

BARIATRIC SURGERY

CONTACT

*If you are interested in pursuing bariatric surgery, want to learn more, or would like to attend an informational seminar, please call **218-894-8765**.*

Making the Decision

If you've been thinking about how bariatric surgery could be the answer to your weight loss struggles, you are not alone. To help with these struggles, Lakewood Health System's bariatric surgery program is here to help you lose weight, and live a happier, healthier life.

While weight loss is the most immediate benefit of bariatric surgery, other benefits include better overall health, the reduced risk of chronic diseases, reduced joint pain, and the potential of decreasing insulin use for people with diabetes.

In order to qualify as a candidate for the surgery, patients must meet the following criteria:

- Your BMI (body mass index) is at least 40, or,
- Your BMI is 35-39.9, and you suffer from at least two serious health-related problems.
- If your BMI is over 55 for males, or over 60 for females, you will need to decrease that number before surgery.
- You must be over the age of 18.
- You have to have been overweight for at least two years, with only short-term success with serious weight loss attempts.
- You cannot be wheelchair or oxygen dependent, or awaiting transplant.
- You must be prepared to attend regular follow-up appointments and make lifestyle changes necessary to ensure the surgery is successful.

Prior to Surgery

Requirements for both pre- and post-surgery are dictated by your insurance, as well as your individual needs. The bariatric and metabolic team works with you to develop a care plan designed to ensure every phase of your surgery, from beginning to end, works for YOU.

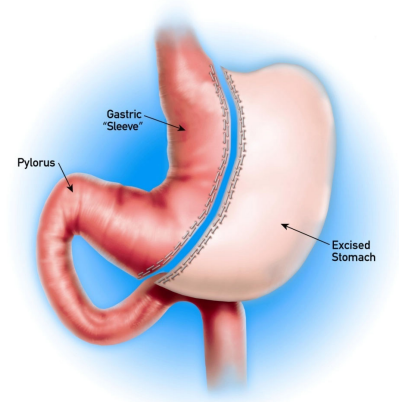
1. Attend an informational seminar, which are currently offered twice a month
2. Return the health history packet, and insurance benefits check
3. Consultation with general surgeons Dr. Jay Lenz or Dr. Craig Henson
4. Complete nutrition visits with a registered dietitian
 - The number of visits is dependent on your insurance requirements
5. Complete a psychological evaluation, and follow-up with a licensed psychologist
6. The bariatric and metabolic team will complete their evaluation and upon approval by the team, will forward to your insurance company for prior authorization for the surgery
7. Complete a final visit with a dietitian to review a liquid diet
8. Complete a visit with a pharmacist for medication planning
9. Surgery
10. Follow-up visits as indicated by your care plan

Gastric Sleeve

The bariatric surgery performed at Lakewood is the sleeve gastrectomy, or gastric sleeve. This is a minimally-invasive procedure, and of all weight-loss procedures, it has the lowest rate of complication, with results comparable to that of gastric bypass.

The procedure involves removing 80% of the stomach, leaving a long, narrow banana-shaped stomach behind. The new stomach only holds about 1/2 a cup of food, and there is usually a significant decrease in hunger as some of the hormones responsible for signaling hunger are removed.

The gastric sleeve procedure is supported by our surgeons because there is no intestinal cutting, stapling, or rerouting, no implanted devices, and there is a very low risk of malnutrition or deficiencies. Remission rates for type 2 diabetes is also very high.



The Team

The bariatric and metabolic team is comprised of various staff dedicated to helping you achieve your weight-loss goals, cope with mental stress and anxiety, and live your best life.

- General surgeons
- Program coordinator
- Registered dietitians
- Licensed psychologists
- Surgical medical assistant



General Surgeons

Dr. Jay Lenz

Dr. Craig Henson

Support and Education

Anyone interested in learning more about bariatric weight-loss surgery is encouraged to attend one of Lakewood's monthly informational seminars facilitated by Dr. Jay Lenz. Attendees will learn more about obesity, why and when weight-loss surgery is needed, the procedure performed at Lakewood, pros and cons of the procedure, potential complications, lifestyle changes, and the program process.

Along with the monthly seminars, Lakewood offers a monthly weight-loss support group. If you have had weight-loss surgery, are thinking about having surgery, or maybe just want to hear more about it from your peers, you are invited to attend. The group is facilitated by members of our weight-loss team, and it's a great opportunity to connect with others, learn some new strategies, and stay on top of the newest information.



Your Choice.
For a lifetime of care.

800-525-1033 | 218-894-1515 | lakewoodhealthsystem.com