



Northern Dutchess Hospital Guide to Weight Loss Surgery

Weight loss is a journey. And it starts here.

NORTHERN
DUTCHESS HOSPITAL
HEALTHQUEST

Are you ready to transform your life?

When you choose Northern Dutchess Hospital for bariatric surgery, you will have a compassionate multidisciplinary care team to partner with you on your weight loss journey. Your team will guide and support you through every step of the surgical process.

Is Bariatric Surgery Right for You?

Candidates for bariatric surgery typically have one or more of these characteristics:

- A body mass index (BMI) of 40 or more.
- A BMI of 35, accompanied by obesity-related health conditions such as type 2 diabetes, sleep apnea, high blood pressure or unhealthy cholesterol levels.
- Repeated, unsuccessful attempts to lose weight through lifestyle changes alone.
- A willingness to make new lifestyle choices to achieve long-term success, including eating a healthy diet and exercising regularly.



About Bariatric (Weight Loss) Surgery

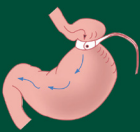
Bariatric surgery, also referred to as weight loss surgery, reduces the space available in your stomach to store food. Having less space in your stomach can help you feel fuller after eating smaller amounts of food. You may also feel less hungry, because bariatric surgery can reduce your body's production of ghrelin, the hunger hormone.

Bariatric surgery doesn't replace healthy eating and exercise. But it does help people feel less compelled to overeat. Once you start eating less, you begin to lose weight, feel healthier and have more energy for exercise and everyday activities.

Northern Dutchess Hospital offers three bariatric surgery options. Each type of surgery has different benefits, risks and expected weight loss outcomes. Keep in mind that the results of weight loss surgery vary by individual and procedure.



GASTRIC SLEEVE reduces the size and shape of the stomach from its normal football size to roughly the size and shape of a banana, reducing the amount of food patients need in order to feel full.



GASTRIC BANDING, also referred to as Lap Banding, involves a band that is wrapped around the upper stomach. This band can be adjusted as necessary by your doctor to alter the amount of food the stomach can hold.



GASTRIC BYPASS is a procedure that creates a small stomach pouch and allows food to bypass a portion of the small intestine, decreasing calorie absorption.

During your initial consultation, you and your care team will work closely to determine which procedure is most appropriate for you based on factors such as your weight, current health conditions and age.

What to Expect

THE FIRST STEP in the weight loss surgery process is to view an online seminar or attend an in person seminar for our program at Northern Dutchess Hospital. You can find more information about our seminars at healthquest.org/ndhweightlossurgery or by calling **845.871.4275** or TTY/Accessibility: **800.421.1220**.

If after viewing the online seminar you think you'd like to learn more, you can meet with a bariatric surgeon to determine whether surgery is a good choice for you. Your surgeon will talk with you about your health and weight loss goals.

If you decide to proceed, your surgeon may recommend that you see other medical specialists before surgery. And you will:

- Have lab tests recommended by your surgeon.
- Have a nutrition evaluation and counseling with one of our dietitians.
- Undergo a psychological evaluation to make sure there are no underlying eating disorders or other issues that would prevent you from succeeding after surgery.
- Attend support group sessions.
- Complete pre-op testing.

BEFORE SURGERY you will follow a pre-operative diet for a period of time determined by your surgeon. This diet will help reduce the amount of fat in your abdomen and prepare your liver for surgery.

THE SURGERY is minimally invasive, using laparoscopic techniques and requiring only small incisions. It is performed under general anesthesia. Patients are generally up and walking the same day of surgery.

RECOVERY from surgery will vary with each individual and the type of surgery. Generally, patients may expect to resume normal activity and return to work within one to two weeks. For 8 to 12 weeks after surgery, you will follow a special diet that is low in fat, fiber and calories and high in protein. You will start with liquids only and will gradually add in pureed foods, and then solid foods.

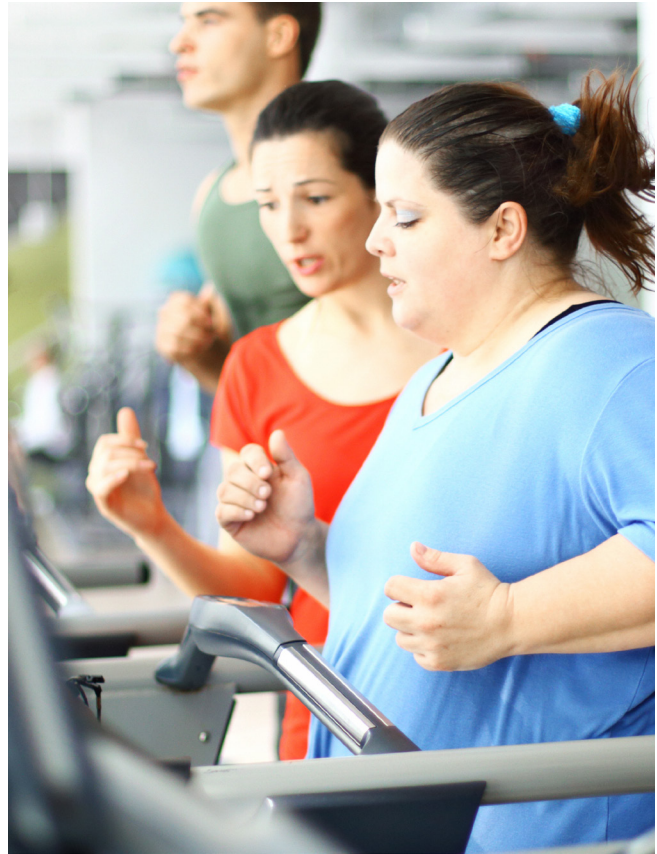
AFTER SURGERY AND RECOVERY you will have access to support group sessions, exercise education and nutrition counseling that will help you adjust your eating habits and become more active. Your Northern Dutchess Hospital multidisciplinary bariatric care team—which is led by Brian Binetti, MD, and includes bariatric surgeons, a bariatric nurse coordinator as well as nutritionists and physical therapists—will continue to work with you to help you safely meet your health and weight loss goals. Most patients report seeing results within four weeks.

Long-Term Support

When it comes to recovery and support, our program offers resources to help you achieve success. As you adjust to life after weight loss surgery, you'll receive comprehensive follow-up support including monitoring of weight loss progress and vitamin levels. Our weight loss support also includes:

- Support groups to share personal experiences.
- The Building Wellness fitness program, which includes time with a personal trainer and full access to Northern Dutchess Hospital's Wellness Center.
- Medically supervised nutrition counseling for overweight and obese patients.

The integrated bariatric surgery team is made up of experienced professionals working together to provide coordinated, safe and seamless care. Team members keep patients informed every step of the way, from pre-surgery claim processing to day-of-surgery expectations and post-surgery nutrition and exercise guidance. The team is dedicated to patients' overall health and well-being.



Bariatric Surgery FAQs

Q: Is bariatric surgery covered by health insurance?

A: Many health insurers cover all or part of medically necessary bariatric surgery costs, although coverage varies by state and insurance provider. Medicare and some Medicaid programs cover gastric bypass, gastric banding and gastric sleeve surgeries in patients who meet certain requirements. Some insurers require proof that you have tried non-surgical weight loss programs first. Check with your insurer to determine whether you're covered.

Q: How much weight will I lose after having bariatric surgery?

A: Results vary based on many factors, such as the type of surgery, your pre-surgery weight, your weight loss goals, your health and your commitment to diet and exercise changes after surgery. According to the National Institutes of Health, people who have bariatric surgery lose an average of 15 to 30 percent of their starting weight.

Q: Will bariatric surgery cure me of obesity-related health conditions?

A: Some patients with type 2 diabetes, sleep apnea, high blood pressure, unhealthy cholesterol levels, knee pain, hip pain, arthritis, urinary incontinence or other obesity-related health problems experience improvement in the signs and symptoms of their conditions after bariatric surgery and weight loss.



Bariatric Surgery FAQs, cont'd

Q: Will having bariatric surgery allow me to take less medication for conditions such as high blood pressure or type 2 diabetes?

A: When bariatric surgery leads to successful weight loss, some patients can reduce or eliminate medications for obesity-related conditions. Your doctor will monitor you after surgery to determine whether your medications need adjusting. Don't change dosages or stop taking medicines unless your doctor tells you to.

Q: Does bariatric surgery cause vitamin deficiencies?

A: Vitamin deficiencies do occur in some patients because your body may not absorb nutrients as well as it did before surgery. Your doctor will monitor your vitamin levels and advise you to take supplements if needed. To help prevent deficiencies, you can take daily multivitamins as recommended by your doctor.



Healthy Habits for Weight Loss

Healthy habits drive successful weight loss. Here are some important healthy habits you can adopt. Work on one at a time and when you are ready, add another. These habits are important tools for your successful weight loss journey.

Habit #1: Never eat the last bite or drink the last drop.

Many of us have grown up hearing “clean your plate” or “don’t be wasteful” or with tales of food shortages in other countries, and we have trained ourselves to eat every bite on the plate. Make a conscious attempt to leave a few bites on your plate and never eat the crumbs at the bottom of the bag. This will help you learn to stop eating when you no longer feel hungry.

Habit #2: Choose a healthy coping mechanism.

Many people use food to deal with stress. Using a healthy non-food coping mechanism such as reading, journaling, meditating, or listening to music can help move you away from eating to deal with stress. You’ll need to use and practice your new coping skills intentionally for them to become effective. Think of it as growing something from a seed; growth requires nurturing. And remember to separate your new skill from snacking, so the two don’t become connected in your mind.

Habit #3: Chew your food 32 times per bite or until liquid.

When you chew, your body releases hormones that help you feel full. Try to keep your food toward the front of your mouth so you don’t swallow it too soon.

Habit #4: Increase fluid intake.

We sometimes misinterpret thirst as hunger and eat rather than drink. If you take in enough fluids, you may feel less hungry. Drink at least 64 ounces a day of non-carbonated, non-caffeinated, sugar-free liquids. Get in the habit of carrying a favorite water bottle with you, and you’ll always have your liquids close at hand.



Healthy Habits for Weight Loss, cont'd

Habit #5: Don't drink during, or for 30 minutes after, eating.

Separating food and drink allows your food to sit in your stomach so that you can feel fuller longer.

Habit #6: Get active!

Make exercise a part of your daily routine. It burns calories, reduces stress, increases your energy levels, and boosts your mood.

Habit #7: Give your body the nutrients it needs.

Healthy food feeds your body the crucial nutrition it needs to flourish. Be sure to eat protein at every meal—eat your protein first, then vegetables, then fruit, then grains. Aim for at least 5 servings of fresh fruits and vegetables per day. If your body doesn't get the nutrients it needs it may amplify your hunger signals or bring down your energy levels.

Habit #8: Take your vitamins.

If your doctor or nutritionist recommends a daily multivitamin with iron, be sure to take it every day.

Habit #9: Stick with it.

Re-read this list every few days and ask yourself, "Am I still doing these?" Making changes to lifelong habits takes persistence. It's normal to slip back to your old ways. Be intentional and act with purpose as you adopt these new habits. By making these changes now you're moving toward long-term weight loss success.

