

Overcome Obesity

It's Time for a New You!

Trinity Health Bariatric Surgery



Trinity Health

Dear Future Bariatric Patient

The dedicated bariatric experts at Trinity Health Michigan have seen first-hand how weight loss surgery can be a life-changing experience. We pride ourselves in delivering comprehensive, coordinated and compassionate care. Our bariatric surgery teams include fellowship-trained surgeons in robotic and laparoscopic techniques, physician assistants (PA), certified bariatric nurses, registered dietitians, behavioral specialists and exercise physiologists. You can find our teams in Southeast Michigan in Ann Arbor, Chelsea, Livingston, Livonia and Pontiac; and in West Michigan in Grand Haven, Grand Rapids and Muskegon.

We are committed to guiding patients through every aspect of the process with educational seminars, comprehensive pre-surgical classes, post-surgical follow-up visits, and support groups.

Why Weight? Let our patient success stories give you hope.



Bariatric Surgery



Losing weight can do more than
change your size. It can change your life.

Restoring Health Through Bariatric Surgery

Research has shown weight loss surgery is the best method for long-term, sustained weight loss. It can significantly improve or eliminate many obesity-related medical conditions like high blood pressure, heart disease, sleep apnea, high cholesterol, joint pain, metabolic syndrome and diabetes.

According to the American Society for Metabolic & Bariatric Surgery (ASMBS), bariatric surgery improves the health of almost all patients who have diabetes. A study of over 135,000 patients with type 2 diabetes found that bariatric surgery helped in the following ways:

Nearly 90% of patients

- Had lower blood sugar
- Needed less diabetes medication
- Had improvements in their diabetes-related health problems

78% of patients

- Had blood sugar in normal levels
- Eliminated the need for diabetes medication

Not only can bariatric surgery improve diabetes — research shows it also has positive effects on other health issues such as hypertension, cholesterol, joint pain and sleep apnea.

It's time for a *New You!*

Myths vs. Reality of Bariatric Surgery

There are a lot of misconceptions surrounding bariatric surgery procedures that create barriers to pursuing a healthier lifestyle.

EXPLORE THE FACTS RELATED TO BARIATRIC SURGERY:

Myth: Bariatric surgery is a quick and easy fix for rapid weight loss.

Reality: Bariatric surgery should be considered a “healthy option” and not a last resort. While rapid and significant weight loss can be achieved, bariatric surgery for weight reduction takes hard work and commitment. Weight loss surgery is designed to assist in the treatment of obesity as a disease while incorporating a healthier lifestyle. The patient must change eating and exercise habits.

Myth: All bariatric surgery involves “stomach stapling.”

Reality: There are many different types of gastrointestinal size of the stomach and others that bypass parts of the digestive tract, reducing absorption of calories and nutrients. Many bariatric procedures also impact hormonal changes that decrease your hunger and improve your feelings of fullness. Your surgeon will help you determine which surgery is best for you.



“Thanks to
Trinity Health, I have
my life back and it’s the
best thing I could have
ever imagined.”

Michael’s Weight Loss
Journey

Myth: Obese and morbidly obese people are lazy.

Reality: Many patients who struggle with obesity have experienced discrimination and unwarranted scrutiny and judgement due to their weight. Obesity is a disease that requires treatment in order to prevent complications. Most patients struggling with obesity have tried numerous ways to lose weight, but due to our body's physiologic responses, weight loss is very difficult to achieve and maintain. Bariatric surgery is an excellent tool to help patients manage this disease.

Myth: Bariatric surgery is extremely dangerous.

Reality: Any type of surgery has associated risks and potential complications. Laparoscopic weight loss surgeries have been performed since the 1990s with dramatic improvements in surgical techniques and outcomes in the following decades. Surgeries performed at Trinity Health are done laparoscopically or robotically with mini-incisions that result in less pain, faster recovery and less risk for complications than open procedures. In addition, having the procedure may assist patients in overcoming otherwise life-threatening conditions associated with obesity, including type 2 diabetes, hypertension, high cholesterol and sleep apnea.



"I wake up in the morning now feeling like I have energy to tackle the day."

Wendy's Weight Loss Journey



It's time for a *New You!*

Myth: I am not a candidate for laparoscopic bariatric surgery because I've had previous abdominal surgery.

Reality: You are still a candidate for laparoscopic surgery even if you have had prior "open" surgeries or other minimally invasive surgeries.

**Of course each individual case is different and a proper evaluation is needed.*

Myth: Weight loss surgery causes vitamin and mineral deficiency.

Reality: It's true that some patients must take supplements after certain weight loss surgeries because the procedure can decrease absorption of vitamins and minerals. However, patients who follow their doctor's advice about meal planning and vitamin supplements can enjoy a nutritionally balanced diet. In many cases, their overall health and well-being is dramatically improved after the surgery.

Myth: Follow-up care is not necessary.

Reality: Follow-up care after surgery is essential for the first year and for the long term. You will be guided by your team frequently as you are assessed for proper healing, nutrition, hydration and exercise. Managing nutritional factors and behaviors that may have contributed to the obesity is key to maintaining your long term weight loss. Obesity is generally thought of as a disease that is managed, not cured. Follow-up with your team will help you maintain your health.



**"The doctor
helped me believe
I could do it!"**


**Mark's Weight Loss
Journey**

Myth: Insurance does not pay for bariatric surgery.

Reality: Insurance coverage for weight loss surgery varies by state and insurance provider, but many insurances cover weight loss surgery. If you're considering weight loss surgery, contact one of our bariatric surgery offices to review your insurance information and we will help guide you. Trinity Health Michigan also has self-pay options for bariatric surgery.

Myth: Everyone gains their weight back eventually.

Reality: Bariatric surgery requires a patient to change their lifestyle. Maintaining a healthy diet high in protein and remaining committed to an exercise program are keys to your success. Follow-up care and support are also crucial. Talking with your team is important if you are struggling with weight gain. They can offer many options to get you back on track.

A circular inset photo of a woman with short brown hair and glasses, smiling. She is wearing a green jacket over a white shirt.

**"Do it for you.
You're going to get
discouraged – that's
part of being a human – but
you have to pick yourself
up and keep going."**

**Sheena's Weight Loss
Journey**

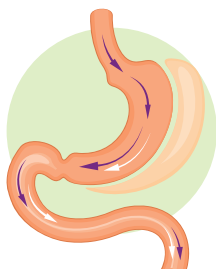


It's time for a *New You!*



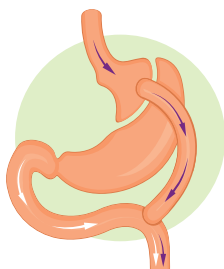
Types of Bariatric Surgery

Surgery and treatments are not the same for everyone. At Trinity Health Michigan, you'll receive a plan designed specifically for your lifestyle, health and overall goals.



Sleeve Gastrectomy

This restrictive surgery involves the permanent removal of approximately 80 percent the stomach. After this laparoscopic procedure patients lose weight because of lower caloric intake and the metabolic changes that occur.

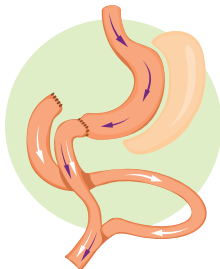


Gastric Bypass

A small stomach pouch is created from the existing stomach at the uppermost portion of the stomach. This newly created stomach pouch is then connected to the small intestine. Patients can lose 70 percent or more of their excess body weight.

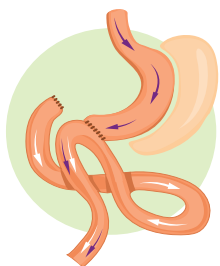
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Types of Bariatric Surgery (continued)



Duodenal Switch (DS)

A combination of sleeve gastrectomy and gastric bypass is performed. More than half of the small intestine is bypassed and connected to the duodenum to limit the calories absorbed by the body. The caloric restriction and significant intestinal malabsorption results in greater weight loss than sleeve gastrectomy or gastric bypass. However, there is greater potential for vitamin deficiencies and diarrhea.



Single Anastomosis Duodenal Switch (SADI)

The SADI bypasses approximately 40 - 50 percent of the small intestine, in a modification of the standard duodenal switch, which involves one connection rather than two. This allows for more absorption of calories and nutrients.



What to Expect

Trinity Health Michigan provides a comprehensive, personalized team approach to treatment and care:

- **Free virtual educational seminars pre- and post-surgery**
- **Pre-surgical one-on-one consultations with your surgeon and the bariatric surgery team**
- **Classes about nutritional needs and what to expect when you return home**
- **Shorter hospital stays**
- **Follow-up appointments with a surgeon/advanced practice provider (NP or PA), and dietitian**
- **Regularly scheduled support group for bariatric patients and supporter persons**
- **Potential partnership with a patient who has already experienced surgery and who is willing to mentor you**

View our
**educational
seminar**
to learn more.

Get started
today.





Ready to take the next step in your weight loss journey?

Take our **free assessment** to see if surgery is
right for you and your weight loss journey.

~ Or call for more information ~

844-423-7564

Trinity Health Bariatric Surgery Centers

Chelsea Hospital • Trinity Health Grand Haven • Trinity Health Grand Rapids
Trinity Health Livingston • Trinity Health Livoni • Trinity Health Muskegon
Trinity Health Oakland



TrinityHealthMichigan.org/Bariatrics

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