

Summa Health Weight Management Institute 2018 Outcomes Report



Dear Colleagues,

We are pleased to share the 2018 quality outcomes for the Summa Health Weight Management Institute. Obesity rates continue to be a problem across the United States. In recent studies, several states actually show increases in the prevalence of adult obesity and related conditions. Addressing this epidemic remains imperative.

More than a decade ago, The National Institutes of Health reported that individuals affected by severe obesity are resistant to maintaining weight loss achieved by conventional therapies and recognized bariatric surgery as the only effective treatment to combat severe obesity and maintain weight loss in the long term.

Weight loss surgery does not help to eliminate just pounds; bariatric surgery has been shown to help improve or resolve many obesity-related conditions, such as type 2 diabetes, high blood pressure, heart disease, and more. Surgery also can help lower the risk for certain cancers, particularly estrogen-driven cancers as well as esophageal, liver, pancreatic and thyroid cancers. Finally, individuals who improve their weight frequently find themselves taking less and less medications to treat their obesity-related conditions.

That is our ultimate goal at the Summa Health Weight Management Institute. We are committed to improving the overall health, and lives, of the patients we treat.

Since starting our surgical program in 2004, we have performed more than 4,130 primary and revisional weight loss surgeries, with 411 primary weight loss surgeries in 2018 alone. Moreover, in the past 10 years, we have grown by nearly 200%.

Moving forward, weight loss management will continue to be a critical initiative for Summa Health. We will continue to offer several treatment options across the weight loss continuum that produce the best possible outcomes for our current and future patients.

We appreciate you taking the time to review our 2018 results. Our 2018 outcomes report, along with more detailed information about the Summa Health Weight Management Institute, is available for download on our website at summahealth.org/weightloss. As you'll see, the Summa Health Weight Management Institute offers a successful program for any patient interested in losing weight. Therefore, please do not hesitate to contact us directly if you have questions or would like additional information for your patients.

Sincerely,



John Zografakis

John Zografakis, M.D., FACS, FASMBS
Director, Bariatric Care Center



Adrian Dan

Adrian Dan, M.D., FACS, FASMBS
Director, Bariatric Care Center

“When I look at myself now it’s surreal; it’s about the being the healthiest version of myself.”

Amanda Medure, Weight Loss Surgery Patient
Lost 156 pounds and 25 BMI points.



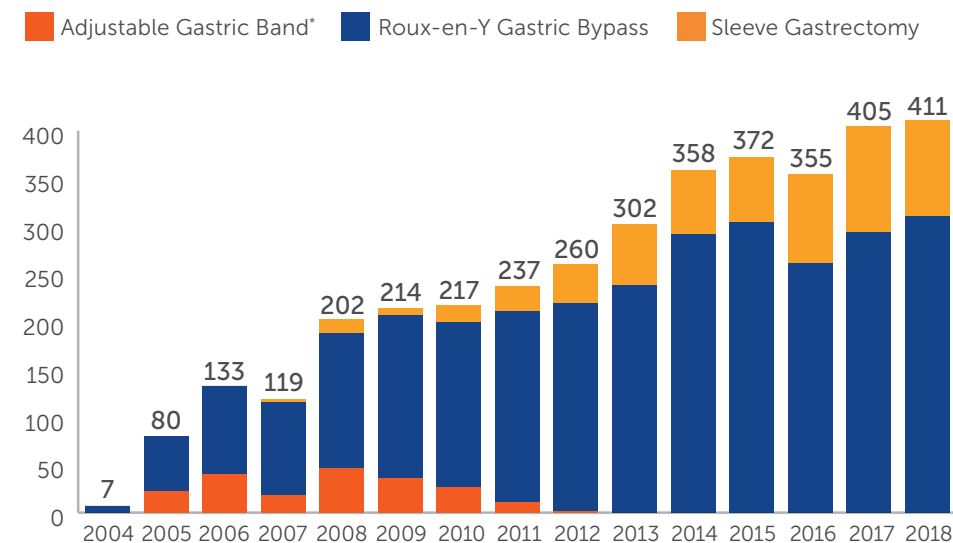
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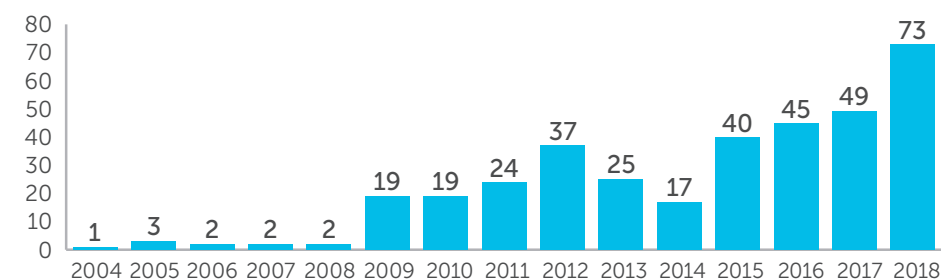
Surgical Procedure Volume

Volume

Surgical weight loss procedures performed at Summa Health include laparoscopic Roux-en-Y gastric bypass, laparoscopic sleeve gastrectomy, laparoscopic adjustable gastric banding and laparoscopic revisional procedures. Our bariatric surgeons are fellowship-trained in advanced laparoscopic and weight loss surgery. Some procedures can be done using a single incision or robotic-assisted approach.

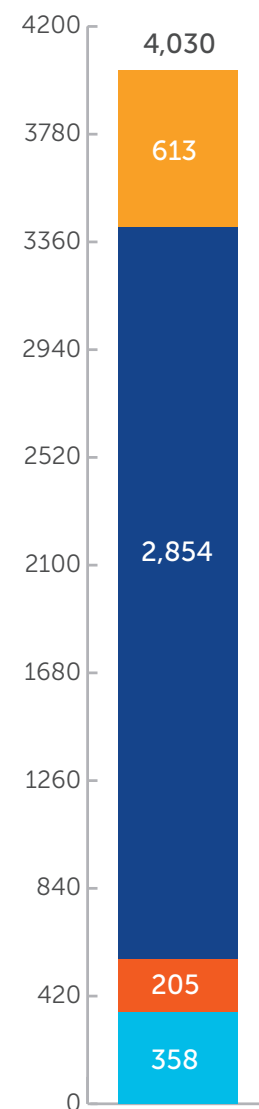


Revisions



*Adjustable gastric band procedures are no longer performed at Summa Health

Procedure Totals



Quality of Care

Our bariatric care team collects and monitors quality of care data and works continuously to refine and improve its processes and program to make sure each patient receives the highest level of care.

30-day Mortality

Procedure	Summa Health's Bariatric Care Center Percentage	National Percentage*
Roux-en-Y Gastric Bypass	0.000%	0.100%
Sleeve Gastrectomy	0.100%	0.100%

Average Length of Stay

Procedure	Summa Health's Bariatric Care Center Number of Days	National Average Number of Days*
Roux-en-Y Gastric Bypass	2.075	2.40
Sleeve Gastrectomy	1.336	2.00



Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program (MBSAQIP)

Summa Health's Bariatric Care Center is a MBSAQIP Accredited – Comprehensive Center. MBSAQIP works to advance safe, high-quality care for bariatric surgery patients through the accreditation of bariatric surgical centers.

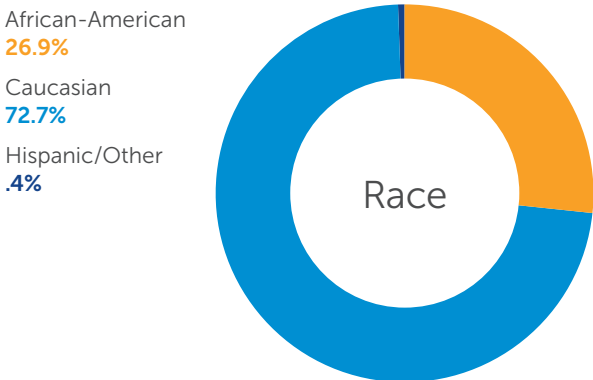
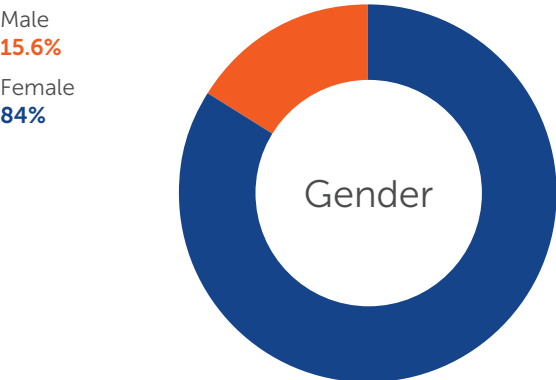
A bariatric surgical center achieves accreditation following a rigorous review process during which it proves that it can maintain certain physical resources, human resources and standards of practice.

*National Data for 2013 taken from American College of Surgeons MBSAQIP Database

Surgical Demographics

Demographics

Candidates for a primary weight loss procedure at Summa Health range in ages from 17 to 70. These are patients with morbid obesity, with or without comorbid diseases such as type 2 diabetes, obstructive sleep apnea, hypertension and gastroesophageal reflux disease. The typical patient has usually tried many different approaches to weight loss but has been unsuccessful in sustaining weight loss. In many cases, patients also struggle with underlying issues such as binge eating, emotional eating or other behavioral health conditions which have contributed to their obesity.



Average Age:



Average BMI:

Laparoscopic
Roux-en-Y Bypass



Laparoscopic Sleeve
Gastrectomy



“When I look in the mirror now, I’m able to see someone who reclaimed his life and see a totally different person than I ever did before and I’m ecstatic with that person.”

Brian Brobson, Weight Loss Surgery Patient
Lost 247 pounds and 37 BMI points.

"I have so much joy in my life now."

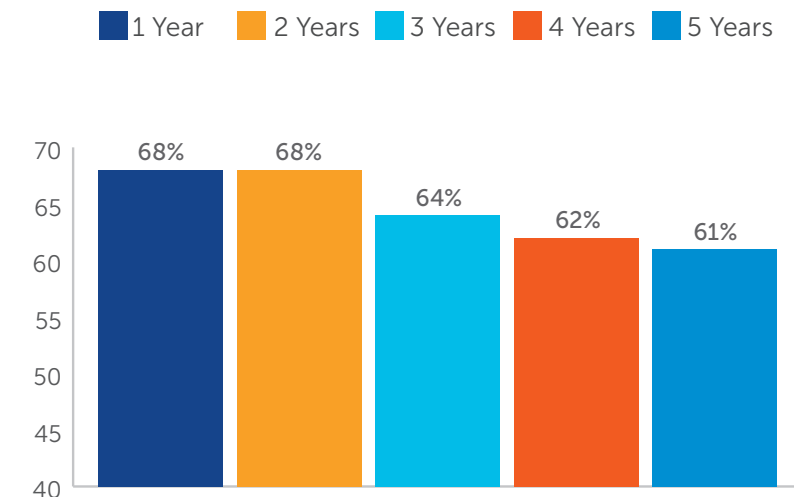
Brooks Dozier, Weight Loss Surgery Patient
Lost 120 pounds and 16 BMI points.



Surgical Percentage of Excess Body Weight Loss¹

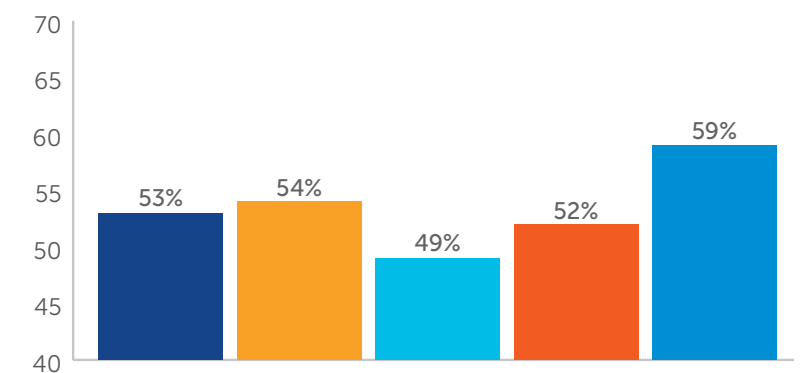
Laparoscopic Roux-en-Y Gastric Bypass

The average percentage of excess body weight loss as a result of laparoscopic Roux-en-Y bypass is 64% after three years.



Laparoscopic Sleeve Gastrectomy¹

The average percentage of excess body weight lost as a result of a laparoscopic sleeve gastrectomy as a primary weight loss procedure is 49% after three years.



Long-term weight loss for patients with diabetes using a nonsurgical, conservative weight loss method is 6% at one year and 4% at three years.²

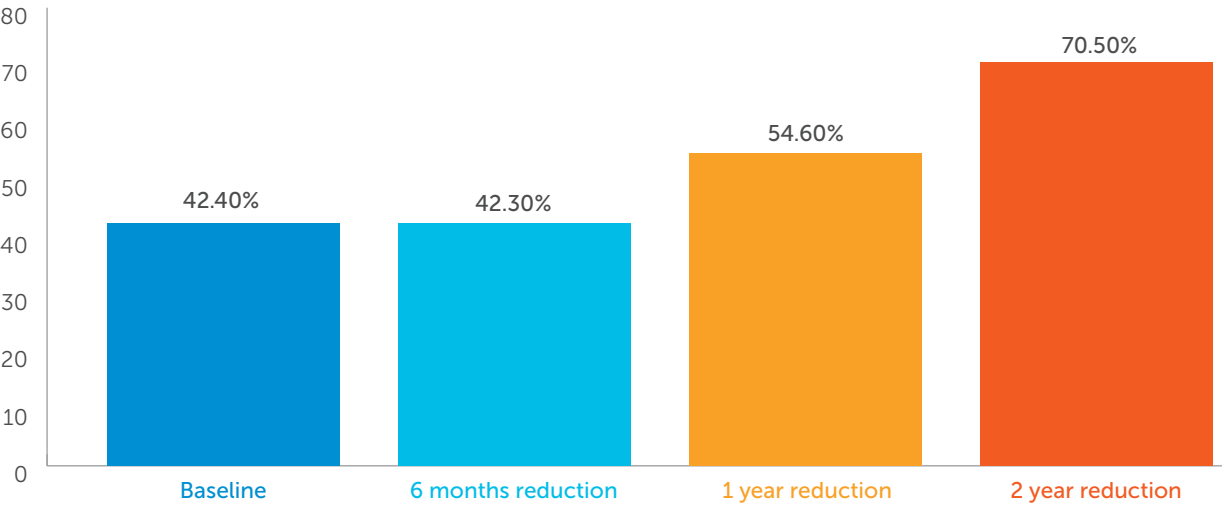
¹ Beginning in 2010, the laparoscopic sleeve gastrectomy was performed as a primary weight loss surgery and as the first step in a staged procedure leading to a roux-en-y gastric bypass

² Diabetes Prevention Program Research Group. Reduction of the Incidence of Type 2 Diabetes with Lifestyle Intervention or Metformin. N Engl J Med 2002; 346: 393-403. Feb 7, 2002

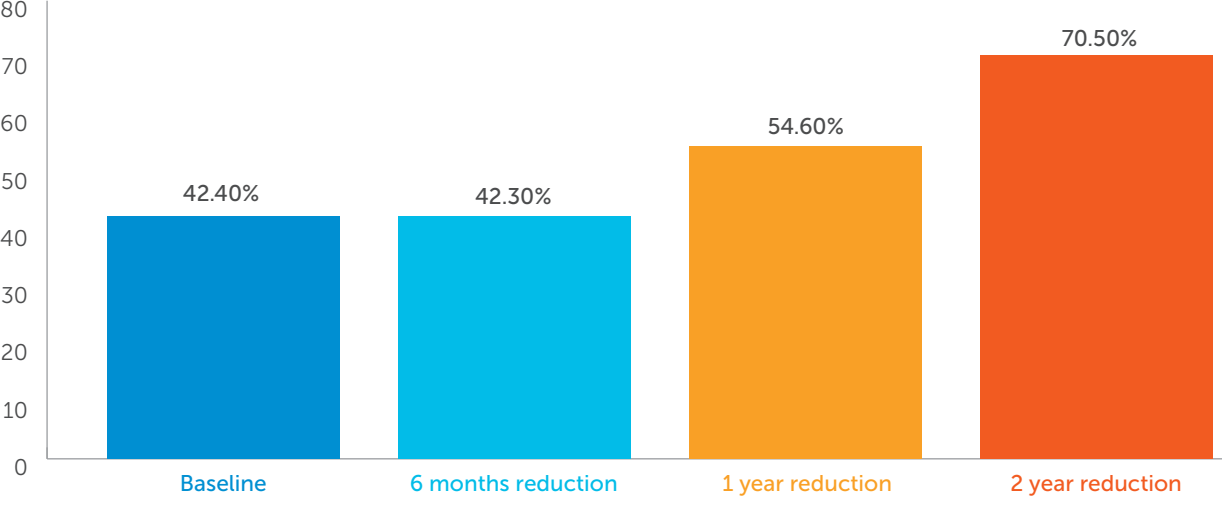
Surgical Comorbidity Resolution

Lowering the Incidence of Medical Comorbidities

Type 2 Diabetes

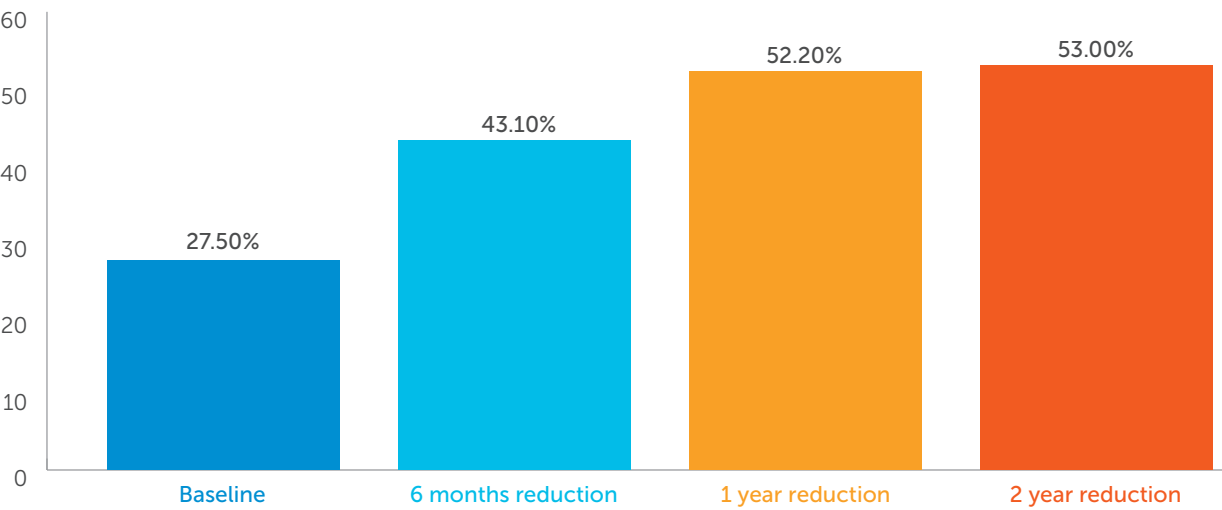


Sleep Apnea

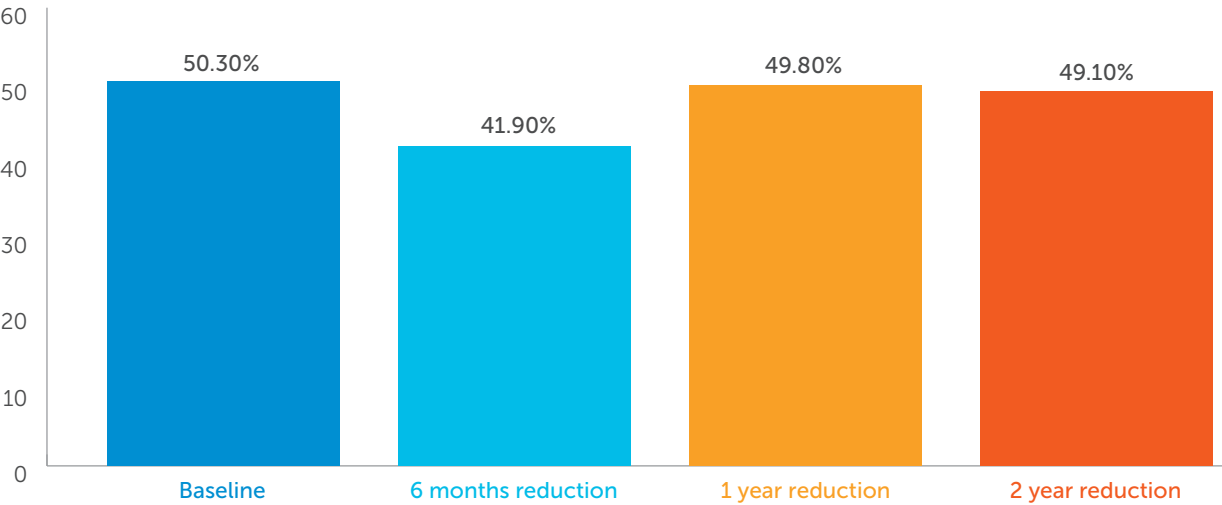


MBSAQIP National Averages.

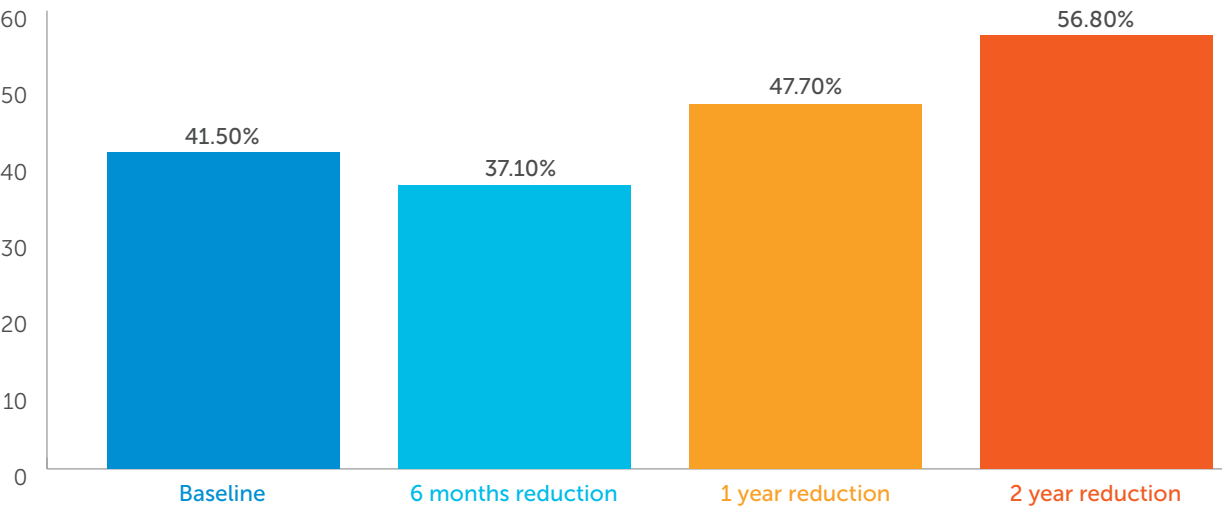
Hyperlipidemia



Hypertension



GERD

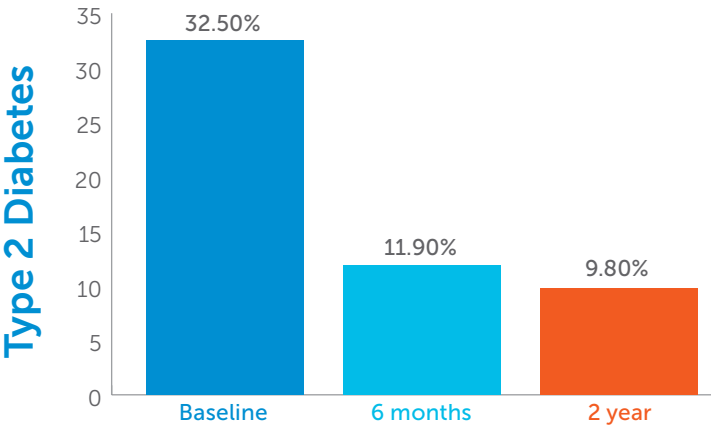


Surgical Comorbidity Resolution

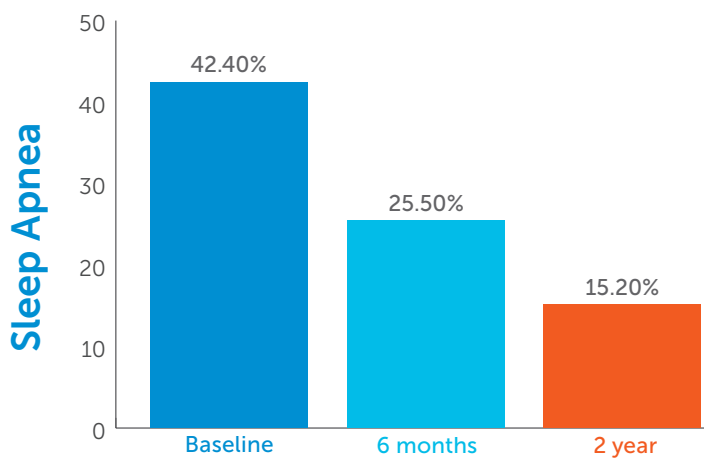
By Surgery

Laparoscopic Roux-en-Y

73% reduction of Type 2 Diabetes from baseline at 2 year follow-up.

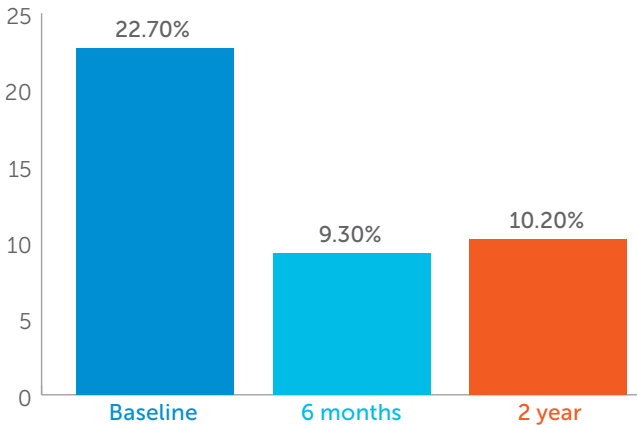


70.5% reduction of sleep apnea from baseline at 2 year follow-up.

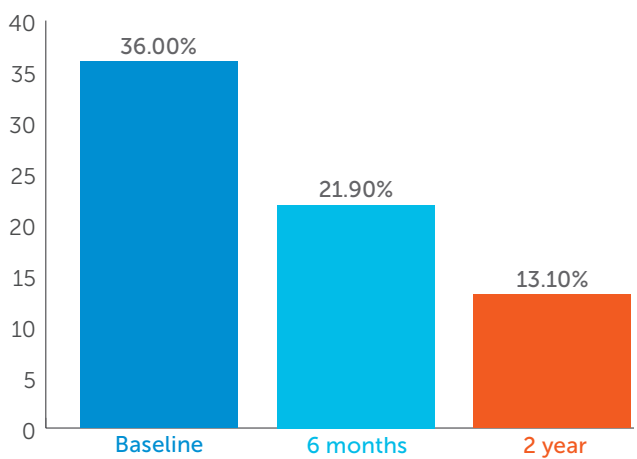


Sleeve Gastrectomy

62% reduction of Type 2 Diabetes from baseline at 2 year follow-up.

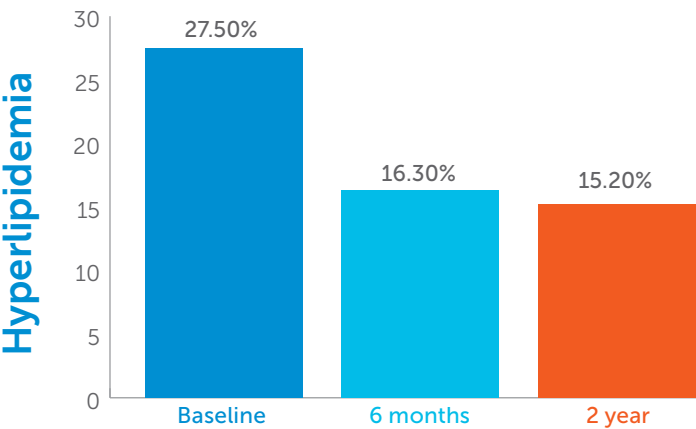


64.9% reduction of sleep apnea from baseline at 2 year follow-up.

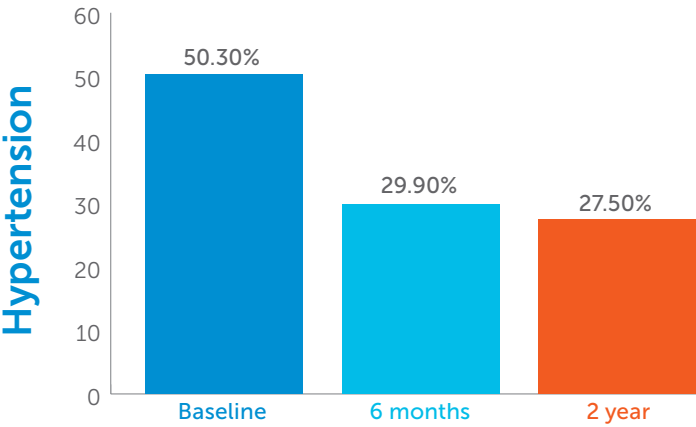


Laparoscopic Roux-en-Y

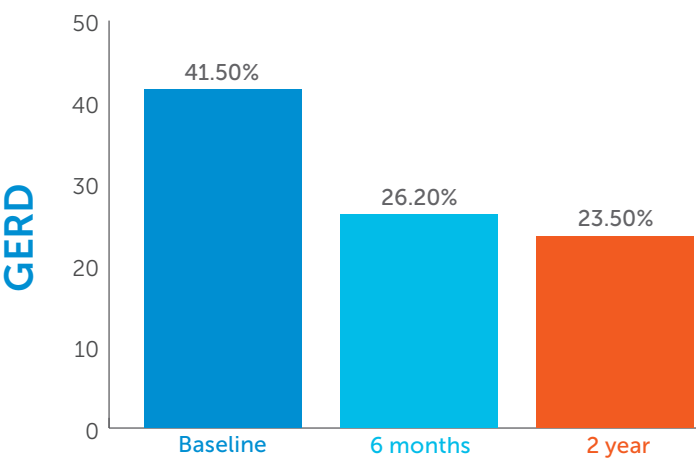
53% reduction of Hyperlipidemia from baseline at 2 year follow-up.



49.1% reduction of Hypertension from baseline at 2 year follow-up.

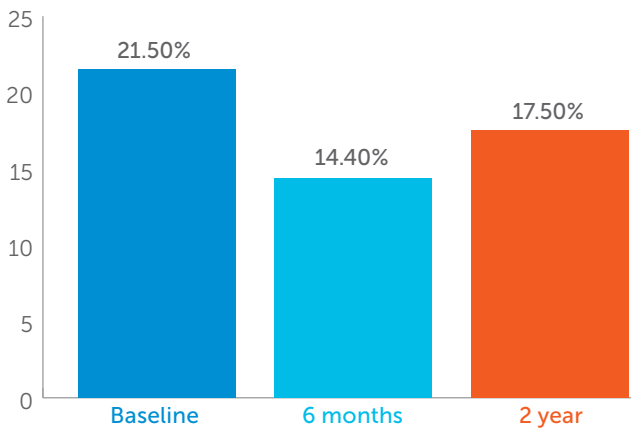


56.8% reduction of GERD from baseline at 2 year follow-up.

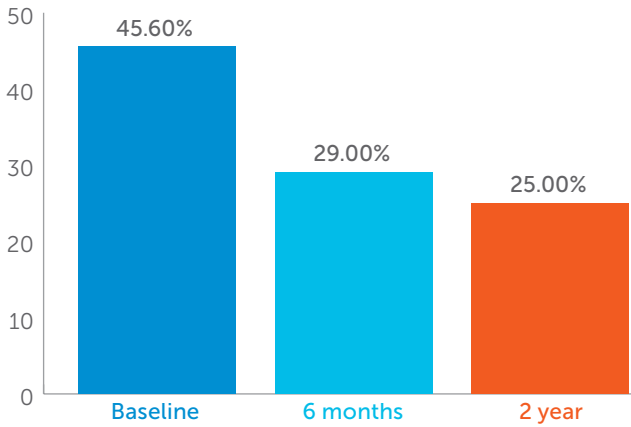


Sleeve Gastrectomy

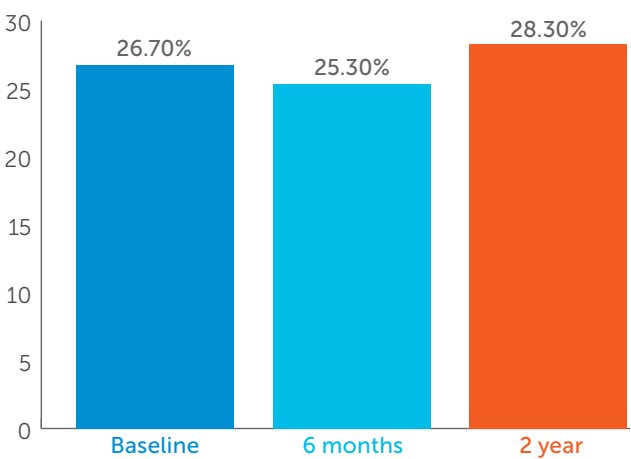
33.6% reduction of Hyperlipidemia from baseline at 2 year follow-up.



51.3% reduction of Hypertension from baseline at 2 year follow-up.



21% reduction of GERD from baseline at 2 year follow-up.



Fellowship Training

Fellowship training offers physicians the opportunity to obtain additional, specialty-focused education after the completion of residency training. The ability of a hospital to provide care by fellowship trained physicians is a strong indicator of a higher level of care. Completion of a fellowship means a surgeon has spent additional time developing in-depth knowledge and surgical expertise in their chosen specialty.

Summa Health offers a one-year fellowship in minimally invasive surgery with a focus on advanced laparoscopic and weight reductive surgery. It is a collaborative effort between the department of surgery and Summa Health Foundation. The fellow works closely with the four attending surgeons in our bariatric surgery program, performing high volumes of minimally invasive weight reductive and general surgeries. The fellow also works with the Bariatric Care Center team, developing expertise in the clinical management of patients.

This fellowship is now in its ninth year, having started in 2011. It is accredited by the MIS Fellowship Council for dual Minimally Invasive Surgery (MIS) and Bariatric Surgery. It is led by fellowship program director, Adrian G. Dan, M.D., FACS, FASMBS.

All four of the surgeons at Summa's Weight Management Institute are fellowship trained as follows:

- John G. Zogafakis, M.D., FACS, FASMBS: Evanston Northwestern Healthcare
- Adrian G. Dan, M.D., FACS, FASMBS: Cleveland Clinic Foundation
- Mark Pozsgay, D.O., FASMBS: University of Pittsburgh Medical Center
- Tyler Bedford, M.D., FACS: Summa Health

Our Fellows:



Chandrutie Latchman, D.O.
2011-2012



Andrew Standerwick, M.D.
2012-2013



Mark Nuqui, D.O.
2013-2014



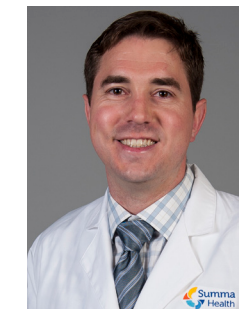
Greg Johnston, D.O.
2014-2015



Lindsey Berbiglia, D.O.
2015-2016



Tyler Bedford, M.D.
2016-2017



Chris Finley, D.O.
2017-2018



Kristine Makiewicz, M.D.
2018-2019



Logan Mellert, D.O.
2019 - 2020

Nonsurgical Weight Management Program

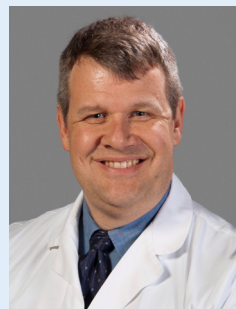
Summa Health also offers a nonsurgical alternative for long-term weight loss. Our nonsurgical weight management program focuses on the modification of food choices, intensive management of eating behaviors, exercise and lifelong follow-up. It's primarily for patients with a BMI between 25 and 34.9 kg/m² that have a co-morbid condition caused by their obesity, as well as those with a BMI between 35 and 39.9 kg/m² without one.

Unlike others in the area, a multidisciplinary team that includes physicians, psychologists, dietitians and clinical exercise specialists leads the Summa nonsurgical weight management program. These professionals guide and educate patients throughout their weight loss journey, from setting realistic and achievable short- and long-term goals to ensuring they stay on track and remain successful.

During a patient's care, our obesity medicine specialist develops a metabolic weight loss plan with the patient.

Our specialist provides patients with an eating, exercise and behavior modification change plan of care. Additionally, the specialist reports back to the referring provider.

Patients who fully participate in our program typically achieve a weight loss of five to 20 pounds per month. Success is directly related to how closely they follow the recommended program.



Ken Wells, M.D.
Certified Diplomate ABOM*



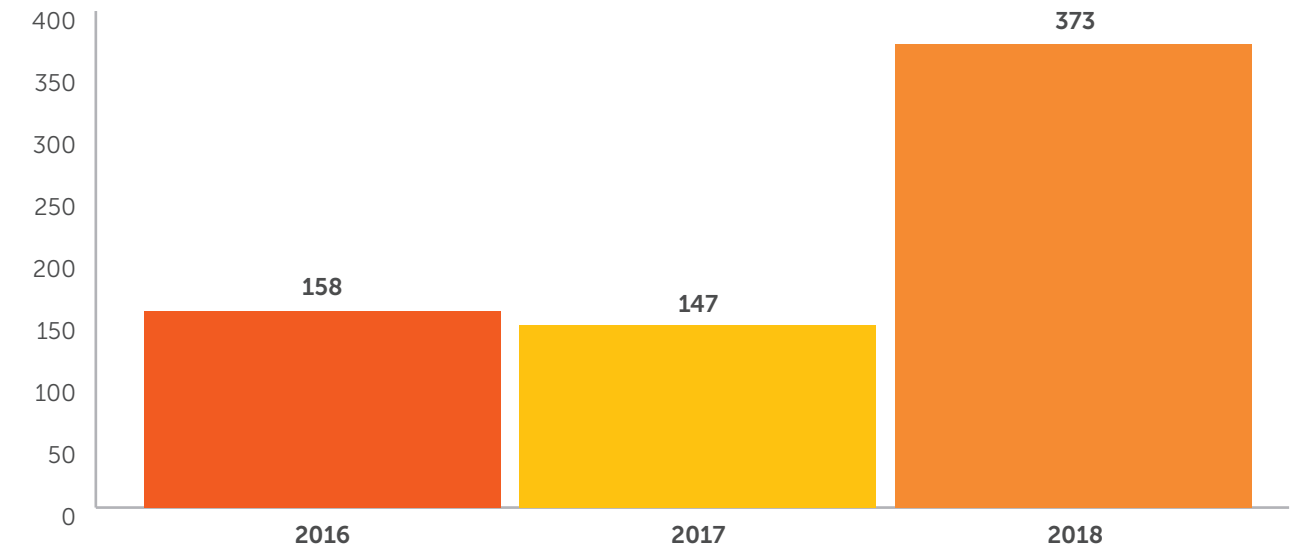
Irene Dejak, M.D.
Certified Diplomate ABOM*



Natasha Koren, M.D.
Certified Diplomate ABOM*

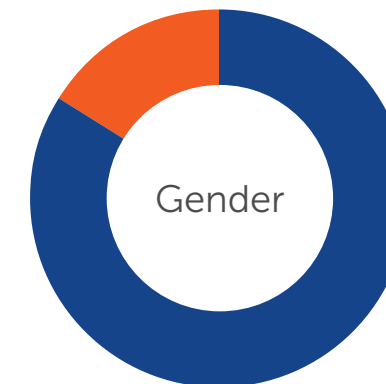
*The American Board of Obesity Medicine (ABOM) serves the public and field of obesity medicine by maintaining standards for assessment and credentialing physicians. ABOM diplomates undergo rigorous training and an extensive examination process to achieve this designation. The certification signifies specialized knowledge in the practice of obesity medicine and distinguishes those who have achieved competency in obesity care.

Program Volume

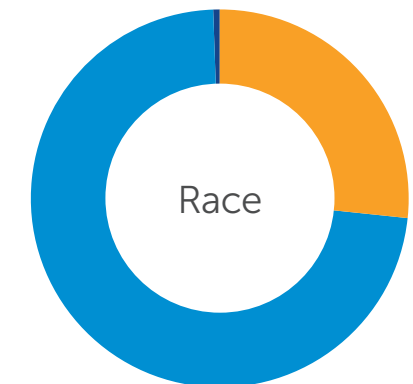


Demographics

Male
22.1%
Female
77.9%



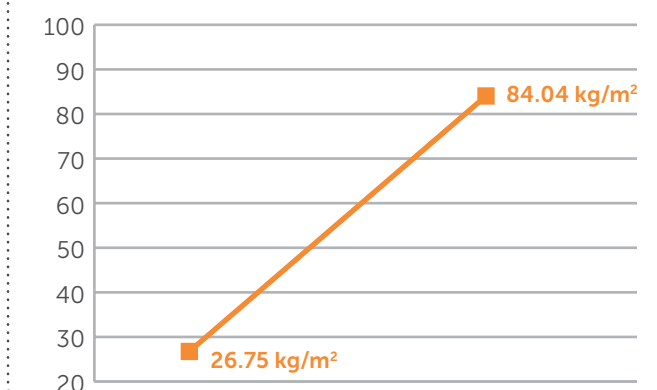
African-American
14%
Caucasian
83.7%
Hispanic/Other
2.3%



Average BMI:



BMI Range:





Research and Education

- Adrian Dan President of ASMBS State Chapter – 2017 - 2019, Ohio and Kentucky Chapter of the American Society for Metabolic and Bariatric Surgery
- Dan A*. Obesity – The Epidemic Crisis of Our Time. The Surgical Clinics of North America (96), pp. xv-xvi, 2016 [PMID:27473809]
- Berbiglia L, Zografakis J, Dan A*. Laparoscopic Roux-en-Y Gastric Bypass – Surgical Technique and Perioperative Care. The Surgical Clinics of North America (96), pp. 773-794, 2016 [PMID:27473801]
- Zografakis JG*, Johnston G, Haas J, Berbiglia L, Bedford T, Spear J, Dan A, Pozsgay M: Urinary Bladder Matrix Reinforcement for Laparoscopic Hiatal Hernia Repair. Journal of the Society of Laparoendoscopic Surgeons. 2018. MN JSLs.2017.00060R1. [PMID:29861621]
- Al-Jumaily A*, Ashaat S, Martin B, Pohle-Krauza R, Krauza M, Dan A, Zografakis J: A Pilot Study on the Biomechanical Assessment of Obstructive Sleep Apnea Pre and Post Bariatric Surgery. Respiratory Physiology & Neurobiology; 25, 2018. <https://doi.org/10.1016/j.resp.2018.01.007> [PMID:29339193]

Text Book

- Berbiglia L, Zografakis J, Dan A*. Laparoscopic Roux-en-Y Gastric Bypass – Surgical Technique and Perioperative Care. The Surgical Clinics of North America (2016). Editors: Dan A, Martin R.
- Berbiglia L, Pozsgay M, Zografakis JG, Bohon A, Dan AG*. Re-operations for Long-term Complications Following Laparoscopic Adjustable Gastric Banding: Analysis of Incidence and Causality. American Society for Metabolic and Bariatric Surgery (ASMBS); November 2016; New Orleans, LA.
- Al-Jumaily A; Zografakis JG; "Biomechanical Assessment of Obstructive Sleep Apnea Pre and Post Bariatric Surgery" Annals of Biomedical Engineering (submitted).
- Berbiglia L, Zografakis JG, Dan A; Laparoscopic Roux-en-Y Gastric Bypass – Surgical Technique and Perioperative Care; The Surgical Clinics of North America (2016). Editors: Dan A, Martin R.
- Al-Jumaily A, Ashaat S, Martin B, Pohle-Krauza R, Krauza M, Dan AG, Zografakis JG. A pilot study on the biomechanical assessment of obstructive sleep apnea pre and post bariatric surgery; Respiratory Physiology & Neurobiology; Volume 25, April 2018. <https://doi.org/10.1016/j.resp.2018.01.007>

Senior Project Personnel

- Tele-Surgery using Intuitive Remote Robotics for Innovative Uses - SIRRIUS, Summa Health System; NSF funding \$4,991,507; 10/1/2013-9/30/2018.

Obesity Awareness Forum

On September 13, 2019, the Summa Health Weight Management Institute held its second annual Obesity Awareness Forum in Akron. This forum is an opportunity for medical providers to come together and collaborate, hear from experts in the field of obesity, and arm themselves with the most recent knowledge available.

Due to the strength of the Summa Health Weight Management Institute's program and reputation in the industry, we were able to secure world-renowned surgeon Walter J. Pories, M.D., FACS as the keynote speaker. A pioneer in obesity medicine, Dr. Pories is a shining example of the professional excellence in medicine the Summa Health program strives to emulate.

At the forum, Dr. Pories discussed, "The Metabolic Mechanisms of Type 2 Diabetes" and shared powerful new evidence of the link between obesity, type 2 diabetes and metabolic disease. A question and answer session with the expert followed. In addition, Christina Rowan, Ph.D., also discussed the social stigma, prejudice and bias of obesity.

Save the Date!

Third Annual Obesity Awareness Forum

September 11, 2020



Dr. Walter Pories is amongst the most renowned pioneers in the field of metabolic and bariatric surgery and one of the most prolific surgeons of the past half-century. He currently is the Professor of Surgery, Biochemistry and Kinesiology at East Carolina University (ECU). He received his MD with Honor at the University of Rochester where he also completed his surgical training in general and cardio-thoracic surgery. Following his appointments at the University of Rochester and Case Western Reserve, he became the founding Chairman of Surgery at ECU (1977 – 1990). He is currently the Director of the Metabolic Surgery Research Group at ECU.

Pories' research interests have been in nutrition, pediatric and bariatric surgery. He was the first to delineate the full and durable remission of type 2 diabetes following the gastric bypass operation. To improve the outcomes from bariatric surgery, he founded the Surgical Review Corporation that developed the international Bariatric Surgery Centers of Excellence Program as well as developing the BOLD database that led to a reduction of the 90-day mortality in the U.S. from about 10% to 0.3%. He was also the first to develop a postgraduate curriculum for graduate surgical education, published through four editions.

His current research interest is the molecular explanation why type 2 diabetes clears within a matter of days following bariatric surgery. His group has had uninterrupted funding from the National Institutes of Health (NIH) for more than three decades.

He served as President of the Society for Environmental Health and Geochemistry, the Association of Program Directors in Surgery, the American Society for Metabolic and Bariatric Surgery, as the second Vice President of the American College of Surgeons and Vice President of the Southern Surgical Association as well as editor-in- chief and associate editor of several journals. He was invited to give a keynote address at Oxford University and was awarded the Oxford Cup, the highest national award of Beta Theta Pi.

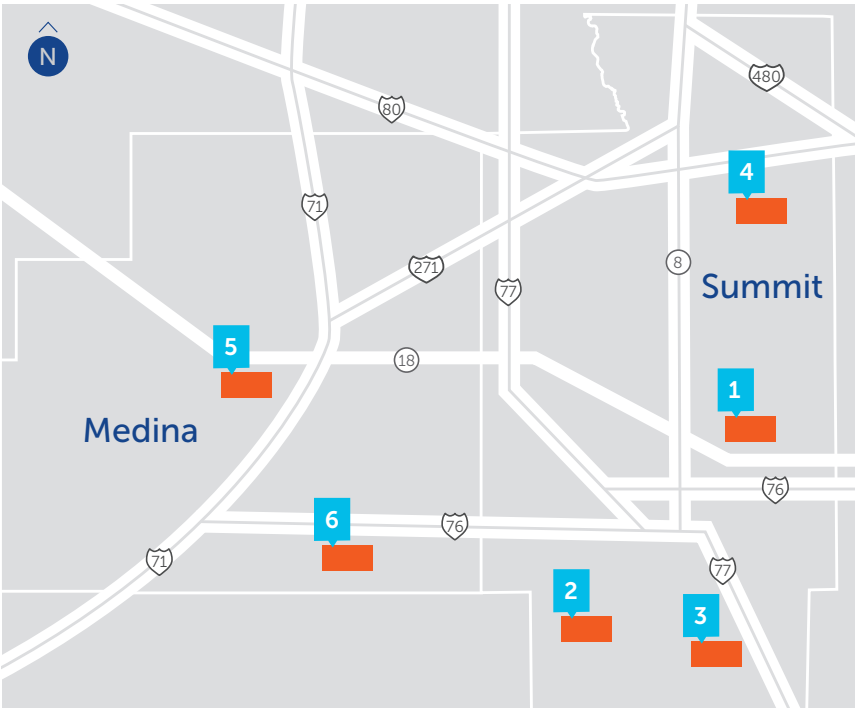
“Being in the nutrition program at Summa Health has changed my life.”

Marissa Martucci, Nutrition Services Patient
Lost 63 pounds and 11 BMI points.



Locations

- 1 Summa Health System – Akron Campus**
95 Arch St, Suite 260
Akron, OH 44304
- 2 Summa Health System – Barberton Campus**
155 Fifth St NE
Barberton, OH 44203
- 3 Summa Health Green Medical Center**
1835 Franks Parkway
Uniontown, OH 44685
- 4 Summa Health Hudson Medical Center**
5265 Hudson Dr
Hudson, OH 44236
- 5 Summa Health Medina Medical Center**
3780 Medina Rd
Medina, OH 44256
- 6 Summa Health Wadsworth-Rittman Medical Center**
195 Wadsworth Rd
Wadsworth, OH 44281



New office location
in Wadsworth,
now open!



To refer a patient or for more information, call **330.375.6590 (#9)**. Patients may call **330.375.6554** to schedule an appointment.

Visit summahealth.org/weightloss to learn more.

Summa Health System
Akron Campus
Bariatric Care Center

Richard M. and Yvonne Hamlin Pavilion
95 Arch St, Suite 260
Akron, OH 44304

