

A Healthier Future Starts Here

A weight loss path built for your success

Trinity Health Bariatric Surgery



Choosing bariatric surgery is a big decision, one that comes with hopes, questions and often a desire for real change.

For many people, it comes after trying other weight loss options without lasting success. If that sounds familiar, bariatric surgery may be the right next step on your journey.

At Trinity Health Michigan, we are here to walk beside you, to listen and to help you move forward with confidence and clarity. We have seen how life changing weight loss surgery can be. Our team surrounds you with support, from fellowship trained surgeons and PAs to certified bariatric nurses, dietitians, behavioral health specialists and exercise physiologists. You are never doing this alone.

Our programs span Southeast Michigan including Ann Arbor, Chelsea, Livingston, Livonia and Pontiac, and West Michigan in Grand Rapids and Muskegon. From your first questions to long term care, we offer presurgical education, postsurgical support and community groups designed to help you stay connected, encouraged and informed.



➔ Hear from **patients** who once stood where you are now — and discovered a healthier life on the other side.



**Losing Weight Can Change More than Your Size.
It Can Change How You Live Every Day.**

Bariatric surgery is a proven, long-term approach to meaningful weight loss – and it can also help improve health conditions that impact everyday life, including:

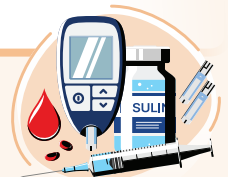
- diabetes
- fatty liver disease
- GERD
- high cholesterol
- hypertension
- infertility
- joint pain
- PCOS
- sleep apnea

According to the ASMBS, nearly **90%** of people with type 2 diabetes see major improvements after surgery, including:

- **Lower blood sugar**
- **Reduced need for medication**
- **Better overall health**

And **78%** reach normal blood sugar levels without medication – often for the first time in years.

For many patients, surgery is not just about losing weight. It's about getting their life back.





Bariatric Surgery

How much weight can I expect to lose?

Weight loss after bariatric surgery depends on the procedure and individual factors. On average, patients lose 50-70% of their excess weight within 12 months. For example, someone 100 pounds overweight could expect to lose 50-70 pounds. Continued follow-up with your care team is key to maximizing and maintaining weight loss.

Is bariatric surgery better than GLP-1s for weight loss?

Bariatric surgery offers a long-term, often permanent solution to weight loss and obesity-related conditions. Unlike GLP-1 medications, which require ongoing use and can stop working when discontinued, surgery physically changes the digestive system, resulting in sustained weight loss. It also has higher rates of diabetes remission and improved quality of life for many patients.

Will my insurance cover bariatric surgery?

Many insurance plans, including Medicare and Medicaid, cover bariatric surgery if certain criteria are met. This usually includes a BMI over 40, or over 35 with serious health conditions like diabetes or high blood pressure. Documentation of prior weight loss attempts and participation in a supervised medical weight loss program may also be required. It's best to verify coverage directly with your insurance provider.

What does the process look like?

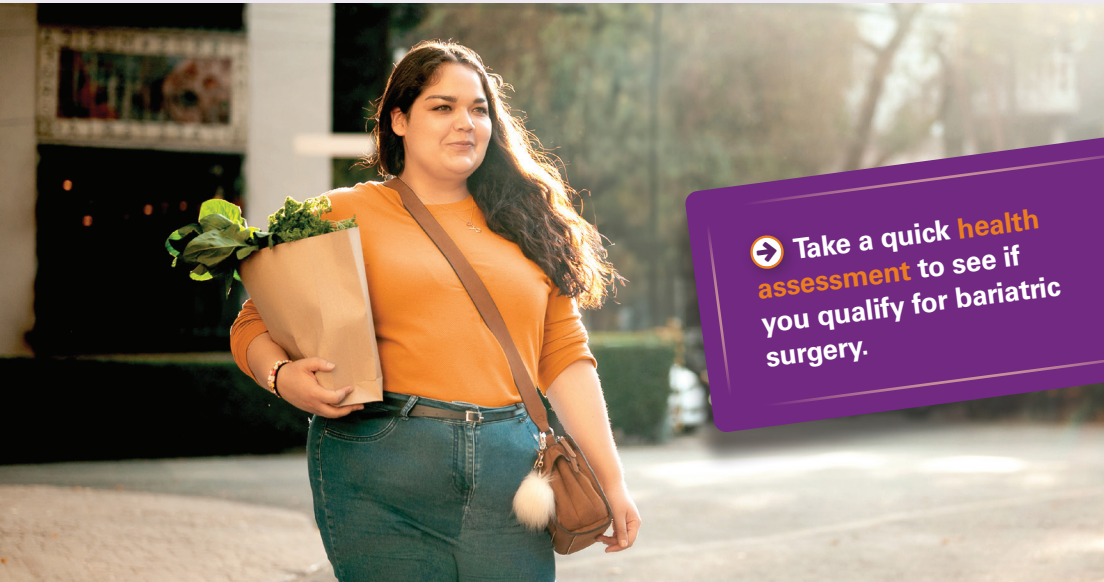
The process typically begins with a referral and consultation with a bariatric team. You'll undergo medical evaluations, nutritional counseling and possibly psychological screening. Some programs require supervised weight management before surgery. Once approved, you'll receive education on post-operative care and diet. The surgery is usually minimally invasive and is performed either laparoscopically or robotically, followed by a short hospital stay and regular follow-up visits.

What does recovery look like short term and long term?

Short-term recovery involves a liquid diet, managing discomfort and gradually increasing activity. Most patients return to work in 1-2 weeks. Long-term, patients transition to small, nutrient-rich meals and may need vitamin supplements for life. You can expect to have more energy and feel full sooner.

Will I ever be able to eat my favorite foods again, or what kind of diet will I need after surgery?

After surgery, your diet progresses through stages — starting with liquids, then soft foods, and eventually regular food in small portions. While you'll need to limit high-sugar, high-fat foods and carbonated drinks, you can enjoy many of your favorite flavors in moderation over time. Long-term success depends on balanced eating, mindful portion sizes and making protein-rich, nutrient-dense choices to support health and weight loss.



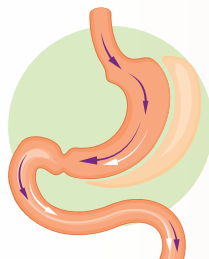
➔ Take a quick **health assessment** to see if you qualify for bariatric surgery.

Types of Bariatric Surgery

Together, you and your surgeon will determine the treatment plan that is right for you and your long term health.

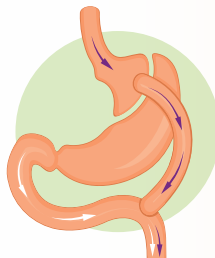
Sleeve Gastrectomy

Removes about 80% of the stomach, reducing hunger and supporting metabolic changes that help you lose weight and feel fuller faster.



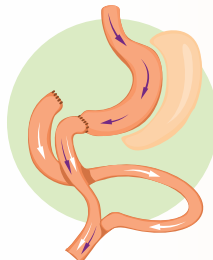
Gastric Bypass

Creates a small stomach pouch connected to the small intestine.



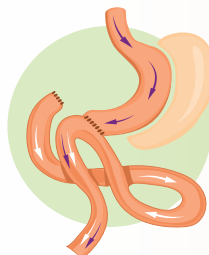
Duodenal Switch (DS)

A combination of sleeve and intestinal bypass for significant weight loss. Requires long term vitamin monitoring.



Single Anastomosis Duodenal Switch (SADI)

A modified DS that allows for more nutrient absorption while still supporting major weight loss



What to Expect

When you choose Trinity Health Michigan, you choose a team committed to your long term success:

- **Personal consultations with your surgeon and care team**
- **Education on nutrition and life after surgery**
- **Shorter hospital stays with minimally invasive techniques**
- **Regular post surgical visits and check ins**
- **Support groups to keep you encouraged and connected**

You deserve to feel healthy, strong and hopeful again.

We're here to help you get there.

Watch our quick seminar
to learn more about
bariatric surgery.





You Deserve to Feel Better. And You Don't Have to Wait.

To schedule a consultation with one of our providers
to see if bariatric surgery may be right for you, visit:

TrinityHealthMI.org/Bariatrics



TrinityHealthMichigan.org

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