

*“Weight loss surgery
helped me lose
112 pounds.”*

– Jennifer Weaver

Weight Loss Surgery Program

BAYLOR UNIVERSITY MEDICAL CENTER AT DALLAS

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When Jennifer Weaver's husband was diagnosed with leukemia, she focused all her attention on his health and neglected her own. Her weight increased to 248 pounds. After her husband's death, she learned that he had been concerned about her health and wanted her to do something about it. It was then she knew she needed to do something, too.

She started with a physical exam. Tests showed she had high blood pressure, a fatty liver and an enlarged heart. Jennifer tried to diet, but couldn't stick with an eating plan. At Baylor University Medical Center at Dallas, Jennifer had gastric bypass surgery, a procedure that makes the stomach smaller and allows food to bypass part of the small intestine.

Within nine months, Jennifer lost 112 pounds and went from a size 22 to a size 4 and no longer needed blood pressure medicine and says her energy level is now superb.

Today, Jennifer enjoys shopping for new clothes. Most importantly she loves the time with her 14-year-old son traveling Europe on mission trips and working out together.

More than 500,000 Americans die prematurely each year from obesity-related complications, and it is one of the leading causes of preventable death. If you want to do something about your weight, you are not alone. Almost two-thirds of adults in the United States are overweight or obese. Whether the extra pounds are a result of genetics, metabolism or lifestyle, your health is at risk.

When you're overweight, you're more likely to experience other health problems (co-morbidities), such as:

- | | | |
|---|---|--|
| <ul style="list-style-type: none">• <i>Diabetes</i>• <i>Heart disease</i>• <i>Osteoarthritis</i>• <i>High blood pressure</i> | <ul style="list-style-type: none">• <i>Acid reflux disease</i>• <i>Sleep apnea</i>• <i>Depression</i> | <ul style="list-style-type: none">• <i>Problems with skin, urination or menstruation</i>• <i>Increased risk for certain types of cancer</i> |
|---|---|--|

Weight Loss Surgery Program

Take control of your weight through the **Weight Loss Surgery Program** at Baylor University Medical Center at Dallas. The program's multidisciplinary team includes physicians, a registered dietitian, a psychologist and a support group leader who work together to help you lose weight and build a healthier life. The comprehensive program includes:

- *Weight loss surgery seminars*
- *Medical testing to qualify candidates*
- *Psychological evaluation*
- *Nutrition and dietary counseling for life*
- *Exercise*
- *Patient support groups*
- *Lifetime of support to help you on your path to a new lifestyle*

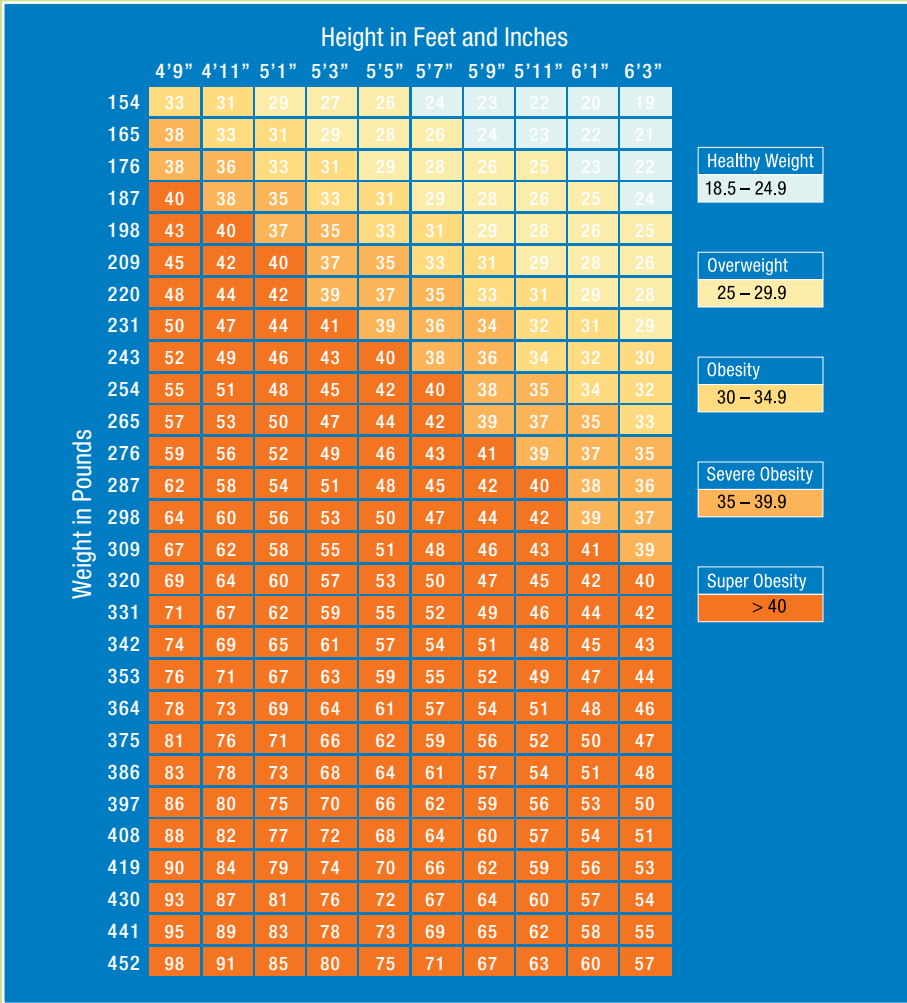
Are You a Candidate?

If you have experienced unsuccessful attempts at weight loss in the past and have a Body Mass Index (BMI) of 40 or more, you may be a candidate for weight loss surgery.

You also may be a candidate if you have a BMI of 35 or higher, plus a serious health problem, reference list on page 1.

What is Body Mass Index?

BMI is the standard by which health care professionals determine whether a person is overweight or obese. An adult with a BMI of 25–29 is considered overweight. Obesity starts at a BMI of 30, severe obesity starts at 35, and super obesity starts at 40 (see chart below).



Determining Your BMI Find your weight on the vertical scale and your height on the horizontal scale. Your BMI range is where these lines cross.



Janis and
Gary Newman

*One year after
gastric bypass
surgery.
Gary used to
wear this belt
and now they
fit in it together.
Success is
theirs.*

Baylor Dallas: A Comprehensive Resource for Weight Loss

The Weight Loss Surgery Program at Baylor Dallas has been designated a Center of Excellence by the American Society for Metabolic and Bariatric Surgery. Weight loss surgeons on the medical staff of Baylor Dallas have performed more than 6,380 weight loss procedures since the program began in 2001. A majority of the procedures are performed laparoscopically, often on an outpatient basis. Most patients go home within 24 hours, which reduces time off from work, lessens the risk of infection and promotes a speedy recovery.

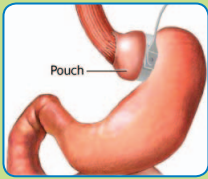
Surgery is a tool for weight loss, not a quick fix. Your weight loss surgery team will review and discuss your personal health history and the possibility of related risks and complications. A personalized plan of care will be developed to meet your weight loss and long-term weight maintenance needs.

After weight loss surgery, post-operative follow-up care is essential. Regularly scheduled check-ups with your physician, nurse practitioner and dietician are important keys to weight loss success.



Types of Weight Loss Surgery

Adjustable Gastric Band



ADVANTAGES

- Gradual weight loss
- No malabsorption
- Lower risk
- Only multivitamins required

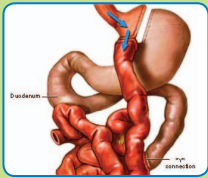
DISADVANTAGES

- Slower weight loss
- Frequent doctor visits
- Foreign body implanted

RISKS

- Band slippage
- Band erosion
- Inadequate weight loss

Gastric Bypass



ADVANTAGES

- Rapid weight loss
- No need for adjustment
- No foreign body
- Excellent resolution of GERD and dyslipidemia

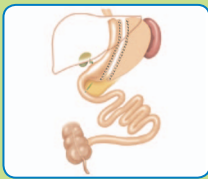
DISADVANTAGES

- Higher risk
- Non-adjustable
- Lifetime need for supplements

RISKS

- Leakage from staple lines
- Bleeding
- Strictures
- Too much weight loss
- Too much malabsorption
- Longer surgery

Gastric Sleeve



ADVANTAGES

- Moderate weight loss
- No malabsorption
- Moderate risk
- No foreign body

DISADVANTAGES

- Slower weight loss
- Non-adjustable
- No long term results available
- May enlarge over time

RISKS

- Leakage from staple lines
- Inadequate weight loss

After Surgery

For most patients, the most significant weight loss is experienced during the first 6 to 12 months. Of course, individual results may vary. With substantial weight loss, medical complications associated with obesity, including diabetes and hypertension (high blood pressure), may improve or become resolved.

Our Comprehensive Program Offers:

Nutrition Counseling

Baylor Dallas Weight Loss Surgery Program provides full support for patients before, during and after weight loss surgery. A registered dietitian, who specializes in bariatric nutrition, works one-on-one with weight loss surgery patients during this time.

Because weight loss surgery changes the digestive process, nutritional counseling is essential to learning new techniques for eating. For patients who undergo gastric bypass (Roux-en-Y), the dietitian provides education and tools about food intolerances and avoiding nutritional deficiencies.

The techniques you learn from the Baylor Dallas dietitian and nutrition classes are lifestyle changes that assist you the rest of your life. Whether you're dining out or cooking at home, if you become discouraged or need clarification, the dietitian is available to create or modify your individual eating plan.

Upon approval for the surgery, you will attend a nutrition class that focuses on post-surgery nutritional guidelines. Additional classes are available at six weeks, six months and one year after surgery. You may attend classes as often as desired, and one-on-one nutritional counseling is available.

Education and Support Groups

Baylor Dallas Weight Loss Surgery Program is pleased to provide patients, family and friends with educational and support tools to help you maintain a healthy lifestyle. Support groups offer continued education through distinguished speakers and other post-surgery patients. The groups build a community for mentoring, additional support and accountability.

Support group educational and fun events are coordinated by a licensed therapist. These groups can help you learn what to expect before, during and after your surgery. Baylor Dallas offers in-depth educational workshops on such topics as body image, weight maintenance skills and relapse prevention. Specific groups for men, singles, couples and families are offered.

Fun and interesting events planned on a semi-annual basis may include fashion shows, cooking demonstrations, food shopping tips, a field trip and holiday celebrations.

For convenience, evening support groups are held at several locations in the Dallas area. You may attend these support groups as often as you'd like at no charge.

Insurance Coverage for Weight Loss Surgery

Baylor Dallas Weight Loss Surgery Program will guide you through the insurance and payment processes. Most major insurance providers cover bariatric procedures. We suggest you check with your employer to see if bariatric or weight loss surgery is a benefit available to you.

In some instances, you may be required to participate in a medically supervised weight loss program before qualifying for surgery. Contact your insurance provider to determine your specific policy requirements. Baylor has an insurance benefits coordinator available to assist you.

For More Information

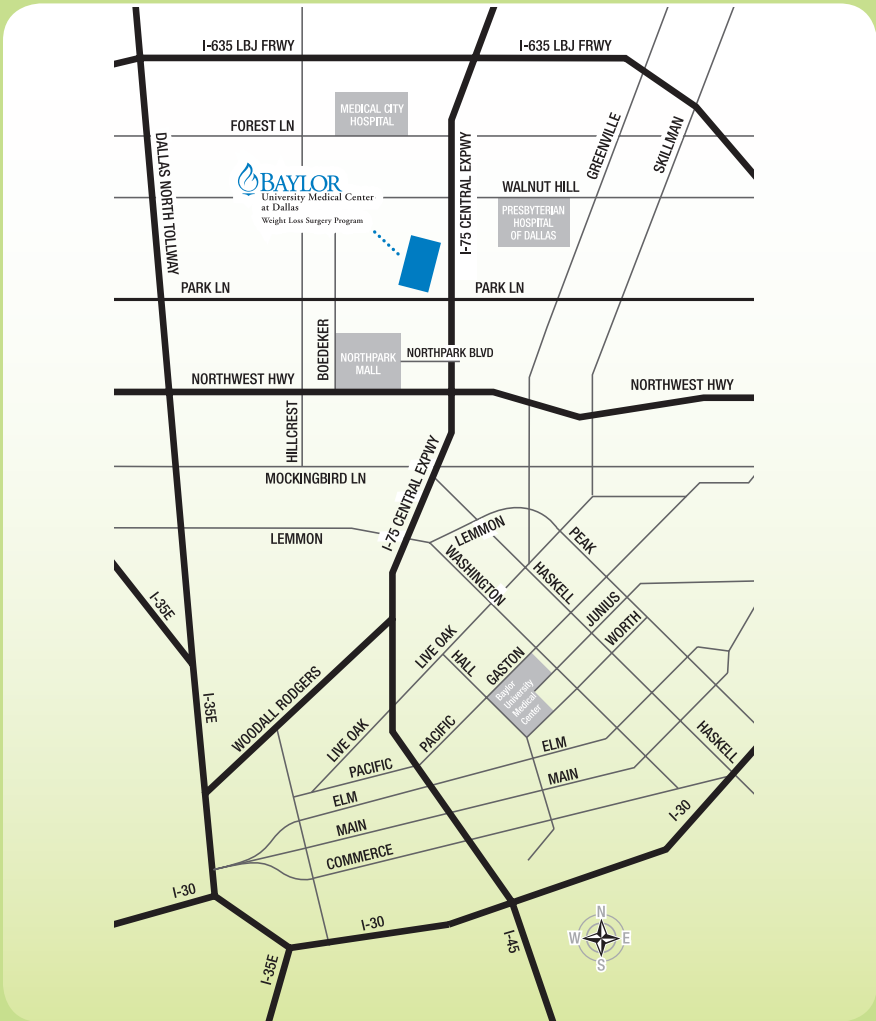
If you would like to learn more about weight loss surgery, we invite you to attend a free information seminar led by weight loss surgeons on the medical staff of Baylor Dallas. The seminar will provide you with detailed information about the procedures and other aspects of our program. You also will meet other members of the weight loss surgery team.

To make a reservation at our next seminar, please call **1.800.4BAYLOR (422.9567)**, or register at **BaylorHealth.com/DallasWeightLoss**. You may also contact the Baylor Dallas Weight Loss Surgery Center at **214.820.8220** for additional information.



Watch our patients describe their weight loss success. Now they love to have their picture taken. Visit **BaylorHealth.com/DallasWeightLoss**.

Baylor University Medical Center at Dallas Weight Loss Surgery Program hosts a free informational seminar on the second Wednesday and fourth Tuesday of each month. The seminar is held at Baylor Health Center at North Dallas— 2nd floor Conference Room, 9101 N. Central Expressway. To register for a seminar, please call **1.800.4BAYLOR** or visit BaylorHealth.com/DallasWeightLoss.



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