

Surgical Weight Management



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Summa's Bariatric Care Center wants to help you make a change

Program Overview

It is no secret that a growing number of people in this country are overweight, obese or morbidly obese. While no one fully understands the exact cause of obesity, we do know that:

- The causes of obesity are multi-factorial and include food choices, lifestyle and genetics.
- Obesity is a complex disease that requires a high degree of skill and knowledge to effectively manage.
- Obesity is a very personal and sensitive condition that requires the care of an attentive and compassionate team.

Summa's Bariatric Care Center wants to help you make a change.

Our program's comprehensive, team-based approach to weight loss management focuses on your individual needs – and provides you with the support and tools you need to achieve your weight loss goals.

"I used to be very limited, but now I can do anything."

Gary Jentes, Weight Loss Surgery Patient



Obesity

Obesity is a disease of excess weight. It is classified as a chronic disease by the American Medical Association, one that requires medical treatment and prevention.

It is defined based upon body mass index (BMI), which describes a relationship between weight and height. Surgery is indicated for patients with a BMI greater than or equal to 40 kg/m², or a BMI greater than or equal to 35 kg/m² with at least one co-morbid disease caused by the obesity.

To calculate your BMI, go to summahealth.org/BMI

Obesity's Impact On Health

Scientific evidence shows that being obese or overweight is a significant risk factor for several serious diseases, including:

Type 2 Diabetes

Diabetes is a serious disease that increases your risk of developing cardiovascular disease. It damages the blood vessels throughout the body, which can result in poor circulation, amputations, blindness, kidney disease, stroke, heart attack and peripheral artery disease. Patients with diabetes often have to take insulin or other medications to control their blood sugar levels.

Obstructive Sleep Apnea

Obstructive sleep apnea is a condition where the airway collapses while a patient is sleeping, cutting off the supply of oxygen to the body. Patients with this condition are required to sleep attached to a machine that keeps the airway open by forcing air into the trachea (airway).

Hypertension

Hypertension (high blood pressure) is a condition where the heart has to work harder to pump blood through the overweight body. It is a risk factor for other serious diseases such as stroke, heart attack and kidney failure. Many patients require medications to control their blood pressure.

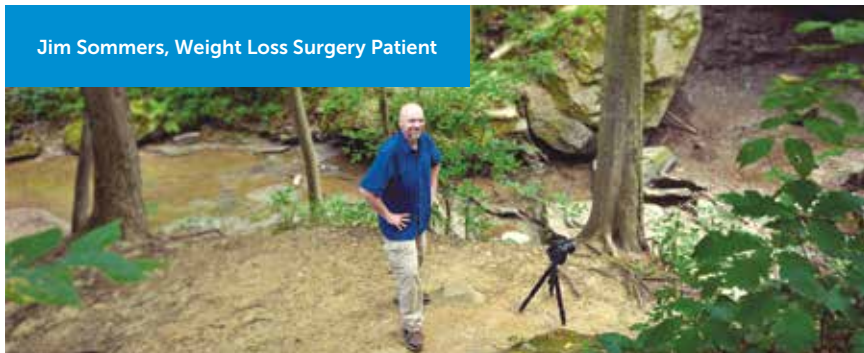
Gastroesophageal Reflux Disease

GERD (heartburn/acid reflux disease) is a condition where increased pressure on the stomach causes its contents to rise up into the esophagus, often causing significant irritation and pain. Patients with GERD often need to take medications to reduce the amount of acid produced in the stomach.

Studies show that patients who lose a significant amount of weight usually experience a dramatic improvement or even a cure of these conditions. They can often reduce or eliminate the need for medications and/or machines to help breathing during sleep.

"I used to feel imprisoned by my health.
Now I feel liberated."

Jim Sommers, Weight Loss Surgery Patient



Weight Loss Surgery — 4 Easy Steps

Step 1: Contact the Bariatric Care Center

Summa Health's Bariatric Care Center welcomes your interest in our Surgical Weight Management program.

Call the Bariatric Care Center at **330.375.6590**. During this phone conversation, we will:

- Provide more details about our process
- Answer any questions you may have
- Discuss insurance options
- Schedule your introductory visit (Step 2)
- Explain the requirement for viewing our weight loss surgery patient education seminar and attendance options

We strongly encourage you to contact your insurance company prior to this call to determine if you have the weight loss surgery benefit on your plan.

Step 2: Attend Introductory Visit

For your Introductory Visit, you will come to the Weight Management Classroom, which is located here:



Summa Health System — Akron Campus
Summa Health Richard M. and Yvonne Hamlin Pavilion
95 Arch St, 1st Fl
(follow signs to the classroom)
Akron, OH 44304

(Step 2 continued)

During this visit you will complete documentation needed for your surgical evaluation and we will verify your insurance benefits. As long as there are no issues with your insurance, you have completed the seminar requirement and you are able to complete all of the requested forms, you should leave your introductory visit with the date and time of your surgical evaluation.

All patients are required to view our weight loss surgery patient education seminar before scheduling a one-on-one evaluation with a surgeon. You can participate in a seminar in one of two ways:

Online Seminar

Summa's Weight Loss Surgery Online Seminar is a taped version of an in-person seminar conducted by Summa Health's Bariatric Care Center.

At the end of the online weight loss surgery seminar video, you will be asked to click a link which will take you to an online form. Please complete the form with the information requested. If you do not fill out the form, you will need to either view the seminar again or attend a live seminar.

In-Person Seminar

Attend a seminar and meet one of Summa Health System's fellowship trained bariatric surgeons.

- John Zografakis, M.D., FACS, FASMBS
Director
- Adrian Dan, M.D., FACS, FASMBS
Director
- Mark Pozsgay, D.O., FASMBS
Program Surgeon

A member of our staff will also be on hand to answer your questions about our comprehensive program, which includes:

- An individualized evaluation of each patient
- A standardized approach to surgery and post-operative care
- Ongoing and life-long follow-up and support
- Compassionate and personalized care

If you are NOT a current patient of Summa Health's Bariatric Care Center you can reserve your seat for the in-person seminar or view the online version by visiting summahealth.org/seminar.

Note: If you choose to watch the online video, you do not need to attend a live weight loss surgery seminar.

Step 3: Complete Surgical Evaluation

During this visit you will meet one-on-one with the surgeon for an evaluation. This is your opportunity to ask clinical questions. Summa's bariatric surgeons are boardcertified in general surgery and fellowship trained in advanced laparoscopic and bariatric surgery.

The team has completed more than 3,000 minimally invasive weight loss surgeries with excellent outcomes.

Your surgeon will:

- Review your medical history and determine whether surgery is an option for you
- Explain the types of surgical procedures available
- Help you decide which procedure is the best choice for you
- Answer any clinical questions that you have about weight loss surgery

Step 4: Program Enrollment

Once you have completed the initial evaluation and have been cleared by your surgeon to proceed with pre-operative testing, you are ready to enroll in the program. You may be able to enroll on the date of your surgical evaluation.

Following enrollment:

- An initial scheduling packet will be prepared for you based upon your surgeon's orders.
- You will undergo a series of tests and assessments, as ordered by your surgeon based upon your medical history and the requirements of your insurance company.
- You may need to complete monthly physician-supervised diet and exercise visits if required by your insurance. If so, these will be scheduled for you.
- Our interdisciplinary team will meet during the pre-operative process to review your progress. The team assesses whether special instruction, clarification, or additional support is needed. The recommendations of the team are forwarded to your surgeon, who makes the final decision about your eligibility and readiness for surgery.

"Since my surgery, my life is happier; I am happier with myself."

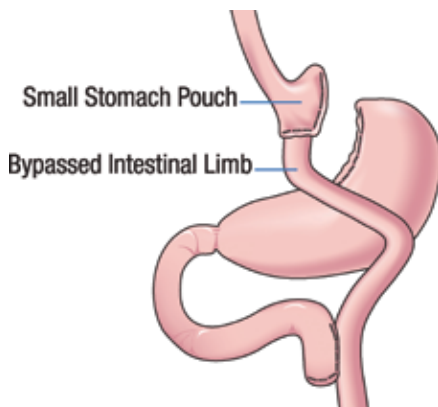


Lisa Mark, Weight Loss Surgery Patient

Surgical Options

Laparoscopic Roux-en-Y Gastric Bypass

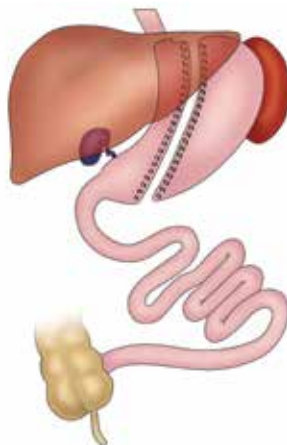
With more than 200,000 performed annually in the United States, the Laparoscopic Roux-en-Y Gastric Bypass is the most frequently used and successful procedure to manage obesity. During surgery, the normal anatomy of the stomach and small intestine is altered to restrict the size of the stomach and limit absorption. This results in eating less food and the body absorbing only a portion of that food.



Laparoscopic Roux-en-Y Gastric Bypass

Laparoscopic Sleeve Gastrectomy

Laparoscopic Sleeve Gastrectomy is a minimally invasive procedure that involves dividing the stomach into two separate parts. The portion of the stomach through which food passes is shaped like a tube, or a sleeve. This results in the stomach no longer being able to hold a large portion of food, therefore patients eat less while feeling full. Food digestion occurs through the normal process, so nutrients and vitamins from food can be fully absorbed into the body.



Laparoscopic Sleeve Gastrectomy

Laparoscopic Revisional Surgery

Laparoscopic Revisional Surgery is available to patients who have already undergone a primary weight loss surgery procedure. These procedures are for patients who have experienced complications from their initial surgery.



At Summa, our primary focus is laparoscopic (or minimally invasive) surgery. In some instances, an open procedure may be required – an option our program offers, if needed.

Advantages of the minimally invasive approach include:

- decreased incisional pain
- decreased chance of wound infection
- shorter hospital stay
- more rapid recovery
- faster return to work

Our Multidisciplinary Team

Surgeons



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



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



Mark Pozsgay, D.O., FASMBS
Bariatric Program Surgeon



Ken Wells, M.D., Certified Diplomate ABOM
Medical Director, Nonsurgical Weight Management Program

Clinical Psychologists



Jennifer Duncan, Psy.D.



Christina Rummell, Ph.D.



Leisa Bridle, NP

Nurse Practitioner

Registered Nurses



Barb Norvaisa, BSN, RN



Debbie Pasini, BSN, RN, CBN

Registered Dietitians



Hanna Koscinski, RDN, LD



Tess Lockhart, RD, LD

Clinical Exercise Specialist



Laura Richardson, RCEP



Bev Hendrickson

Financial Specialist

Surgeons

Our surgeons are board certified in general surgery and have completed a full year of fellowship training in advanced laparoscopic and weight loss surgery.

Physician

Our board-certified internist specializes in obesity medicine and provides pre-op physician-supervised diet and exercise for patients who need this service to meet their insurance program's requirements. He also provides long term weight management follow up after surgery.

Clinical Psychologists

Our Bariatric Program psychologists provide pre-operative evaluation of all patients and both pre and post-operative evaluation, counseling, and support to those patients who need it.

Nurse Practitioner

Our nurse practitioner works closely with our surgeons and physicians to provide comprehensive pre and post-operative care to our patients.

Registered Nurse (RN)

Case Managers

Our case managers provide intensive education and support before, during and after surgery. They work closely with our surgeons to ensure each patient receives excellent care.

Registered Dietitians

Our dietitians work closely with each patient before and after surgery to provide education regarding pre and post-operative diet changes and vitamin supplementation.

Clinical Exercise Specialist

Our clinical exercise specialist is certified by the American College of Sports Medicine (ACSM). She provides training that explains the role that exercise plays in successful weight loss. She also helps each patient develop an individualized exercise plan and is available for individual consultation.

Financial Specialist

Our financial specialist explains the details of your medical insurance, reviews with you all known out-of-pocket expenses (those that are not covered by insurance) and works closely with you and your insurance company to obtain approval for surgery.

Quality of Care

Summa’s Bariatric Care Center is dedicated to excellence in minimally invasive weight loss surgery and its associated outcomes. Summa’s outcomes statistics meet or exceed those of other hospital program outcomes across the country.

30-day Mortality

Procedure	Summa’s Bariatric Care Center Percentage	National Percentage*
Roux en Y Gastric Bypass	0.00%	0.20%
Sleeve Gastrectomy	0.00%	0.10%

Average Length of Stay

Procedure	Summa’s Bariatric Care Center Number of Days	National Average Number of Days*
Roux en Y Gastric Bypass	2.40	2.40
Sleeve Gastrectomy	1.60	2.0

Summa’s Proven Results

Following weight loss surgery, patients experienced improvement in these comorbid conditions at five years:

- **71% have resolution and/or improvement of their type 2 diabetes**
- **58% of patients have resolution and/or improvement of their hypertension**
- **79% have resolution of their obstructive sleep apnea**
- **59% have resolution of their gastroesophageal reflux disease**

"I was on multiple medications and suffering from type 2 diabetes. Now, after my surgery, I'm no longer insulin-dependent."

Chuck Gough, Weight Loss Surgery Patient



Cost of Surgery

Understanding the details of medical insurance coverage as it relates to paying for weight loss surgery can be overwhelming. That's why our team has a full-time financial specialist who helps you understand your insurance benefits and out-of-pocket financial responsibilities.

On the day you meet with your surgeon, you will also meet with a member of our financial team who will:

- Explain the specifics of your weight loss surgery insurance benefits
- Review all known out-of-pocket expenses with you

After you enroll in the program, the financial specialist works closely with you throughout the process of obtaining predetermination for your surgery.

Insurance Coverage

All major insurance companies cover weight loss surgery on some of their benefit plans. However, not all employers select this benefit for their employees. We recommend calling the number on your insurance card to ask:

"Do I have the weight loss surgery benefit on my plan?"

You should receive a simple "yes/no" answer from your insurance plan provider.

If you do have the benefit, you will probably be told that you must meet their medical criteria, which is typical. All plans that cover weight loss surgery have specific medical requirements that must be met in order for the insurer to pay for weight loss surgery. We will ensure that you meet all of these requirements before your case is submitted for approval.

Out-Of-Pocket Expenses

Certain expenses related to the surgery are considered "noncovered" by all insurance plans and are your responsibility. These non-covered expenses include:

- Program administration fee
- Pre-surgical nutrition assessment(s)
- Co-insurances as determined by your insurance company
- Deductibles as determined by your insurance company
- Co-payments as determined by your insurance company
- Pre-operative meal plan

For patients who have medical insurance plans which do not cover weight loss surgery, we offer a private pay program for the Roux-en-y gastric bypass and the Sleeve Gastrectomy. The details of this program can be discussed with the financial specialist during your first meeting. Patients must have comprehensive health insurance to be eligible for the private pay program.

Your Responsibility

The financial specialist works closely with you every step of the way, but it is your responsibility to:

- Keep us informed of all details of your insurance plan
- Communicate directly with your insurance plan about co-payments, co-insurances and deductibles
- Inform us immediately of changes in your insurance

Education and Support

Patient Education

Part of our collaborative team approach includes making you (the patient) a partner in your treatment.

We believe the most successful patients are educated and well-prepared throughout the treatment process.

As a result, we place a heavy emphasis on patient education and responsibility.

Patients receive:

- A pre-operative education class
- A pre-operative exercise class
- Individualized education provided by the nurse case manager and registered dietitian during the inpatient stay
- Education provided by multiple members of our team during follow-up visits for your entire life
- Monthly support groups that provide education and support for all of our patients

Weight Loss Surgery Support Group

Making all of the necessary changes after surgery can be challenging.

We know it isn't easy, but you don't have to do it alone.

We offer a monthly patient support group that provides an opportunity for pre and post-operative patients to receive additional education and to network with each other for extra support. The group is facilitated by our dietitians.

A typical meeting includes:

- A guest speaker on a topic of interest. Past meeting topics have included emotional eating, changes in body image, post weight loss body sculpting surgery, exercise and nutrition.
- Updates and reminders about important diet and nutrition issues.
- A forum for patients to share their successes with each other, ask questions and voice concerns.

All patients are strongly encouraged to regularly attend support group meetings for the rest of their lives following weight loss surgery. For a list of meeting dates, visit summahealth.org/weightloss.

Clinical Excellence

Summa's Bariatric Care Center is designated by the American Society for Metabolic and Bariatric Surgery (ASMBS) as a MBSAQIP Accredited - Comprehensive Center.

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The MBSAQIP Accredited - Comprehensive Center designation is only awarded to surgical programs that:

- Successfully undergo a rigorous site survey to verify compliance with a set of nationally recognized standards and requirements.
- Demonstrate a comprehensive commitment to a high level of care.
- Submit information for inclusion in the largest repository of dedicated weight loss surgery patient statistical data in the world.
- Measure and report surgical outcomes which are deemed favorable by the ASMB, an organization dedicated to excellence in surgical outcomes.

Comprehensive Team Approach

Our team includes multiple staff members throughout Summa who work closely with our surgeons. Our surgeons use minimally invasive surgery to provide patients with the safest and most effective surgical weight loss procedures. Our weight management team uses their experience, skill and compassion to work closely with you in preparation for surgery, to answer all of your questions, to help you conquer your fears and to assist you in reaching your weight loss goals.

Frequently Asked Questions

Q: Why should I choose Summa Health's Bariatric Care Center?

A: We focus on the individual needs of each patient. Our comprehensive program, comprised of fellowship-trained surgeons, psychologists and an array of highly trained support staff work hard to insure you have the best possible outcome.

Q: Why is it important to be designated a MBSAQIP Accredited Center?

A: As an MBSAQIP Accredited Center, Summa meets rigorous program guidelines set by the American Society for Metabolic & Bariatric Surgery. Being MBSAQIP Accredited is a significant distinction among surgical weight loss programs that directly benefits each patient.

Q: Why is it important to have a fellowship-trained surgeon?

A: After completing a traditional five-year general surgery residency, some surgeons complete an additional year of surgical training that focuses solely on advanced laparoscopic and weight loss surgery. All of our surgeons have trained with renowned leaders in the field of minimally invasive surgery with a special emphasis on weight loss surgery.

Q: How long do I have to wait until surgery?

A: The minimum time from program enrollment to surgery is approximately six months.

This can vary depending on your readiness for surgery, the requirements of your insurance company, and the results of the testing ordered by your surgeon. You must complete all required testing before your surgery can be scheduled.

Q: How long will I be off of work?

A: Most patients are off work for four weeks following a laparoscopic weight loss procedure. The actual length of time may vary depending on the type of surgery that you undergo, other medical conditions that you may have and your individual recovery. Regardless of which surgery is performed, heavy lifting is prohibited for a minimum of one month following surgery. If your job involves lifting objects that weigh more than 15 pounds, your time off work may be longer.

Q: How long will I be in the hospital?

A: The average hospital stay for patients undergoing laparoscopic gastric bypass surgery at Summa Health System — Akron Campus, is two days. The average hospital stay for patients undergoing laparoscopic sleeve gastrectomy surgery is 1-2 days.

Q: When will I start to see results following surgery?

A: Patients will begin to lose weight immediately following surgery. Those who closely follow the recommendations of the team can expect to see significant weight loss as soon as six months after surgery.

Q: What kind of support will I need at home after surgery?

A: During your first week after surgery, you will need someone to assist you. All patients are required to have someone staying with them for their first week.

Q: How often will I see my surgeon after surgery?

A: Post-operative visits are scheduled for all patients at one week after surgery. After your initial post-op visit, you will be scheduled for appointments at the intervals that your surgeon orders. The following program guidelines are generally followed:

- Year One: One month, three months, six months, 12 months
- Year Two: 18 months, 24 months
- Annually thereafter

Q: Why is post-operative follow-up so important?

A: Success after weight loss surgery is directly related to how closely you follow your post-operative program. This includes diet, exercise and vitamin supplementation. Because we know that there are numerous changes to make and requirements to follow, we see you frequently in our office for follow-up. History shows that patients who come in for all scheduled visits and who regularly attend monthly support group meetings have the best outcomes. Once you pass the 12 month point you will follow up for the rest of your life with our Obesity Medicine Specialist.

Q: How much weight can I expect to lose?

A: People who have weight loss surgery can expect the following: Following gastric bypass surgery, patients will begin to lose weight quickly and will continue to do so during the first 12 months following surgery. Studies show that post-operative patients who choose to be compliant with post-op recommendations can expect to lose 60 to 70% of their excess body weight in the first 12 to 18 months following surgery. Studies also show that patients who continue to follow the program can maintain 50 to 60% of their weight loss.

Q: How will my weight loss affect my health?

A: In addition to lower BMI and other health benefits from weight loss, 96% of patients experience an improvement in or elimination of obesity-related health conditions such as 2 diabetes, high blood pressure, sleep apnea, reflux disease (GERD), etc.

Q: Where can I learn more?

A: You can attend or watch online our pre-operative patient education seminar to learn more about your weight loss surgery options. There is also more information about Summa Health's Bariatric Care Center at summahealth.org/weightloss.

We're here to help you!

Our weight loss team understands that choosing to lose weight is a life-changing decision that impacts not just you but your family, job and future. We want to help you make the best decision possible.

Call **330.375.6590** or visit
summahealth.org/weightloss
to learn more.

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