

Who is a Candidate?

The minimum qualification for weight loss surgery is someone with a Body Mass Index (BMI) (determined by the ratio of weight to height) of 40 or greater, or a BMI of 35 and above with documented, significant obesity-related conditions. For the average height patient, this equates to about 100 lbs. above ideal body weight for men and 80 lbs. for women.

All qualified patients are carefully screened with medical, psychological, nutritional and physical therapy evaluations.

If the patient meets the selection criteria, they will be asked to attend an informational seminar, which is by invitation only.

Other criteria include:

- Absence of any uncontrolled disease or disorder that may cause weight gain (untreated hypothyroidism, Cushing's Syndrome, etc.)
- Absence of any untreated major psychiatric or eating disorder (untreated depression, psychosis, bulimia, anorexia nervosa, etc.)
- No active substance abuse
- History of obesity (five years or greater)
- Documented unsuccessful attempts at non-surgical weight loss
- 21 years of age or older
- Ability to follow dietary, exercise and behavioral recommendations

Our Specialists

By providing expert physicians experienced in the latest minimally invasive weight loss surgeries and an important weight management program, we offer severely overweight people an exciting opportunity to successfully achieve and maintain a healthy lifestyle.

Alan Posner, M.D., F.A.C.S

Aaron B. Hoffman, M.D.

Barbara Lahrs, MSN

Administrative Nurse Practitioner

Kimberly Pierce, MSN

Clinical Nurse Practitioner

Laurie Schmidt, MSN

Clinical Nurse Practitioner

Jeanne Lew, MS, Registered Dietician

Christine Galbraith, Lead Physical Therapist



To Receive an Application:

Call (716) 859-7640

Main Office (Open 8 a.m. - 4 p.m., Monday - Friday)

Buffalo General Hospital

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Buffalo, New York 14203

Phone: (716) 859-1168

Fax: (716) 859-3352

www.kaleidahealth.org/weightloss

Language assistance services are available free of charge for anyone who has a need for an interpreter.

Tenemos servicios de ayuda en Español, para cualquiera que necesita un intérprete.



BGH-075 Rev. 11/08

Comprehensive Weight Loss & Bariatric Surgery

SERVICES

BUFFALO GENERAL HOSPITAL
A Kaleida Health Facility



Welcome

The Kaleida Health Comprehensive Weight Loss Program at Buffalo General Hospital is designed to help people who are significantly overweight (morbidly obese) and have become frustrated by their repeated failures to lose weight with traditional weight reduction methods.

About Our Program

According to The National Institutes of Health, Society of American Gastrointestinal Endoscopic Surgeons and the American Society of Bariatric Surgery, our program meets nationally accepted criteria for surgical intervention in the treatment of morbidly obese individuals. We provide the following to assist our patients in achieving their weight loss goals:

- A multi-disciplinary team of bariatric specialists that are focused on the causes, prevention and treatment of obesity and its associated diseases
- Skilled surgeons experienced in advanced laparoscopic weight loss surgery
- Knowledgeable nurse practitioners experienced in the study and treatment of obesity and family practice
- Compassionate, caring registered nurses who specialize in the treatment of weight loss patients
- Registered dietitians applying the most effective nutritional counseling
- Physical therapists experienced in multi-level activity evaluation
- Fully equipped facilities and monthly support groups

What is Weight Loss Surgery?

Weight loss surgery (also called bariatric surgery) is major surgery designed to improve quality of life by facilitating the loss of excess weight and the reduction of obesity-related risks for life-threatening conditions like diabetes, obstructive sleep apnea, elevated cholesterol levels and more, through two basic approaches:

1. Restrictive procedures to decrease food intake
2. Malabsorptive procedures that alter digestion and cause food to be incompletely absorbed

What Surgery is Right For You?

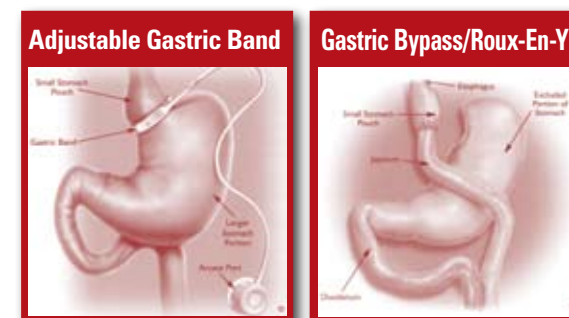
Our bariatric surgical team specializes in minimally invasive laparoscopic surgery, which involves smaller incisions for less scarring, decreased pain, fewer complications, and faster recovery times for patients. Below are the two weight loss procedures we offer:

The Laparoscopic Adjustable Banding Procedure

This surgery is designed to restrict and decrease food intake without interfering in the normal digestive process. A hollow band made of special material is placed around the stomach near its upper end to create both a small pouch and a narrow passage into the larger remaining portion of the stomach, which delays the emptying of food and causes a feeling of fullness. (The band can be tightened or loosened over time to change the size of the passage.) Initially, the pouch holds about one ounce of food and usually expands to two-three ounces with time.

The Roux-En-Y Gastric Bypass Procedure

Staples are used to create a stomach pouch out of a small portion of the normal stomach. The new pouch is then attached directly to the small intestine, bypassing a large part of the stomach (which is only sealed off, not removed) and duodenum. Not only is the stomach pouch too small to hold large amounts of food, but by skipping the duodenum, fat and calorie absorption is substantially reduced.



After Surgery

Most patients are in the hospital for one or two days and are able to drive after 10 days, providing they no longer need medicine for pain relief. Many return to work after two weeks, although those who do heavy work may require up to two months off.

Weight loss varies with each procedure and how an individual responds to changes in diet. Our dietician and physical therapist work with our patients to help them adjust to new eating habits and increased physical activity, changes that patients must commit to for the rest of their lives.

