Dear Colleagues,

We are pleased to share with you the 2016 quality outcomes for the Summa Health Bariatric Care Center. As I am sure you are aware, more than one-third of U.S. adults have obesity, and many now consider it to be one of the greatest public health challenges of our time. It is associated with more than 30 other diseases that increase morbidity and mortality and reduce quality of life. While obesity rates are not rising, they are not falling, thus our work towards combating this disease is more important than ever.

Our approach to weight loss management is two-fold. We offer both a surgical and nonsurgical option, so patients can feel comfortable knowing there is a solution that fits their needs. While there is not yet agreement on a single best approach to nonsurgical weight loss management, there is now consensus that the most effective and long-lasting treatment for morbid obesity is surgical weight loss intervention. Since starting our surgical program in 2004, we have performed a total of more than 3,000 primary and revisional weight loss surgeries and have grown by nearly 200% in the past 10 years, performing 355 primary weight loss surgeries in 2016.

While we have continued to increase the number of patients we serve, our focus on creating a positive patient experience has never wavered. We are proud that our patient experience scores for patients undergoing weight loss surgery have placed us in the 95th percentile nationally for the past ten years.

As Summa Health continues to develop its population health strategy, weight loss management will continue to be a critical initiative for all of us. The Summa Health Bariatric Care Center can offer a successful program for any of your patients interested in losing weight. Thank you for taking the time to review our results. We are committed to helping our patients achieve significant weight loss, eliminate or reduce medical problems caused by their obesity and reclaim their life. As always, please do not hesitate to contact us directly if you have any questions, or if you need information for your patients.

Sincerely,

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

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.

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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.

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

<table>
<thead>
<tr>
<th>Procedure</th>
<th>Summa Health’s Bariatric Care Center Percentage</th>
<th>National Percentage*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Roux-en-Y Gastric Bypass</td>
<td>0.003%</td>
<td>0.200%</td>
</tr>
<tr>
<td>Sleeve Gastrectomy</td>
<td>0.000%</td>
<td>0.100%</td>
</tr>
</tbody>
</table>

Average Length of Stay

<table>
<thead>
<tr>
<th>Procedure</th>
<th>Summa Health’s Bariatric Care Center Number of Days</th>
<th>National Average Number of Days*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Roux-en-Y Gastric Bypass</td>
<td>2.14</td>
<td>2.40</td>
</tr>
<tr>
<td>Sleeve Gastrectomy</td>
<td>1.20</td>
<td>2.00</td>
</tr>
</tbody>
</table>

*National Data for 2013 taken from American College of Surgeons MBSAQIP Database
“I used to be very limited, but now I can do anything.”
Gary Jentes, Weight Loss Surgery Patient
“I used to feel imprisoned by my health. Now I feel liberated.”
Jim Sommers, Weight Loss Surgery Patient

Surgical Percentage of Excess Body Weight Loss

Laparoscopic Roux-en-Y 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 Gastrectomy
The average percentage of excess body weight lost as a result of a laparoscopic sleeve gastrectomy as a primary weight loss procedure is 50% after three years.

Laparoscopic Adjustable Gastric Band
The average percentage of excess body weight loss as a result of an adjustable gastric band is 42% 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.¹

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.
Surgical Comorbidity Resolution

Type 2 Diabetes Mellitus
875 of 2,852 (31%) patients undergoing weight loss surgery had type 2 diabetes preoperatively.

Following weight loss surgery:
• 66% of patients have complete resolution of type 2 diabetes.
• 64% of patients experienced resolution and/or improvement of their type 2 diabetes.

Five years post-operatively:
• 84% of patients experienced complete resolution of type 2 diabetes.

Hypertension
1,683 of 2,852 (59%) patients undergoing weight loss surgery had hypertension preoperatively.

Following weight loss surgery:
• 49% of patients have complete resolution of their hypertension.
• 72% of patients experienced resolution and/or improvement of their hypertension.

Five years post-operatively:
• 66% of patients experienced resolution and/or improvement of their hypertension.

Obstructive Sleep Apnea
1,655 of 2,852 (58%) patients undergoing weight loss surgery had obstructive sleep apnea preoperatively.

Following weight loss surgery:
• 72% of patients experienced complete resolution of their obstructive sleep apnea.

Five years post-operatively:
• 82% of patients experienced resolution of their obstructive sleep apnea.

Gastroesophageal Reflux Disease
1,583 of 2,852 (55%) patients undergoing weight loss surgery had gastroesophageal reflux disease preoperatively.

Following weight loss surgery:
• 56% of patients experienced complete resolution of their gastroesophageal reflux disease.

Five years post-operatively:
• 63% of patients experienced resolution of their gastroesophageal reflux disease.

Hypertriglyceridemia
939 of 2,852 (33%) patients undergoing weight loss surgery had hypertriglyceridemia preoperatively.

Following weight loss surgery:
• 54% of patients experienced complete resolution of their hypertriglyceridemia.

Five years post-operatively:
• 64% of patients experienced resolution of their hypertriglyceridemia.
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 seventh year, having started in 2011. It is accredited by the MIS Fellowship Council for dual Minimally Invasive Surgery (MIS) and Bariatric Surgery. Led by fellowship program director, Adrian G. Dan, M.D., FACS, FASMBS, it is Summa’s only general surgery fellowship.

All four of the surgeon’s at Summa’s Bariatric Care Center 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.: Summa Health

Our Fellows:

- Chandrutie Latchman, D.O.
  2011-2012

- Andrew Standerwick, M.D.
  2012-2013

- Mark Nuqui, D.O.
  2013-2014

- Lindsey Berbiglia, M.D.
  2015-2016

- Greg Johnston, D.O.
  2014-2015

- Tyler Bedford, M.D.
  2016-2017
Nonsurgical Weight Management Program

Summa Health also offers a nonsurgical option for weight loss. Our program’s comprehensive approach to nonsurgical weight loss is based upon the current obesity medicine research and years of experience gained from working with patients.

We help patients reach their weight loss goals by teaching them how to make better choices about eating and exercise, and by working with patients to address underlying behaviors which are preventing them from reaching their goals.

Nonsurgical weight management at Summa Health is primarily for patients with a BMI between 25 and 34.9 kg/m² or between 35 and 39.9 kg/m² who do not have another co-morbid condition caused by their obesity. It includes both medical and behavioral components, and is a physician-led, comprehensive, multidisciplinary, two year intensive program.

Program Components

• An evaluation with our obesity medicine specialist who is board certified in internal medicine and obesity medicine. He has specialized in weight management for more than 12 years
• An evaluation with our psychologist who specializes in eating behaviors to determine if there are any underlying eating challenges contributing to your weight
• Our Lifestyle Change Kick-off Workshop, which provides foundational information on exercise, nutrition and behavior
• Three intensive outpatient weight loss groups with our psychologist which provide an individualized patient focus on the behavioral challenges associated with weight loss
• Life-long physician follow-up care from the time of enrollment

Our comprehensive team—including physicians, psychologists, dietitians, and clinical exercise specialist—will guide and educate patients throughout this journey, ensuring they stay on track and remain successful. Our multidisciplinary team is what makes Summa’s weight management programs different from others in the area.

Outcomes

Patients who have fully participated in our program have achieved a weight loss of as much as five to fifteen pounds per month.

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

Ken Wells, M.D., has more than 12 years of experience treating obesity. In 2016, he was certified by the American Board of Obesity Medicine (ABOM) as an ABOM diplomate. ABOM diplomates are physicians who undergo rigorous training and an extensive examination process to achieve this designation.

The American Board of Obesity Medicine serves the public and the field of obesity medicine by maintaining standards for assessment and credentialing physicians. Certification as an ABOM diplomate signifies specialized knowledge in the practice of obesity medicine and distinguishes a physician as having achieved competency in obesity care.

“They counsel you on how to eat healthy. I am about to change my life.”
Reggie Eggleston, Weight Loss Surgery (pre-op) Patient
Research and Education

Research is an integral component of a large, quality focused program. Summa contributed to research regarding surgical weight loss intervention as follows:

Invited Lectures
• "Emergent Surgical Care of the Bariatric Surgical Patient for the General Surgeon"; Ohio Chapter, American College of Surgeons, May 2014.
• "Metabolic Surgery"; Grand Rounds, Department of Obstetrics and Gynecology, Summa Akron City Hospital, Summa Health System; August 2014.
• "The Emergency Department Evaluation of the Weight Loss Surgery Patient."; Grand Rounds, Department of Emergency Medicine, Summa Akron City Hospital, Summa Health System, March 19, 2013.
• "Evaluation and Management of the Weight Loss Surgery Patient"; Northeast Ohio Medical University (NEOMED), February 28, 2012.
• "Common Questions in the Office: The Postoperative Management of the Weight Loss Surgery Patient"; ASMSB, Ohio State Chapter Meeting 2012; May 11, 2012. Columbus, OH.

Publications
• Dan AG, Mirhaidari S, Pozsgay M, Standrew BK, Bohon AN, Zografakis JG. Two-Trocar Laparoscopic Cholecystectomy by Strategic Laparoscopy for Improved Cosmesis. Accepted in 2012 for publication in JSLT, Journal of the Society of Laparoendoscopic Surgeons.
• Poohi-Krauza RJ, McCarroll ML, Pasini D, Dan AG, Zografakis JG. The Effect of Marital Status on Weight Loss After Bariatric Surgery is Moderated by Depression Management of the Weight Loss Surgery Patient”; Proceedings of the ASME 2012 Summer Bioengineering Conference SBC2012, June 20-23, 2012; Puerto Rico, USA.

Oral Presentations
• Childs D, Dan AG, Bohon A. Poohi-Krauza R, Pozsgay M, Zografakis JG. "Factors Affecting Excess Weight Loss (EWL) in Patients Undergoing Laparoscopic Adjustable Gastric Banding (LAGB)". Presented at the Twentieth Annual Summa Health System Postgraduate Day, June 4, 2012.
• Posters Presentations
• Standrew BK, Dan AG, Pozsgay M, Zografakis JG. "Outcomes of Optimal Perioperative Dialysis Catheter Placement Using a Laparoscopic Technique" accepted in 2012 for Poster Presentation at SAGES 2013 Annual meeting.
• Zografakis JG, Dan AG, Pozsgay M, Latchman C, Pasini D. "A Novel Approach to the Repair of Incisional Hernias in Patients with Morbid Obesity". Abdominal Wall Reconstruction (AWR); June 2012.

Book Chapters

Book Editor

Awards

Appointments
• 2014 Zografakis JG, Vice President; Ohio Chapter of the American Society of Metabolic and Bariatric Surgery
• 2013 Zografakis JG, Secretary; Ohio Chapter of the American Society of Metabolic and Bariatric Surgery

2016 Outcomes Report
“The surgery is totally worth it. I wouldn’t go to any place except Summa Health.”
Margo Haren, Weight Loss Surgery Patient
To refer a patient or for more information, call 330.375.6590 or go to summahealth.org/weightloss

Summa Health System
Akron Campus
Bariatric Care Center

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