

# WEIGHT LOSS SURGERY

## What Patients Should Know

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### What is obesity?

Despite what we may think as a society, obesity is not simply a result of overeating. For many people, genetics is a factor, and in these cases, dieting and exercise programs alone cannot provide effective long-term weight loss. Obesity can be fatal—or at the very least, have a major impact on a person's health quality of life.

According to the National Institute of Health, an increase in body weight of 20 percent or more above desirable creates health hazards. Morbid obesity usually means a person is 100 pounds over "ideal" weight, but a better way of defining obesity is by using the Body Mass Index (BMI).

You can calculate your BMI by dividing your weight in kilograms by your height in meters squared. If your BMI is 40 or higher—or if your BMI is 35 and you have serious health risks such as diabetes or high blood pressure—you are likely a candidate for weight loss surgery.

### Is weight loss surgery safe?

Studies confirm that the benefits of bariatric or weight loss surgery far outweigh the risks associated with the procedure. High blood pressure, diabetes and heart disease are among the health conditions greatly reduced or eliminated.

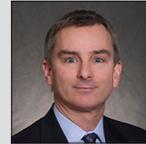
### What type of surgery is provided by MultiCare Rockwood Clinic surgeons?

Our surgeons are skilled in minimally invasive operations for the treatment of medically complicated obesity. Laparoscopy is used to perform a variety of weight loss operations through small abdominal incisions. This approach dramatically reduces the risks associated with open surgery and allows patients to heal more quickly and return to full activity within 1-2 weeks in most instances.

At MultiCare Rockwood Clinic, we perform three types of bariatric (weight loss) operations: laparoscopic roux-en-Y gastric bypass, laparoscopic sleeve gastrectomy, and laparoscopic adjustable gastric banding. Each of these operations has been proven in the scientific literature to offer well-selected patients significant and sustained weight loss with low risk. Each operation helps patients to achieve this weight loss as part of a lifelong commitment to healthy diet and increased physical activity. Each operation works differently to promote weight loss and improvement or reversal of weight-related co-morbid health conditions (diabetes, hypertension, sleep apnea, arthritis, etc.).

Our surgeons work in conjunction with a comprehensive, multidisciplinary bariatric team to optimize a patient's pre operative evaluation, surgical experience, and post operative recovery. We are committed to each patient's long term health and success.

### SURGEONS:



Andrew Bright, MD received his undergraduate degree from Davidson College in Davidson, NC, and his medical degree from the University of Alabama School of Medicine in Birmingham, AL. He completed his residency and internship in general surgery at the Virginia Mason Medical Center in Seattle, WA. Dr. Bright belongs to the American Board of Surgery.



Mathew Rawlins, MD received his undergraduate degree from Brigham Young University in Provo, UT and his medical degree from the University of Washington in Seattle, WA. He completed his residency in general surgery at Virginia Mason Medical Center in Seattle and belongs to the American Board of Surgery.



Jonathan D. Spitz, MD received his undergraduate degree from the University of Michigan in Ann Arbor, MI, and his medical degree from the Medical Wayne State University School of Medicine in Detroit, MI. Dr. Spitz completed his surgical training at Rush University Medical Center in Chicago, IL. He then completed specialty fellowship training in minimally invasive surgery/ endoscopy at St. Vincent Medical Center in Indianapolis, IN. Dr. Spitz belongs to the American Board of Surgery, American College of Surgeons, International College of Surgeons, American Society for Metabolic and Bariatric Surgery.

### BARIATRIC NURSES:

Shawna Burnett, RN  
Stacey Garcia, RN

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For more information, please contact us at 509-755-5120 or through your MyChart patient portal.



### Who is a candidate for surgery?

Generally accepted guidelines from the American Society for Metabolic and Bariatric Surgery and the National Institute of Health recommend surgery for those 18 years of age and older who have a BMI over 40. Patients must quit smoking 8 weeks prior to surgery. Patients over 65 require very strong clinical indications for surgery and must meet other strict criteria.

Surgery is also offered for patients with a BMI over 35 in the setting of significant weight related co-morbid illness such as diabetes, hypertension, sleep apnea and other conditions.

### How can a surgery be scheduled and how long is the waiting period?

A number of issues affect the wait time until surgery, including approval from your insurance carrier and outcomes of your pre-surgery screening process.

Patients considering weight loss surgery must first attend a 90-minute informational session prior to any consultation to learn more about weight loss surgery. The next step is a one-hour initial consultation to complete a comprehensive medical history and discuss diet, exercise, lifestyle changes and financial commitments. The insurance pre-authorization process is next (which could take 1 to 6 months).

### What is required of patients after surgery to be successful?

Weight loss surgery requires patients to carefully consider the long-term commitment to a healthy lifestyle. A commitment to achieving—and maintaining—a healthy weight through diet and exercise is a major factor for long-term success.

Special dietary guidelines include:

- Progressing from liquid to semisolid foods to solid food over a period of weeks
- Consuming smaller meals and 2-3 quality protein snacks per day
- No extra foods between meals and scheduled snacks
- No calorie-laden beverages or diet soda between meals
- Consuming 2-3 quarts of water each day

Aerobic exercise is required every day for at least 20-30 minutes. Weight-resistance exercise can be added 3-4 days per week.

### How is weight loss surgery paid for?

Weight loss surgery is often covered by health insurance. However, there are often other medical costs associated with the surgery that may not be covered. It is your responsibility to contact your insurance carrier to learn what coverage it provides and what you will be obligated to pay for yourself. Preauthorization from your insurance is necessary prior to scheduling the surgery.

Patients also have the option of paying cash for all services associated with the surgery.

## ABOUT OUR WEIGHT LOSS SURGERY PROGRAM

### EXPERIENCE

Rockwood surgeons Andrew Bright MD, Mathew Rawlins MD, and Jonathan Spitz MD, have completed thousands of weight loss operations since 2000.

### EXCELLENCE

Since 2011, Rockwood surgical care teams routinely participate in extensive site inspections to earn designation as a Center of Excellence by the American Society for Bariatric Surgery and the Surgical Review Corporation.

All aspects of the program's surgical processes are closely examined and data on clinical outcomes are reviewed as part of the inspections. The Center of Excellence designation is limited to programs with demonstrated track records of favorable outcomes in bariatric surgery.

We have also been named a Blue Distinction® Center for Bariatric Surgery by Premera Blue Cross

### COMPREHENSIVE CARE

Our program provides patients with a comprehensive approach to assessing obesity factors, recommending a weight loss plan and counseling. We'll work closely with your primary care provider to see whether you might benefit from alternatives to surgery first (such as medical and dietary interventions). If indeed you are a candidate for weight loss surgery, we'll provide you with nutritional counseling under the direction of a registered dietitian, support groups where you can receive the emotional and psychological support you need during the transitions you experience as a weight loss surgery patient.