

Obesity – *a growing problem*

The statistics are startling. Obesity, defined as being at least 80 pounds over one's ideal body weight, is now one of the leading causes of preventable death in the United States. Obesity can lead to grave medical conditions such as high blood pressure, diabetes, asthma and certain types of cancer.

An astounding 67% of American adults are afflicted and that number is steadily rising, and rapidly affecting the younger population. And it's no wonder. In our fast-paced, multitasking 21st century world, maintaining proper nutrition can be very difficult. Even for those who do eat well and exercise, plenty of other factors; stress, genetics, etc., can keep the pounds from coming off.

At its most severe, obesity becomes a chronic condition. That means it just does not go away, regardless of diet and exercise. Severe chronic obesity is more than battling just a few extra pounds; it can be a matter of life or death.

BREAKING THE LOSE-GAIN CYCLE

Even with proper nutrition and exercise, only 1 out of 20 people will be able to achieve long-term successful weight loss. The remaining 95% will struggle with a perpetual cycle of short term weight loss and weight gain. This can cause dangerous physical and psychological stress, creating a cascading affect into a downward spiral of afflictions, increasing mortality rate and the risk of other major health problems.

With traditional weight loss methods exhausted, weight loss surgery may be the solution.



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"THE SAFE &
PERMANENT
WEIGHT GOAL
SOLUTIONS
I'VE BEEN
WAITING FOR!"

- Lisa



before



14 months after
"lap band" surgery

KNOW YOUR OPTIONS

There are two types of weight loss surgery commonly performed at St. Catherine's: gastric bypass, and gastric banding. These surgeries typically result in dramatic weight loss.

Gastric bypass involves sealing off most of the stomach to reduce and control the amount of food a person can ingest. The small intestine is rearranged to reduce the amount of calories absorbed by the body.

Gastric Banding or "Lap Band" involves a synthetic device that is placed at the top part of the stomach, creating a smaller compartment which restricts the amount of food a person can ingest per meal. The food passes through a narrow channel and empties into the larger stomach compartment and gets digested in the normal way.

THE PATH TO A RENEWED YOU

For people suffering from long-term severe chronic obesity who have run out of non-surgical options, bariatric surgery could offer hope. Although bariatric surgery has proven effective, it is not without risks. Anyone considering surgery should be well informed of the risks involved. Patients must also participate in therapy and follow-up after surgery. They must demonstrate that they clearly understand how their lives can change following surgery.

IS SURGERY RIGHT FOR YOU?

Potential weight loss surgery candidates are morbidly obese people who are determined to safeguard their future and eradicate their struggle with this lifelong, life-threatening weight problem. However, as is true for other treatments for obesity, successful results depend on knowledge, personal motivation and behavior.

YOU'RE NOT ALONE

Dealing with severe chronic obesity is a lonely day-to-day struggle. Deciding to do something dramatic about it can be daunting. But there is help. The Medical Center

offers a bariatric support group for those who are planning or have undergone surgery.

The group supplies information and support for patients of pre and post surgery status. For more information on the bariatric support group, please call the number below.

GET STARTED

We are here to guide you through the surgical weight loss process. To begin, you will need to make several appointments, among them:

- Bariatric surgeon
- Full psychological evaluation
- Nutritional evaluation
- Cardiology evaluation
- Sleep Apnea evaluation
- Pulmonary evaluation
- Gastroenterology evaluation
- Support group participation
- Medical clearance
- Pre-Surgical Testing

Please call our office:
(631) 862-3801



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