

Our Team

Our bariatric surgeons and support staff provide the information and support necessary to achieve substantial and sustainable weight loss.

Our surgeons:



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Weight Loss Surgery

A Patient's Guide



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Introduction

Weight loss surgery (also called bariatric surgery) is a life-changing procedure. Making the decision to undergo bariatric surgery requires research, a good amount of reflection, and an in-depth discussion with your doctor to determine the benefits and risks you may experience as a result of bariatric surgery.

However, you also should take a look at the science and know that weight loss surgery can be an effective treatment for the lifelong condition of morbid obesity.

If traditional weight loss methods have not worked, bariatric surgery may be the right answer for you to achieve substantial, sustainable weight loss.

For people suffering from the lifelong disease of morbid obesity, weight loss surgery can be a powerful tool that allows people the ability to manage their condition.

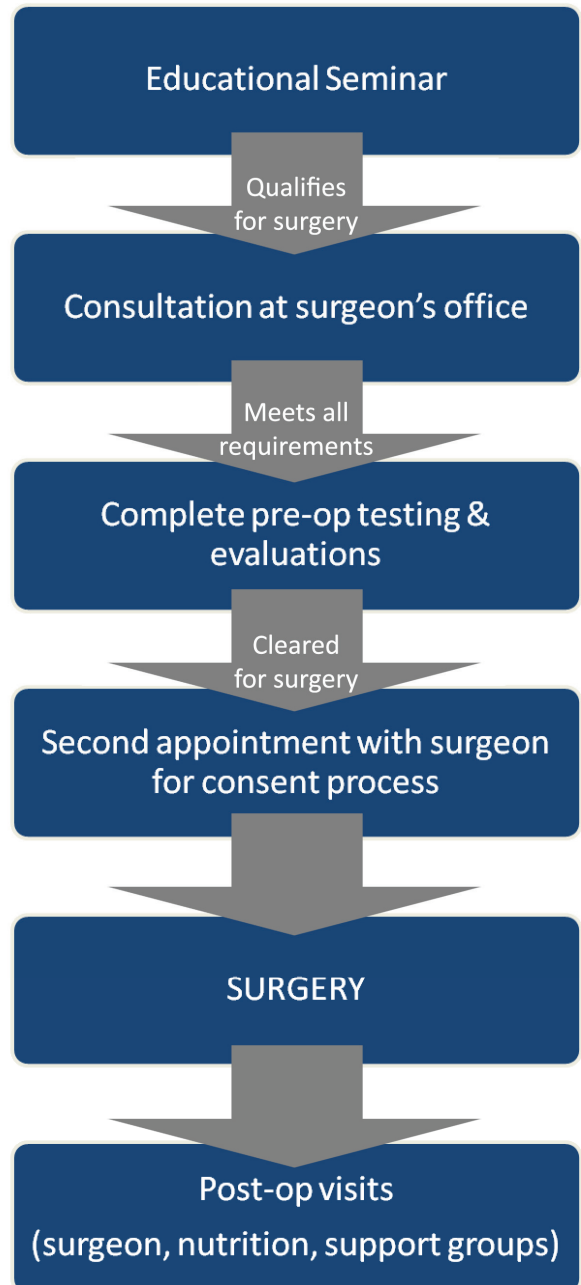
And with its effectiveness in resolving or improving co-morbidities such as heart disease and type 2 diabetes, it may improve your quality of life.

Of course, weight loss surgery is a tool, not a cure. For the surgery to be effective long term, it must be used properly. Through lifestyle changes such as regular exercise and a healthy food plan, many patients are able to make a long-term change for better health.

As with any surgery, bariatric surgery may present risks. It's important to learn about these risks and discuss them with your bariatric surgeon.

The Process

While every patient's experience is unique, the following chart outlines the typical process for an individual undergoing weight loss surgery at Englewood Hospital:



Pat B., RN:

Pat B., a registered nurse, was very overweight and suffered multiple obesity-related conditions including high blood pressure and gastric reflux disease. Her family history of type 2 diabetes and other chronic illnesses put her at an increased risk for developing even more health problems.

“My father is very overweight, has high blood pressure, high cholesterol and diabetes and is on dialysis” offered Pat. “I felt that it was imminent that I would become diabetic, and did not want to find myself with the same medical problems as my father.”



“To achieve the significant, sustainable weight loss necessary to improve her health, Pat decided to have laparoscopic adjustable banding surgery at Englewood Hospital.

Within a year of surgery, Pat lost nearly 100 pounds. She no longer needs medication to manage high blood pressure or gastric reflux disease, and her cholesterol medication is reduced. She is healthier and feels more energetic than ever.

“I wanted to live a healthier life, without all of the complications and interferences of chronic illness.”

Health Benefits of Weight Loss

Morbid obesity can lead to a shorter life and many life-threatening health problems, known as co-morbidities.

Studies show that the risk of an early death for those struggling with obesity is twice that of a non-obese person.

With treatment, there is a better chance for enjoying good health and a longer life.



Obesity-related health conditions that may be improved or resolved with bariatric surgery include:

- Type 2 diabetes
- High blood pressure/heart disease
- Dyslipidemia (lipid metabolism abnormalities)
- Osteoarthritis of weight-bearing joints
- Depression
- Sleep apnea/respiratory problems
- Gastroesophageal reflux/heartburn
- Infertility
- Urinary stress incontinence
- Menstrual irregularities
- Asthma
- Skin breakdown
- Swollen legs/skin ulcers
- Extremity venous stasis

How Bariatric Surgery Works

There are two basic ways that bariatric surgery works to help patients lose weight and improve or resolve co-morbidities: One way is *restriction* the other is *malabsorption*.

Restrictive Procedures:

Procedures that use *restriction* limit the amount of food patients can eat. The current standard for a purely restrictive procedure is the adjustable laparoscopic band. Restriction is accomplished surgically by creating a small stomach pouch. When eating, the pouch fills quickly and gives a feeling of fullness much sooner. Because patients feel full sooner, they eat less food.

Malabsorbtive Procedures:

Procedures that use *malabsorption* change the body's ability to absorb calories and nutrients from food. The surgeon changes the way food travels through the patient's system. By rerouting food past a large part of the stomach and a portion of the small intestine, much of the calories and nutrients pass through without being absorbed.

Which is Better?

Both methods work to help patients lose excess weight, lower their BMI, and transform their health by resolving or improving co-morbidities.

As with any surgery, weight loss procedures carry risks as well as benefits. A thorough consultation with your surgeon will help you determine which method may provide you with the best results.

Fanny began to think about weight-loss surgery as her frustration with dieting grew, but the idea of undergoing surgery made her nervous. Even after her husband Hamlet experienced rapid weight loss following his surgery, she was still not convinced that surgery was the answer for her.



But, as her weight approached 300 pounds and health complications, including high blood pressure began to arise, Fanny's family doctor urged her to get surgery.

Six months after Hamlet had his procedure, Fanny decided she was ready.

Four months post-surgery, and 80 pounds lighter, Fanny's only regret is that she waited so long. "I could not have been in better hands. The team of doctors and staff are very professional and seek to accommodate patients from the beginning until the end of the process."

"They taught me how to change my lifestyle so I could live a healthy life"

— Hamlet Garcia

Fanny was also grateful for the ongoing support she received. "Although my surgery was more than four months ago, they still make themselves available to answer questions and clarify my concerns."

Success Stories

Hamlet & Fanny Garcia:

When Hamlet Garcia first began considering bariatric surgery, he felt nervous and unsure about his decision. But from the moment he met our bariatric team, he knew he was in good hands.

Just four months later and seventy-five pounds lighter, Hamlet had gained a healthy lifestyle and a revitalized sense of self-confidence.



“The bariatric team at Englewood Hospital — , they take good care of you right from the first consultation. There were very informative seminars about both weight loss procedures where the surgeons openly discussed risks and results,” says Hamlet.

“They taught me how to change my lifestyle so I could live a healthy life after the surgery was over,” agrees Hamlet. “It makes a huge difference to know you have a whole team of professionals behind you. The team handled my insurance forms, the nurses were so caring and understanding, and the doctors were always available.”

For Hamlet’s wife, Fanny, achieving and maintaining a healthy weight had been a lifelong struggle. Like so many others, she has experienced short-lived success with diets. Soon after she would lose weight, the pounds she had shed —plus more— would creep back on.

Common Procedures

Laparoscopic Adjustable Gastric Banding (Restrictive)

The Laparoscopic Adjustable Gastric Banding procedure is a purely restrictive surgical procedure in which a band is placed around the uppermost part of the stomach.

This band essentially separates the stomach into two portions: one small upper portion and one larger lower portion. Once the band is in place, foods consumed rapidly fill the upper portion of the stomach leading to early sensation of fullness. If the rate of weight loss or the sensation of fullness after meals is not acceptable, the band can be adjusted. Digestion of food happens through a standard route so there are fewer chances of complications from vitamin and mineral deficiencies.



Gastric Bypass Surgery (Restrictive and Malabsorptive)

In the Gastric Bypass procedure, the surgeon creates a small stomach pouch with a special surgical stapler and then constructs a “bypass” channel with the small intestine for food.



The bypass allows food to skip the majority of the stomach and the first portion of the small intestine. By re-routing the digestive system, one feels full with a small quantity of food and one absorbs fewer calories. Both of these mechanisms promote weight loss.

Patient Selection

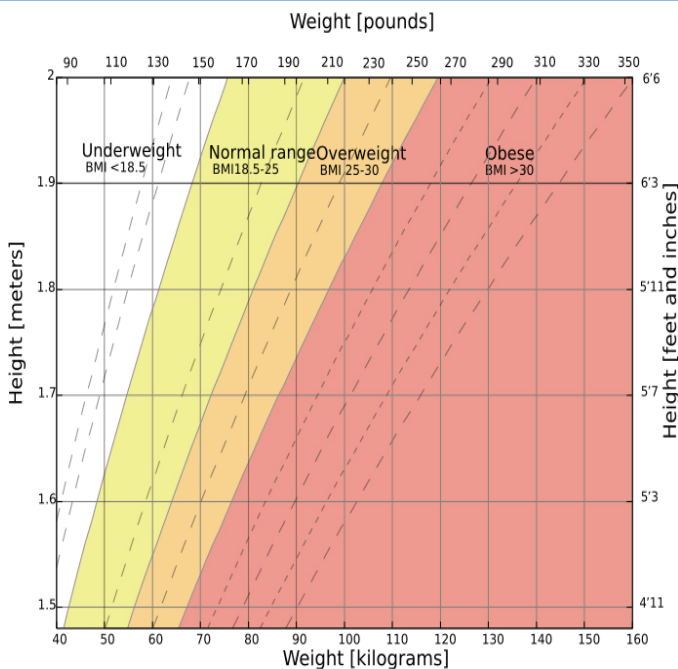
Your choice to have weight loss surgery should be based on discussions with your doctor and your individual needs and health goals. The National Institutes of Health (NIH) offer the following criteria for patient selection:

- 100 pounds or more above ideal body weight or a Body Mass Index (BMI) of 40 or greater
- BMI of 35 or greater with one or more obesity-related health condition(s)

Other factors may include:

- History of documented dietary weight loss attempts
- Lifelong commitment to dietary, exercise, and medical guidelines and follow-up care
- Psychological evaluation

BMI Chart



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A Comprehensive Approach

The Weight Management Institute at Englewood Hospital offers the latest in surgical options for sustainable weight loss:

- Bariatric surgery in a safe hospital environment
- In-network coverage by most insurance carriers
- Same-day, minimally invasive gastric band surgery
- Board-certified surgeons, including multi-lingual surgeons
- Innovative bloodless surgery techniques
- Size-friendly accommodations including extra wide patient/visitor seating and wheelchairs. Safe patient lifting and moving equipment is also available
- Free informational seminars to prepare you and answer your questions—five per month
- Post-surgery nutrition and exercise guidance
- Post-surgery, ongoing support groups and compassionate follow-up care

Informational Seminars

Those considering weight-loss surgery at Englewood Hospital are invited to attend a free informational seminar. The benefits and risks of surgery are explained and questions from attendees are answered.

During the seminar, the Medical Center's bariatric surgeons provide extensive information on the lifestyle modifications the decision to undergo weight-loss surgery entails, including education about diet, exercise, and relationship changes.

To attend a free seminar, call 1-866-980-EHMC.

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