



## BARIATRIC SURGEONS:



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Bariatric surgery accreditation demonstrates a commitment by Flowers Hospital, the surgeons and our Weight Loss Surgery Center to build and maintain a bariatric surgery program that is truly dedicated to excellence. To earn this accreditation, Flowers Hospital undergoes site inspections during which all aspects of the bariatric surgery program and its surgical processes are closely examined, and data on health outcomes is collected. In becoming a MSBSAQIP accredited program, Flowers Hospital has held itself to some of the highest standards in the industry. The accreditation is indicative of the program's demonstrated track record and comprehensive commitment to a high level of bariatric care.

*Independent Members of the Medical Staff at Flowers Hospital.*

**For more information about our Weight Loss Program, contact us at:**



**Flowers Hospital**

*Center for Metabolic and Weight Loss Surgery*

4370 West Main Street

Dothan, AL 36305

334-944-7095

*FlowersBariatricCenter.com*

# METABOLIC & WEIGHT LOSS SURGERY PROGRAM



**Flowers Hospital**

*Center for Metabolic and Weight Loss Surgery*

*FlowersBariatricCenter.com*



## THE TRUTH

Obesity is a chronic disease that has many contributing factors including your environment, genetics, physiology and psychology, metabolism and behavior. Obesity contributes to the risk of developing serious medical conditions including respiratory and cardiac problems, depression, cancer and is the second leading cause of preventable death in the United States. Don't be a statistic. Get informed and find out how you can change your future and well being.

## CRITERIA FOR SURGICAL CANDIDATES

To be a candidate for weight-loss surgery, you must:

- Have a Body Mass Index (BMI) of 40 or greater. A BMI calculator is available at our website.
- If BMI is between 35 and 40, you must have at least one significant medical condition such as diabetes, hypertension or sleep apnea.
- Be between the ages of 18 and 65.
- Not be drug or alcohol dependent or have at least one year of sobriety.
- Have a personal ongoing commitment to improve health and lifestyle.

## GETTING STARTED

- To begin your journey towards a healthier lifestyle, contact our Bariatric Navigator at 334-944-7095 to schedule your first appointment.
- At your first appointment you will be provided with a checklist of preoperative requirements that must be met prior to your bariatric surgery.
- Your second appointment is an initial visit with a bariatric surgeon to discuss which bariatric surgery will be best for you. The team will also inform you of further consultations or tests needed to determine if you are a candidate for surgery.
- Many insurance companies require psychiatric evaluations, sleep study, physical therapy, dietary consultations and a medically supervised diet that may be 3-6 months in duration.
- During your supervised diet, you will meet with our multidisciplinary team to discuss lifestyle changes needed for long-term weight control.
- Check with your insurance carrier to see if you are covered for weight loss surgery.



## SURGICAL OPTIONS

### ADJUSTABLE GASTRIC BAND

Gastric banding, which is usually performed laparoscopically, is one of the least invasive approaches to obesity because neither the stomach nor the intestine is cut. Laparoscopically placed around the upper part of the stomach, the band divides the stomach into a small upper pouch above the band and a larger pouch below the band. This small pouch limits the amount of food that a patient can eat at any one time, and will result in a feeling of fullness after eating a small amount of food.

Because the band is adjustable and does not permanently alter the anatomy, it provides an option for patients who may not otherwise consider surgery for treatment of their obesity. Other advantages include a shorter hospital stay and no effects on the absorption of nutrients.

### SLEEVE GASTRECTOMY

A sleeve gastrectomy is a restrictive surgical weight loss procedure that reduces the size of your stomach and is usually performed laparoscopically. During this procedure, a thin vertical sleeve of stomach is created using a stapling device, and the rest of the stomach is removed. The sleeve is about the size of a banana. This procedure limits the amount of food you can eat and helps you feel full sooner. Because food does not bypass any of the intestines, there is no malabsorption. Since this procedure removes most of your stomach, the "appetite hormone" created by the stomach is reduced and hunger is reduced.

*Patient results may vary. Before you decide on surgery, discuss treatment options with your doctor. Understanding the risks and benefits of each treatment can help you make the best decision for your individual situation.*