

## Qualifying for Bariatric Surgery

Bariatric surgery is most appropriate for those who are 100 pounds or more above ideal body weight, including those with a BMI of 40 or greater or a BMI of 35 or greater with related health issues, such as high blood pressure, diabetes and sleep apnea.

## Insurance Coverage

Many Insurance providers offer coverage for bariatric surgery if you meet certain requirements. In fact, Massachusetts offers some of the best coverage options in the nation. Let our staff assist you in navigating the requirements and processes preparing for coverage and payment of weight loss surgery.

## Benefits of Bariatric Surgery

If you are considering bariatric surgery, it is likely that you have been struggling to control your weight for quite some time, if not for much of your life. You may feel as if you are trapped in a weight gain cycle, making numerous unsuccessful weight loss attempts – that ultimately end in disappointment or weight increase.

There may be a reason for this. According to the National Institutes of Health (NIH), individuals affected by severe obesity may be resistant to maintaining weight loss achieved by conventional therapies, such as consuming fewer calories, increasing exercise, commercial weight-loss programs, etc. The NIH has recognized bariatric (weight-loss) surgery as the only effective treatment to combat severe obesity and maintain weight loss in the long term.

## Bariatric Surgery-Related Health Issues

When combined with a comprehensive program of weight loss support, bariatric surgery can provide the catalyst to reach your weight loss goals.

It has been shown to help improve or resolve many obesity-related conditions, such as type 2 diabetes, high blood pressure, heart disease, sleep apnea and more. Often, patients who lose a significant amount of weight are able to lessen or eliminate medications for weight-related health problems.



*From left to right: Corey Campbell, MD, FACS; David Lin, MD; Rebecca C. Shore, MD, FACS; and Roy Shen, MD, FACS*

Are you significantly overweight?  
Have you repeatedly tried to lose weight unsuccessfully? Do you have weight-related health problems such as type 2 diabetes, high blood pressure, joint and mobility problems and sleep apnea?

Let the weight loss surgery experts at Heywood Center for Weight Loss and Bariatric Surgery help you take the first step to a healthier, more active life.

 **Center for Weight Loss  
and Bariatric Surgery**  
*at Heywood Hospital*

250 Green Street, Suite 208, Gardner, MA 01440  
(978) 630-6130 | [www.heywood.org](http://www.heywood.org)



Take the first step  
to a healthier you!

 **Center for Weight Loss  
and Bariatric Surgery**  
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The Center for Weight Loss and Bariatric Surgery at Heywood Hospital is nationally accredited as a Comprehensive Center by the American College of Surgeons and the American Society for Metabolic and Bariatric Surgery, through their joint Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program (MBSAQIP®).

### The Center provides:

- An experienced multidisciplinary team that includes surgeons, physician assistants, dietitians and social workers.
- Surgeons that are Fellowship-trained in bariatric surgery, as well as revisional (corrective) surgery.
- Laparoscopic surgery, a minimally invasive technique associated with less pain, less scarring and faster recovery. Patients go home the next day.
- Medical support, where patients have access to highly qualified specialists including cardiology, endocrinology, and gastroenterology.
- Support groups to patients before and after surgery.
- A presurgical education session that prepares patients for the day of surgery, hospital stay, and their recovery at home.
- Experienced staff familiar with health insurance requirements and coverage.

## Obesity

Obesity is a chronic and progressive disease of excess body fat. It results from multiple environmental and genetic factors.

**> Obesity is the second leading cause of preventable death in the US.**

**> 35% of adult in the US are obese.**

Obesity is a metabolic disease (affecting metabolism) usually associated with other diseases, such as diabetes, high blood pressure, sleep apnea, etc.

Studies have shown that the metabolism of individuals affected by severe obesity is resistant to maintaining weight loss achieved through diet and exercise alone.

### The good news is obesity is treatable.

The National Institutes of Health recognizes weight-loss surgery as an effective treatment to combat severe obesity and maintain long term weight loss. It can improve or resolve (cure), obesity-related co-morbidities for the majority of patients. Patients can experience better health, increase longevity and improve quality of life.

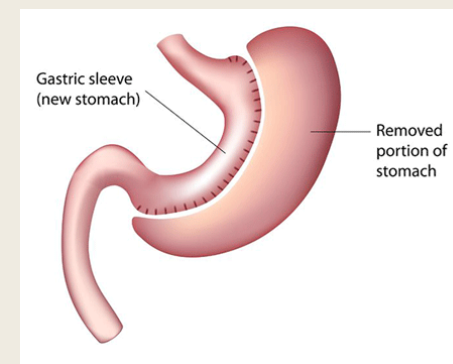
Causes of obesity include:

- Psychological factors
- An imbalances of calories in and calories burned
- Sleep deprivation
- Hormones that signal hunger and fullness do not always work correctly
- Genetics
- Prescription medications
- Environmental factors

## Body Mass Index

Body Mass Index (BMI) is an estimate of body fat based on height and weight.

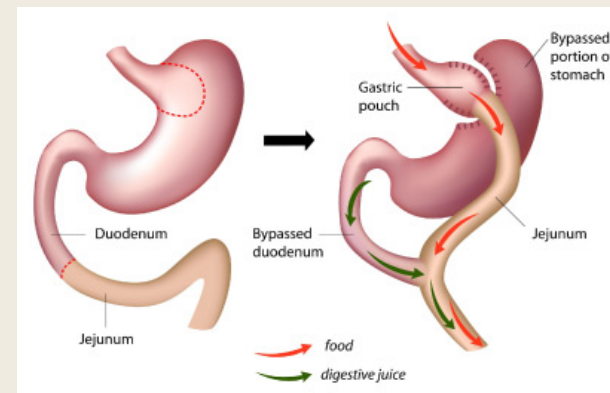
Below 18.5	Underweight
18.5-24.9	Normal
25.0-29.9	Overweight
30.0-39.9	Obesity
40.0 and above	Morbid Obesity



## Sleeve Gastrectomy

Approximately 80% of the stomach is removed and the remaining stomach is a tubular pouch.

- The sleeve restricts the amount of food the stomach can hold
- The major part of the stomach which produces hormones responsible for stimulating hunger is removed from the digestive system



## Roux-en-Y Gastric Bypass

This procedure, often called gastric bypass, is considered the “gold standard” of weight loss surgery. A small pouch is created from the upper stomach and food bypasses the old stomach and part of the small intestine.

- Restricts the amount of food that your stomach holds
- Limits the amount of calories and nutrients your body absorbs
- Changes your gut hormones, which help you feel fuller longer and contributes to appetite suppression and the reversal of obesity-caused comorbidities