

Richmond University



Medical Center

Bariatric and Metabolic Institute



Take Control of Your Life.



Understanding Obesity

Obesity is considered to be a serious, chronic disease that can lead to a number of adverse health conditions, including high blood pressure and diabetes. A BMI of over 30 is considered obese. Contributing factors to obesity include genes, metabolism, some endocrine disorders and diseases, and poor dietary habits. Weight loss surgery may help you conquer obesity, and by doing so, treat related conditions as well.

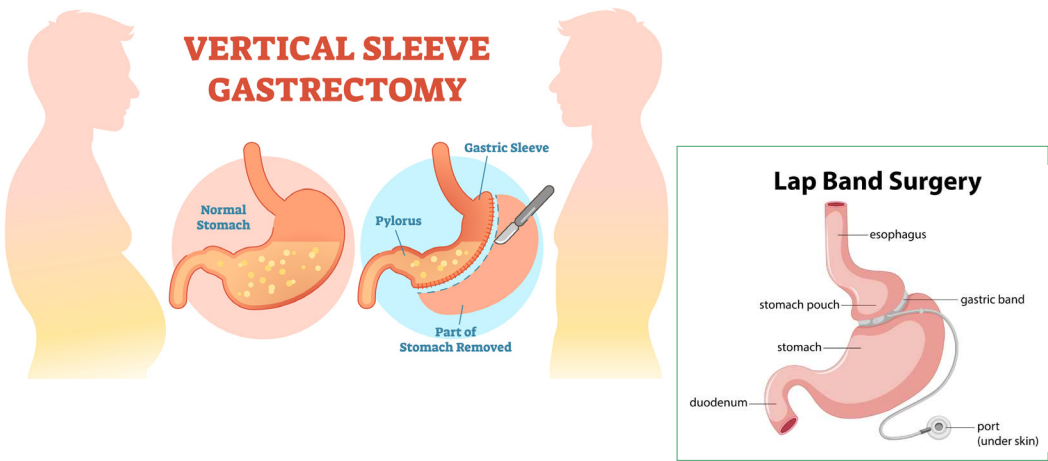
Is weight loss surgery right for you?

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

At Richmond University Medical Center’s Bariatric and Metabolic Institute, a wide variety of bariatric procedures are available. Bariatric, or weight loss surgery is a surgical procedure performed on the stomach or intestines to induce weight loss. Our highly-trained surgical team offers a variety of procedures using the latest techniques and state of the art equipment to minimize recovery time.



TYPES OF WEIGHT LOSS SURGERY

Sleeve Gastrectomy	During this procedure, roughly 70 to 80 percent of the stomach is removed to restrict food intake.
Gastric Bypass	This common procedure involves dividing the stomach into one small upper pouch and a bypass of approximately two feet of small bowel, where food will not be digested.
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.
Endoscopy Services	Endoscopic procedures involve the insertion of extremely small instruments in order to address obesity. They are less invasive than full surgeries and may help you avoid the side effects that may accompany medications.
Bariatric Revision Surgery	Revision surgery includes corrective procedures for patients who have already received bariatric surgeries that may not have had the intended effect.

AFTER SURGERY: MAINTAINING THE NEW YOU

Our support for you does not end after your surgery. Our team will guide you as you begin your new lease on life including referrals to support groups and individual counseling. With your new body, you'll have a new way of life, which means some new ways to go about living it.

► **Nutrition and diet:** Our team will provide you with a comprehensive dietary check list, including supplements, to follow for the first month after surgery and beyond.

► **Medications:** If you currently take medicine to deal with problems associated with obesity, including diabetes or high blood pressure, these medications may be stopped after surgery as weight loss continues. Follow up with your health care provider to adjust any medications as necessary.

► **Fitness:** Bariatric procedures can assist with weight loss, but they are not a replacement for regular, healthy physical activity. Our team will help develop a fitness program that suits your body's capabilities.

► **Mental health:** The physical changes that come along with bariatric surgery can lead to a variety of psychological ups and downs. It is important to be prepared for these obstacles to minimize affects to your personal life. If you find yourself struggling, you can reach out to us. We can connect you to a support group, psychologist, or therapist that can help you.

► **Weight plateaus:** As you begin to lose weight, your body weight will naturally plateau; it is just what the human body is designed to do. Do not let these plateaus discourage you from further weight loss efforts because they are a fundamental part of the journey to a healthy weight.





▶ **Sleep and stress:** Proper weight management is difficult without a healthy sleep pattern. After surgery, try to sleep regularly and adequately. Additionally, be sure to manage stress, which can increase without the appropriate amount of sleep. High stress can throw a wrench in weight-loss efforts. Stress management options often include exercise, meditation, or support groups.

▶ **Smoking and drinking:** Many surgeons request that patients quit smoking or chewing tobacco prior to surgery to help prevent complications. Likewise, avoiding alcohol is another common recommendation, as it contains a great deal of calories and is almost absent of nutritional value.

▶ **Pregnancy:** Experts typically recommend avoiding pregnancy for 12 to 18 months after surgery, so you have plenty of time to reach a healthy weight. Additionally, pregnancy necessitates increased nutrient intake, which is typically not recommended after bariatric surgery.

▶ **Follow-up care:** Regular checkups are common after bariatric procedures. These appointments afford an opportunity to identify issues while also helping to keep you on track with weight-loss efforts.

**At Richmond University Medical Center's
Bariatric and Metabolic Institute, our team is there
to help you throughout the whole process.**



Bariatric and Metabolic Institute

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**1161 Victory Boulevard,
Staten Island, NY 10301**

**Call 718-818-4020 for more information,
to make an appointment, or to ask about
our next free bariatric seminar.**

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www.RUMCSI.org/bmi