

# There is Hope.

“From surgery to two years post-op, Ochsner, Dr. Richardson, the dieticians and nurses have all been wonderful and very supportive. I have achieved – and managed to maintain – a 100-pound-plus weight loss. This has changed my life. I will be forever grateful.”

– Renee Nillen

If you're thinking about a surgical alternative to weight loss, you've been down the path of failed diets and exercise programs. You're not feeling good about yourself, and your health is a concern.

At Ochsner, we want you to know that there is hope for a healthier, happier you—for a more complete and productive lifestyle. If you are experiencing significant weight-related problems such as high blood pressure, arthritis, diabetes, or difficulty getting around, bariatric surgery may be the best alternative for sustained weight loss.

The Surgical Weight Loss Program at Ochsner Medical Center is an American Society for Bariatric Surgery Center of Excellence. This designation recognizes surgical programs with a demonstrated track record of favorable outcomes in bariatric surgery. Our program offers a highly successful alternative for individuals whose uncontrolled weight jeopardizes health and lifestyle. Ochsner's program emphasizes quality of life with a wide range of support and medical supervision before, during and following surgical intervention.



Phone: 504-842-4070

Residents of Louisiana: 800-874-8984

Residents Outside of Louisiana: 800-348-7876

The Surgical Weight Loss Program at  
Ochsner Medical Center

1514 Jefferson Highway  
New Orleans, Louisiana 70121



Center of  
Excellence  
BARIATRIC SURGERY

 **Ochsner**<sup>™</sup>  
Healthcare With Peace Of Mind<sup>™</sup>  
1-866-OCHSNER | [www.ochsner.org](http://www.ochsner.org)

# Weight Loss with Peace of Mind



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at Ochsner Medical Center

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“Life changing, supportive, caring and comforting describes the experience I had with the bariatric program at Ochsner Medical Center.”

– Edward A. Coon IV

## Bariatric Surgery at Ochsner

Morbid obesity is a chronic condition that does not respond to traditional diet and exercise. For some, bariatric surgery is the only long-term solution to address health and quality of life concerns.

Ochsner offers two medically endorsed surgical approaches to weight loss. The Laparoscopic Adjustable Gastric Band and the Laparoscopic Gastric Bypass both lead to significant weight loss and health improvement. The best results are demonstrated in individuals who commit to a lifestyle of healthy eating habits and regular exercise.

The Bariatric Surgery Program at Ochsner is a thorough approach to weight loss, addressing the diverse medical issues associated with obesity. Specialists are available to work with patients, families and the Surgical Weight Loss Team, providing comprehensive treatment from initial evaluation to free, ongoing support groups. The Surgical Weight Loss Team includes specialists in the areas of Bariatrics, Cardiology, Critical Care, Internal Medicine, Gastroenterology, Endocrinology, Nutrition, Plastic Surgery, Pulmonology, Sleep Disorders, Social Services, and Psychiatry. The Elmwood Fitness Center also offers a variety of exercise programs customized to meet the needs of post-surgery patients.

## Laparoscopic Adjustable Gastric Band

A minimally invasive procedure and Ochsner Surgical Weight Loss Team specialty, laparoscopic gastric band surgery consists of small incisions made in the abdominal wall, allowing the insertion of a small video camera for better visualization and access. The surgeon fits a band around the top portion of the stomach, essentially making a small pouch. This, in turn, makes the patient feel full with small amounts of food and restricts the amount a patient can eat.

This procedure usually requires a one-day hospital stay and patients are able to return to normal activity relatively quickly. Not all patients are candidates for gastric band surgery. The Ochsner Bariatric Surgery Team will help determine what is best for each individual patient.

## Laparoscopic Gastric Bypass

During gastric bypass, a patient's stomach is reduced in size to that of a small pouch. By having this done, patients will experience fullness and satisfaction after eating just a small amount of food.

A laparoscopic gastric bypass procedure usually requires a two- to three-day hospital stay, with a quick return to normal activity.

## Who makes a good candidate for Bariatric Surgery?

You are eligible for a surgical weight loss procedure if:

- **You are at least 100 pounds over the recommended weight for your age, height and sex, or twice your recommended body weight.**
- **You experience medical problems associated with obesity such as hypertension, diabetes mellitus, high cholesterol, heartburn, and obstructive sleep apnea.**
- **You are between the ages of 18 and 70.**
- **You have made unsuccessful attempts at weight loss through diet and exercise.**
- **You are emotionally willing and motivated to participate in lifestyle changes.**

## Before Surgery

Bariatric surgery is considered a major step. The Ochsner Surgical Weight Loss Team will conduct a comprehensive evaluation prior to surgery to ensure that you are physically and mentally prepared for a dramatic and healthy lifestyle change.

The evaluation includes attending a seminar; evaluation of medical history, including weight history, past diets and current eating habits; physical exam; laboratory tests; along with physician and specialist clearance. Additionally, completion of a written questionnaire and a personal interview are required.

Following a thorough evaluation and assessment by the Surgical Weight Loss Team, it will be determined which procedure is right for you: Laparoscopic Adjustable Gastric Band or Laparoscopic Gastric Bypass.

Before becoming fully eligible for Weight Loss Surgery all potential patients must participate in a Bariatric Seminar as well as our Bariatric Support Group.

In the Bariatric Seminar potential patients will be introduced to the various procedures offered, the recovery process, and possible risks involved with Bariatric Surgery. Please call 504-842-4070 to register for this free seminar.

In addition to the Bariatric Seminar, patients are required to attend our Bariatric Support Group prior to surgery. This support will help potential patients gain a better understanding of procedures, and give them the opportunity to speak one-on-one with someone who has already had surgery. Please call 504-842-4070 to find out when the next support group will meet.

## Following Surgery

Bariatric surgery is designed to induce and maintain a weight loss of more than 50 percent of excess body weight. Patients can expect a rapid loss during the first year following surgery, and then slowly plateau over the next 18 to 24 months. Most individuals experience significant improvement or resolution of weight-related medical problems such as diabetes, high cholesterol, and hypertension in the months prior to their procedure.

To ensure your success, Ochsner offers support groups, rehabilitation services, nutrition counseling, and a health and fitness program to provide extended support and assistance.

For more information on introductory seminars and monthly support groups, please call 504-842-4070 or visit [www.ochsner.org](http://www.ochsner.org).