

# *Surgical* Weight Loss *Options*



 Lancaster General  
By your side.

**Bariatrics Program**  
[www.LancasterGeneral.org](http://www.LancasterGeneral.org)

# Welcome to Lancaster General Bariatrics

Lancaster General Bariatrics and the Lancaster General Healthy Weight Management Program are designed to meet the specific needs of individuals who are struggling with the physical and emotional issues linked to being overweight.

Simply stated, our job is to guide you to a healthier life.

Being overweight is an illness that requires several different treatment approaches. The Lancaster General Healthy Weight Management Program organizes your treatment based on:

- Severity of obesity
- Level of personal well-being
- Associated medical problems
- Job-related eating patterns
- Nutritional knowledge and eating preferences
- Current activity level

No single approach for weight reduction is exactly right for each and every individual.

We want to utilize our team's experience to create a personalized weight management program that matches your individual needs and lifestyle and gives you a greater chance for permanent lifetime success.

## **Are You A Candidate For Weight Loss Surgery?**

1. A patient must weigh at least 100 pounds over his/her ideal body weight or two times his/her ideal weight. Ideal weight standards are determined from the Metropolitan Life Insurance Tables.
2. A patient must have a history of being severely overweight for at least 3-5 years.
3. A patient must demonstrate a failure to have lost weight in at least one documented formal weight control program.
4. A patient must have at least one health condition associated with, or made worse by, being severely overweight.

**Our Laparoscopic  
Bariatric Surgeon**

*Alan H. Brader, MD, FACS*, is an active member of the American Society of Bariatric and Metabolic Surgery. He is board certified in both surgery and surgical critical care and is a clinical expert in the field of advanced laparoscopic surgery.

From 1991 until 2004, Dr. Brader served as a Clinical Associate Professor of Surgery with the University of North Carolina. During his tenure, he was awarded Surgical Teacher of the Year on three occasions by the surgical residency staff.

A native of Lancaster, Dr. Brader returned home and accepted the position as Medical Director of the Lancaster General Healthy Weight Management Program. He is also the founder of Lancaster General Bariatrics, a multidisciplinary weight loss surgery practice.



All weight loss surgery is done exclusively at Lancaster General Hospital. Laparoscopic Roux en Y gastric bypass, laparoscopic adjustable gastric band (Lapband) and laparoscopic revisional bariatric surgery are currently being offered to patients at Lancaster General Bariatrics.

## Is surgical weight loss right for you?

**B**ariatric surgery is reserved for those individuals who have tried and failed other methods of weight loss and are still severely overweight.

Choosing surgery as a treatment option for this disease process is a very personal decision. Finding the right surgeon, support team and hospital that meet your needs is extremely important.

Being severely overweight or morbidly obese is measured by calculating an individual's own body mass index (BMI). Use our BMI calculator to determine your weight illness level.

Obesity is a complex disease process. It would be unreasonable to expect one treatment strategy alone could completely and permanently treat this multi-faceted disease. The Lancaster General Healthy Weight Management Program is individualized to maximize immediate and long-term success.

At Lancaster General Bariatrics, we recognize that obesity is a very complex disease linked to many associated illnesses. Surgical intervention, coupled with our Healthy Weight Management team, will provide you with individualized care that can maximize your chances for a successful long-term healthier living experience.

<b>BMI 26 - 29</b>	overweight	LG Healthy Weight Management Program
<b>BMI 30 - 34</b>	obese	LG Healthy Weight Management Program
<b>BMI &gt; 35</b>	morbidly obese	Surgical treatment of disease and LG Healthy Weight Management Program



### **Associated Medical Problems**

Individuals considering weight loss surgery can have many medical problems linked to their weight illness. Severe weight illnesses affect every organ system in the human body. As a result, life expectancy is markedly reduced in the obese individual. Other areas in a person's life are also markedly affected, such

as self-esteem, social interaction and economic well-being.

A successful bariatric surgical patient can expect not only significant weight loss, but improvement in weight-related problems. By resolving or improving these associated medical problems, studies have now confirmed improvement in a patient's life expectancy.

## What are my weight loss surgery options?

**A**t Lancaster General Bariatrics, we offer two weight loss surgery procedures:

- Roux en Y Gastric Bypass
- Adjustable Gastric Band System

Using only 4 to 5 small ½ inch abdominal incisions, both operations can be done laparoscopically on the majority of patients, without the need for a large open abdominal incision. At our pre-surgical educational seminar, the benefits and risks of both procedures are explained.

### **Procedure Selection**

Before proceeding with a bariatric surgical procedure, the patient should be comfortable in one's understanding of the scope and limitations for each surgical procedure.

Equally important, a patient must have realistic expectations. Neither procedure will ever completely cure a medical illness. Even following surgery, treatment for weight disorders will continue for the rest of a patient's life.

The Lancaster General Healthy Weight Management Program will provide insight and guidance on how to develop healthier behaviors to maintain weight loss successes.

### **Roux en Y Gastric Bypass**

The Roux en Y gastric bypass is an operation done to limit food intake. By restricting food intake, the body will burn fat to maintain an internal energy balance.

Gastric bypass surgery makes the stomach smaller and allows food to bypass part of the small intestine.

A smaller stomach gives the sense of fullness sooner, reduces food intake and triggers the negative energy balance process. Bypassing a section of small intestine also reduces caloric and nutrient intake.

This surgical procedure is designed to allow adequate nutrient intake, but also limit excess caloric intake.

At Lancaster General Bariatrics, the Roux en Y gastric bypass is done laparoscopically on the majority of patients.

### **Adjustable Gastric Band System**

The adjustable gastric band system helps the patient lose weight, improves weight-related conditions and enhances the quality of a patient's life. The system reduces stomach capacity and restricts the amount of food that can be consumed at one time.

The adjustable gastric band system is placed around the upper portion of the stomach to create a smaller stomach that fills first to create a sense of fullness. The band can be adjusted to make the stoma (opening) size different widths to control the emptying speed of food from above the band.

This surgical procedure is done laparoscopically.

## *Learn more about* weight loss surgery

### **Considering Weight Loss Surgery as an Option**

If you are considering weight loss surgery as an option, attend a free educational seminar.

Dr. Alan H. Brader will discuss weight loss surgery options provided by Lancaster General Bariatrics. One of the Healthy Weight Management Program team members will be avail-

able to discuss weight management support. For a reservation, please call 888-LGH-5673.

Following the educational seminar, attendees will have the opportunity to participate in a question-and-answer session and will be given a health analysis questionnaire to be completed and returned to the Healthy Weight Management Program.

# Lancaster General Healthy Weight Management *program*

**T**he goal of the Healthy Weight Management Program is to offer a multi-disciplinary behavioral program for weight management.

Nutritional education, physical activity guidance and behavioral modeling are integrated into our healthy lifestyle support program.

Understanding the importance of the mind-body connection is a vital tool for self-improvement. Our hope is to provide each patient with the proper educational guidance for a healthier living experience.

For more information about our Lancaster General Healthy Weight Management Program, please call 888-LGH-5673.



Lancaster General  
By your side.

## **Bariatrics Program**

Lancaster General Health Campus  
2108 Harrisburg Pike  
Lancaster, PA 17601  
(888) LGH-5673

[www.LancasterGeneral.org](http://www.LancasterGeneral.org)