

# Richmond University Medical Center

Bariatric and Metabolic Institute



*Take Control of Your Life.*





## Getting Started Is as Easy as 1-2-3

### ► STEP 1: Attend Seminar

This educational seminar will go over understanding obesity, the types of surgery offered, risks and benefits, and the process. We offer a pre-recorded seminar that can be watched anytime and a monthly live seminar held virtually. Both can be accessed directly by **scanning the QR code on the back of this brochure or visiting [www.rumcsi.org/bmi](http://www.rumcsi.org/bmi)**.

### ► STEP 2: Call for a consult: 718-818-4020

Our helpful front desk staff will set you up with an appointment to see one of our surgeons or our nurse practitioner for an initial evaluation, and verify your insurance covers bariatric surgery. (We recommend that you call your insurance as well.)

### ► STEP 3: Initial consult

At this visit you will meet the team including your surgeon, nurses, nurse practitioner, and patient liaison. They will go over the process and are there to help you at every step.

## About Richmond University Medical Center's Bariatric and Metabolic Institute

Our program is accredited as a Comprehensive Center with Adolescent privileges by the American College of Surgeons Metabolic and Bariatric Surgery's Quality Improvement Program. We are patient centered and quality driven. We want to make your process as smooth as possible and support you as you achieve your goals. Call today to find out more

**718-818-4020**

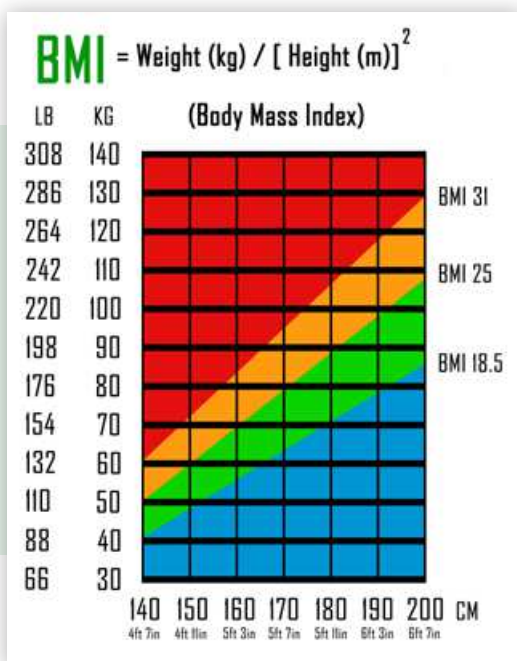


# Benefits of weight loss surgery

Metabolic and bariatric surgeries (weight loss surgeries) are for individuals who have been diagnosed with obesity and other weight related health issues. These procedures have been time tested and clinically proven as a treatment option for this chronic health condition.

## POTENTIAL BENEFITS:

- ▶ Lose 60 to 80 percent of excess body weight.
- ▶ Improve or resolve diabetes, hypertension, sleep apnea, and joint pain.
- ▶ Gain quality of life.

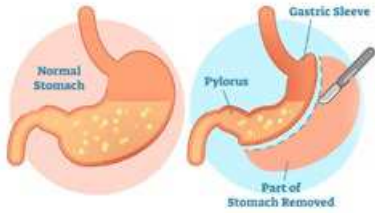


## Is weight loss surgery right for you?

### WEIGHT LOSS SURGERY MAY BE AN OPTION IF:

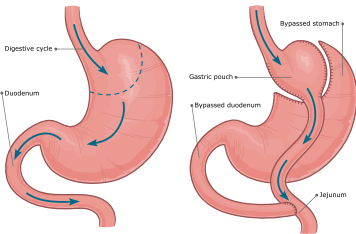
- ▶ Changes in what you eat and how you exercise have not resulted in long-term weight loss.
- ▶ Your Body Mass Index (BMI) is greater than 40. (Use any easy on-line BMI calculator to determine this by entering your weight and your height.)
- ▶ Your BMI is greater than 35, with at least one related condition such as type II diabetes, sleep apnea, or osteoarthritis.

# TYPES OF WEIGHT LOSS SURGERY



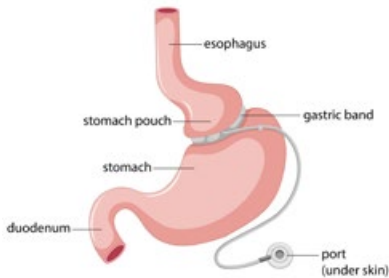
## SLEEVE GASTRECTOMY

Approximately 2/3 or 70 to 80 percent of the stomach is removed, leaving a small banana shaped stomach that can hold about four ounces. It is through this restriction and through the alteration of hunger hormones that weight loss is achieved.



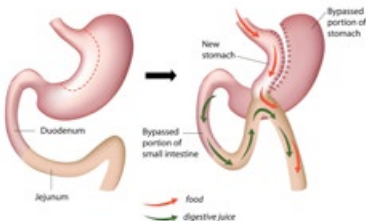
## GASTRIC BYPASS

This procedure is done by dividing the stomach and creating a small upper pouch and bypassing a portion of the small intestine. The small pouch restricts the amount of food you can eat and by bypassing the area of small intestine, you decrease some of the absorption of calories and fats.



## LAP BAND SURGERY

Lap band surgery, also known as gastric banding, involves the application of a band that can be tightened around the stomach, creating a smaller space near the esophagus that helps you feel full faster.



## REVISION SURGERY

Revision surgery includes corrective procedures for patients who have already received bariatric surgeries that may not have had the intended effect.

## SUCCESS STORIES



*“Finally, I decided it was time to get my life back and be healthy again... If this is something you really want to do — don’t put it off, do it.”*



*“You get to a point in life where you have to make a very important decision, and having the surgery was the most important decision I have ever made.”*



*“I wasn’t able to lose weight on my own. Everything I was doing wasn’t working, and I knew I couldn’t do it alone.”*



*Are you ready to take your life back?  
Call us today at **718-818-4020**.*





## **Bariatric and Metabolic Institute**

For all appointments, call:

**718-818-4020**

For more information and list  
of our convenient locations, visit:

**[www.RUMCSI.org/bmi](http://www.RUMCSI.org/bmi)**

SCAN QR CODE  
TO LEARN MORE



**Richmond University**  
 **Medical Center**

