery. Contact our office at (802) 847-3330 to get started, or visit our website at www.FletcherAllen.org/weightlosssurgery.

Types of surgery

We offer the following types of surgeries:

- **Gastric Bypass (Roux-en-Y Gastric Bypass):**
In this procedure, stapling creates a small stomach pouch. The pouch holds about 3-5 ounces of food. The remainder of the stomach is not removed, but is completely stapled shut and divided from the stomach pouch. The outlet from this newly formed pouch empties directly into the middle portion of the small intestine, thus bypassing calorie absorption and the duodenum (the first portion of the small intestine).

Results: you can expect to lose 75% of your excess body weight within three years after surgery.

- **The Adjustable Gastric Band or Lap Band:**
Gastric banding limits the amount of food you can eat at one time. During the procedure, the gastric band is placed around the stomach, dividing it into two parts: a small upper pouch and a lower stomach. The upper pouch holds about 4 ounces of food.

Results: you can expect to lose 45% of your excess body weight in the first 18 months after surgery if you continue to exercise and choose healthy foods.

- **Gastric Sleeve (Sleeve Gastrectomy):**
A sleeve gastrectomy is a restrictive procedure that limits the amount of food you can eat by reducing the size of your stomach. In this procedure, a thin vertical sleeve of stomach is created using a stapling device. The sleeve typically holds approximately 3-5 ounces of food. The excised portion of the stomach is removed.

Results: you can expect to lose 50-60% of your excess body weight within three years following surgery.

Our team approach

Your surgeon and the Bariatric Surgery team can help you understand the advantages and risks associated with each of these procedures. Our team includes surgeons, a nurse practitioner, a registered nurse, dietitians and a psychologist, all of whom work with you to help you achieve successful, long-term weight loss. It's important to remember that weight loss surgery will only work as well as the effort you invest in adopting a healthy and active lifestyle.