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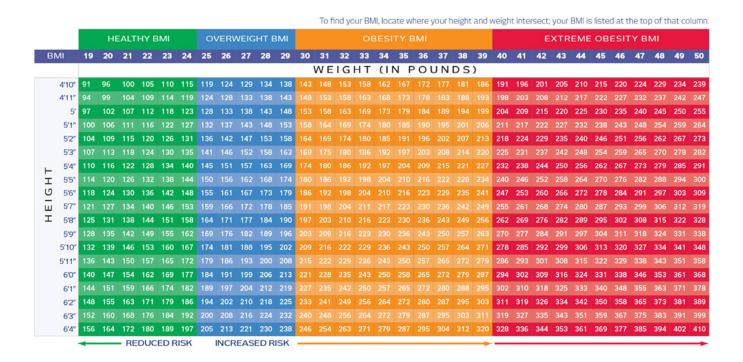
Common Questions About Bariatric Surgery

If I'm considering bariatric surgery, how do I get started?

Deciding to have bariatric surgery is a life-changing decision, and we strongly encourage potential candidates to learn as much as they can prior to the procedure. Our informational video located on our website, MyBariatricCare.com, walks you through the important details about the procedures offered. If you have additional questions, call us at 800-270-3043.

How do I know if I qualify for surgery?

BMI (body mass index) is used as an indicator of how much fat is in your body based on your height and your weight. To find your BMI, divide your weight in kilograms by your height in meters squared (lbs \times 0.45)/(inches \times 0.0254)² or you can find it based on the chart below.



How much does the surgery cost and will my insurance cover it?

The coverage related to bariatric surgery depends on the type of coverage your insurance plan provides. Our care coordinators will help you communicate with your insurance company to understand what coverage your plan requires and provides. To start the insurance verification process, submit the form at the following link. https://www.adventhealth.com/practice/west-florida/adventhealth-weight-loss-and-bariatric-surgery/get-started

Which bariatric procedure is best for me?

This will be determined at your consult visit when you sit down with your bariatric surgeon. The decision is based on various factors such as your BMI and health history.

How rapid is weight loss after bariatric surgery?

Most patients will lose about 65 percent of their excess weight in 18 months (1.5 years) and most of the weight comes off in the first year.

Will my hunger go away after surgery?

No operation eliminates hunger completely. It is a survival instinct and a necessary bodily function. Weight-loss surgery will reduce your hunger, especially in the first few months after the operation.

If I have Type 2 diabetes, will weightloss surgery help?

Weight-loss surgery can have a profound and positive impact on your diabetes, and your diabetes will resolve or completely go away in some cases.

If I have severe GERD. Is there a preferred type of weight-loss operation?

Gastric bypass is typically recommended if you have severe GERD or heartburn.

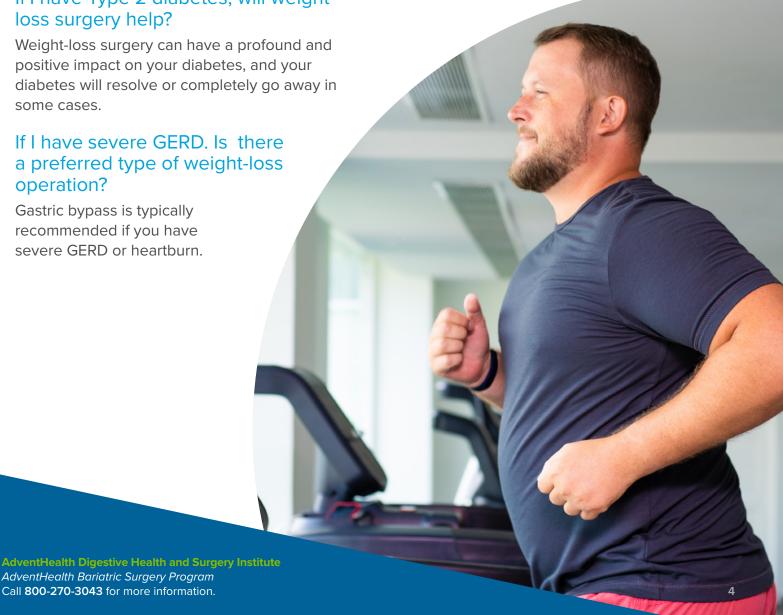
AdventHealth Bariatric Surgery Program Call 800-270-3043 for more information.

If I had a lap band that was unsuccessful, can I be a candidate for another weight-loss operation?

Yes, and many times we can perform the second "revisional" weight-loss operation at the same time.

What is the average length of time of a weight-loss operation?

Gastric bypass surgery: 2 hours Gastric sleeve surgery: 1.5 hours





Life After Bariatric Surgery

What percentage of people can lose weight after surgery and keep it off long term?

About 75 percent of those who undergo surgery can successfully lose weight and keep it off long term.

Is long-term follow-up in nutritional counseling required?

Yes. We will provide you with resources to help ensure your surgery is a long-term success.

How much excess skin will I have after surgery?

It varies, but most patients who experience substantial weight loss will have some extra skin. Exercising to tone muscles will help to some degree. Removal of the extra skin is usually considered cosmetic, and coverage depends on your insurance policy. We recommend you first reach your weight-loss goal, and then undergo surgery to remove your excess skin.

What is Dumping Syndrome?

Dumping Syndrome is actually an adrenaline rush caused by too many carbohydrates entering the intestine too quickly. Symptoms are palpitations, sweating and a weak-in-the-knees feeling. One-quarter of patients who receive a gastric bypass will experience this. This condition is unusual with the gastric sleeve.

When are dietary supplements needed?

You will be advised to take multi-vitamins for the rest of your life. If you have gastric bypass surgery, you will also need to take iron, calcium and vitamin B12.

Can I continue to exercise following weight-loss surgery?

Absolutely. After recovering for about four weeks following your surgery, you will be encouraged to incorporate exercise into your routine.

About the AdventHealth Digestive Health and Surgery Institute

The AdventHealth Digestive Health and Surgery Institute is dedicated to providing patients with the most advanced treatments and technologies for a wide variety of digestive conditions. Our elite team of physicians, nurses and caregivers includes world-renowned specialists who teach cutting-edge medical techniques to other physicians around the globe. Our comprehensive program specializes in building a compassionate, patient-centered environment that provides constant education, evaluation and support throughout the care journey.

We are a comprehensive, multidisciplinary program specializing in treating complex obesity and related disorders for every age group. Obesity medicine is far more advanced than it has ever been. New insights into the physiology and environmental factors that can cause obesity, as well as new FDA-approved medicines and procedures, give us more tools than ever to combat the disease.

Our team of highly trained obesity and metabolic specialists, nutritionists, pharmacists, exercise physiologists and psychologists can help you overcome even the most complicated situations to help you get back to a healthier you. As our patients lose weight, many of them experience an improvement or complete reversal of many other conditions such as high blood pressure, diabetes and infertility.





The AdventHealth Philosophy of Care

Our Mission

Extending the Healing Ministry of Christ

We believe in the power of faith and seek to provide uplifting care to the body, mind and spirit of all in need.

CREATION Health — Our Approach to Health and Wellness

CREATION Life is a comprehensive framework created by AdventHealth designed to help individuals achieve maximum health and wellness. This framework seeks to positively influence all aspects of a person's life — body, mind and spirit. When practiced consistently, CREATION Life empowers you to live a more fulfilling and productive life by embracing eight guiding principles — Choice, Rest, Environment, Activity, Trust, Interpersonal Relationships, Outlook and Nutrition. CREATION Life inspires our entire staff to provide a whole-health brand of care to each person we serve.

Let's talk in person.

For more information about the AdventHealth Bariatric Surgery Program, us at 800-270-3043.

This guide is provided to the general public to disseminate healthrelated information. The information is not intended to be used for diagnosing or prescribing. Please consult your physician before undertaking any form of medical treatment and/or adopting any exercise program or dietary quidelines.

AdventHealth complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

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