



Bariatric Surgery

Bariatric surgery could be your best option for living a healthy life.
Let's find out together.



THE OHIO STATE UNIVERSITY

WEXNER MEDICAL CENTER

What is obesity?

Obesity is a complex health issue, characterized by an excessive amount of body fat. It results from a combination of causes and factors, including genetics, dietary patterns, lack of physical activity and medication use.

Obesity is a serious disease associated with increased risk of diabetes, heart disease, stroke, arthritis and some cancers, as well as poorer mental health outcomes and reduced quality of life. It affects more than one-third of U.S. adults and is the second-leading cause of preventable death.

What is my body mass index?

Body mass index, or BMI, is used as a screening tool for obesity. BMI is a measure of size based on the mass and height of an individual.

BMI can be determined on the following chart:

For example: Height = 5'6" | Weight = 250 lbs. | BMI Range = 40 – 45 (Obese)

BMI	HEALTHY						OVERWEIGHT					OBESE				
	19	20	21	22	23	24	25	26	27	28	29	30	35	40	45	50
Height	Weight in pounds															
4'10"	91	96	100	105	111	115	119	124	129	134	138	143	167	191	215	239
4'11"	94	99	104	109	114	119	124	128	133	138	143	148	173	198	222	247
5'0"	97	102	107	112	118	123	128	133	138	143	148	153	179	204	230	255
5'1"	100	106	111	116	122	127	132	137	143	148	153	158	185	211	238	264
5'2"	104	104	115	120	126	131	136	142	147	153	158	164	191	218	246	273
5'3"	107	113	118	124	130	135	141	146	152	158	163	169	197	225	254	282
5'4"	110	116	122	128	134	140	145	151	157	163	169	174	204	232	262	291
5'5"	114	120	126	132	138	144	150	156	162	168	174	180	210	240	270	300
5'6"	118	124	130	136	142	148	155	161	167	173	179	186	216	247	278	309
5'7"	121	127	134	140	146	153	159	166	172	178	185	191	223	255	287	319
5'8"	125	131	138	144	151	158	164	171	177	184	190	197	230	262	295	328
5'9"	128	135	142	149	155	162	169	176	182	189	196	203	236	270	304	338
5'10"	132	139	146	153	160	167	174	181	188	195	202	209	243	278	313	348
5'11"	136	143	150	157	165	172	179	186	193	200	208	215	250	286	322	358
6'0"	140	147	154	162	169	177	184	191	199	206	213	221	258	294	331	368
6'1"	144	151	159	166	174	182	189	197	204	212	219	227	265	302	340	378
6'2"	148	155	163	171	179	186	194	202	210	218	225	233	272	311	350	389
6'3"	152	160	168	176	184	192	200	208	216	224	232	240	279	319	359	399
6'4"	156	164	172	180	189	197	205	213	221	230	238	246	287	328	369	410

- If your BMI is 18.5 to 24.9, it falls within the healthy range.
- If your BMI is 25.0 to 29.9, it falls within the overweight range.
- If your BMI is 30.0 or higher, it falls within the obese range.

BMI can be used as a screening tool, but it does not give us a complete picture of a person's health. A trained healthcare provider should perform a health assessment to evaluate your health status and risks.



What is bariatric surgery?

Bariatric surgery is a weight-loss tool that changes the anatomy of the gastrointestinal tract (stomach and digestive system) and creates changes in the body that alter energy balance and fat metabolism.

Bariatric surgery is not a cosmetic procedure. While you will lose weight, the success of bariatric surgery should be based on a reduction of medical problems associated with obesity (known as comorbidities), improved span of life and improved quality of life.

How can bariatric surgery help chronic medical conditions?

When combined with a comprehensive treatment plan (including nutrition, exercise and behavior changes), bariatric surgery is an effective tool for long-term weight loss and enhanced health. Frequently, individuals who lose weight find themselves needing fewer medications to treat obesity-related conditions such as:

- Arthritis
- Sleep apnea
- High blood pressure
- High cholesterol
- Type 2 diabetes
- Venous stasis disease (poor circulation)
- Soft tissue infections

On average, patients who have bariatric

surgery also have lower rates of premature death caused by heart disease, stroke, diabetes and cancer.

Who is a candidate for bariatric surgery?

Bariatric surgery is usually recommended only to people with severe obesity who have not been able to maintain meaningful weight loss through diet, exercise or medication.

Some requirements for bariatric surgery include:

- BMI at least 40, or more than 100 pounds overweight
- BMI of 35 to 39.9, and one or more obesity-related comorbidities, such as type 2 diabetes, hypertension, sleep apnea and other respiratory disorders, nonalcoholic fatty liver disease, osteoarthritis, lipid abnormalities, gastrointestinal disorders or heart disease
- Failed attempts to lose weight or maintain a healthy weight range over several months or years

Some insurance carriers may have additional requirements. Please check with your insurance company.

What surgical options are available?

Everyone has their own medical history and lifestyle. Open and honest conversations with your care team and providers will help you choose the procedure that best fits your personality and needs.

The Ohio State University Wexner Medical Center Bariatric Surgery Program offers the following bariatric procedures:



ROUX-EN-Y GASTRIC BYPASS

A Roux-en-Y gastric bypass is a restrictive and malabsorptive surgical procedure that keeps you from eating a lot of food at one time and absorbing everything you eat. Through this surgery, a 1 to 1½-ounce pouch, about the size of an egg, is made from the stomach and connected to a rerouted portion of the small intestine, changing the digestive pathway of the food you eat.

Benefits

- Roux-en-Y results in greater weight loss on average; 60% to 85% of excess weight is lost within 24 months after surgery
- More successful at helping patients improve weight-related conditions such as diabetes

SLEEVE GASTRECTOMY

A sleeve gastrectomy is a restrictive, surgical weight-loss procedure that limits the amount of food you can eat and helps you feel full sooner. In this procedure, a thin, vertical sleeve of stomach is created, and the rest of the stomach is removed. The sleeve is about the width of a garden hose.

Benefits

- Patients lose about 60% to 70% of excess body weight within 24 months of surgery
- The procedure does not limit a patient's ability to absorb certain sugars, fats, proteins or vitamins from food

There are other surgical options available that our surgeons can recommend on a case-by-case basis.

These include:

- revision surgery
- adjustable gastric band procedure
- stomach intestinal pylorus-sparing (SIPS) surgery
- intragastric balloon procedure (performed through endoscopy)

Procedure Comparison Chart

QUALIFIERS	GASTRIC BYPASS (ROUX-EN-Y)	SLEEVE GASTRECTOMY
Length of Surgical Procedure	1½ to two hours	One hour
Length of Hospital Stay	One to two days	One to two days
Typical Recovery Time	Two to four weeks	Two to four weeks
Procedure Reversibility	None	None
Dumping (diarrhea and sweating caused by large amounts of sugar)	Possible	None
Rate of Weight Loss	Fastest weight loss	Quick weight loss
Mandatory Vitamins	Yes	Yes
Medication Restrictions	No aspirin or similar medications	No medication restrictions
Diet Restrictions	Liquid diet for two weeks	Liquid diet for one month



Start your surgical weight-loss journey at the Ohio State Wexner Medical Center!

Step 1: Attend an Information Session

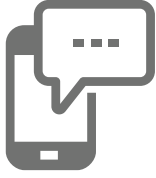
If you think bariatric surgery sounds like a good option for improving your life, we'd like to tell you more about it! Join us for a free information session, where you can:

- Learn about the benefits of having bariatric surgery at the medical center
- Meet members of our clinical support team
- Learn about surgery options and ask questions
- Hear from and about successful bariatric surgery patients
- Receive an application packet for weight-loss surgery

Our in-person information sessions are held monthly in The Ohio State University Wexner Medical Center Martha Morehouse Outpatient Care Pavilion auditorium, 2050 Kenny Road, Columbus, OH 43221. Parking is free.

To register for an in-person session, sign up online at wexnermedical.osu.edu/bariatrics or call 614-366-6675. We have an online information session option, too. View it at wexnermedical.osu.edu/bariatrics.





Step 2: Call Your Insurance Provider

Your insurance provider can help you determine if bariatric surgery is a covered benefit. Contact your insurance provider by calling the number on the back of your insurance card and ask:

- If bariatric surgery is a covered benefit
- If The Ohio State University Wexner Medical Center is covered in your network **AND**
- If our surgeons are participating providers in your network
 - If Ohio State is out of network, ask if you have out-of-network benefits
- If you need a referral from your primary care physician or insurance preauthorization prior to starting your journey

If your insurance does not cover the surgery, self-pay options are available as follows:

GASTRIC BYPASS (Roux-en-Y)	CPT Code: 43644	Self-Pay Cost: \$19,750
SLEEVE GASTRECTOMY	CPT Code: 43775	Self-Pay Cost: \$17,200

Step 3: Begin a Weight Management Program

Each insurance provider has different requirements that must be met before approving your bariatric surgery. Some require you to complete a weight management program for a specific amount of time before they will grant approval. You are encouraged to speak with your insurance company and meet with your primary care provider to get this process started as soon as possible.



Step 4: Complete Your Application Packet

The application packet is a necessary step of the journey and is very detailed; you must list the ways you have tried to lose weight in the past, including diets and weight-loss programs, as well as any prior surgeries.

You will obtain your application packet during the bariatric information session. Once this packet is complete, please email it to **ObesitySurgery@osumc.edu**.

You can also mail it to:

Or fax it to:

Martha Morehouse Outpatient Care
2nd Floor Pavilion, Suite 2500
2050 Kenny Road
Columbus, OH 43221

614-366-8166

Step 5: Schedule Your Bariatric Counseling

All candidates for bariatric surgery at the Ohio State Wexner Medical Center are referred for consultation with a psychologist. During this appointment, a psychologist will review and interpret a few tests to learn more about you and the ways you cope with life events and stress. You and the psychologist will also discuss your current and past lifestyles and how weight has affected your decisions. This is a required part of the process and will help us make sure you are successful before and after surgery.





Step 6: Schedule Your Dietary and Medical Consultations

Once we've received your application and scheduled your bariatric counseling, we'll contact you to schedule consultations with our team of dietitians and clinical experts. During these visits, we will learn about your overall health and determine if you are ready for weight-loss surgery and, if so, which procedure will best meet your needs. This will include a preoperative endoscopy (EGD) to ensure the anatomy of your esophagus, stomach and small intestine will accommodate the surgery you want. We also test for H. pylori, a very treatable bacteria but one that could cause post-surgery complications if not identified.

At the end of these visits, you will have a written plan to decrease your personal health risks for surgery (including medical testing and goals), as well including the items identified as insurance requirements. You must complete this plan and meet your medical requirements before you can move forward in the surgical process; once these are finalized, we will request insurance approval for surgery.



Step 7: Preoperative Consult With Your Surgeon

Once you have been approved for surgery by your insurance provider and our staff, we will schedule an appointment with you and your surgeon to discuss the benefits and risks of your surgery. If surgery has not already been scheduled, our staff will work with you to schedule a date.

Step 8: Surgery Day

Patients are typically admitted to the hospital on the morning of their surgery. Your procedure will last 1-2 hours. While in the hospital, you will be placed on a clear liquid diet to help your stomach and intestines return to normal function and reduce the possibility of leaks as you heal.

Postsurgical Support


In the days following your procedure, your surgeon will meet with you several times to evaluate your progress. You will follow up in two weeks, one month, two months, six months and 12 months after your surgery. Your appointments will be with either a surgeon or a certified nurse practitioner. Following the first year, you will schedule an annual follow-up appointment.



Remember: Surgery is only the beginning. It does not guarantee a specific or permanent amount of weight loss, and you will have to make significant changes to your lifestyle and eating habits that last forever.

Support group meetings are offered 7 to 8 p.m. the first and fourth Wednesdays of each month at the Martha Morehouse Outpatient Care Pavilion (Room 1066). They're led by dietitians and other members of our care team, and offer valuable information and strategies for a lifetime of success.

To learn more about our nonsurgical weight management programs, visit wexnermedical.osu.edu/weight-management/weight-management-nonsurgical or call 614-366-6675.



Why should I have bariatric surgery at the Ohio State Wexner Medical Center?



EXPERIENCE AND EXPERTISE

- The Ohio State Wexner Medical Center Comprehensive Weight Management Program offers a unique, multidisciplinary approach to bariatric surgery, collaborating with endocrinology, nutrition, gastroenterology, psychiatry, cardiology, pulmonary, orthopedics, transplant and internal/family medicine to provide patients with the best, most complete care possible.
- Our board certified surgeons have years of expertise in their field and have been performing weight-loss surgeries for a combined 80 years.
- Ninety-five percent of our bariatric surgeries are performed using minimally invasive techniques, offering less scarring and faster recovery times.
- We were the first healthcare organization to provide minimally invasive gastric bypass in central Ohio and the first lap band surgery in the state.
- We have trained hundreds of physicians who are now performing surgical weight loss in central Ohio and around the country.

DEMONSTRATED QUALITY, SAFETY AND SUCCESS

- We are recognized as a Bariatric Surgery Center of Excellence by the American Society for Metabolic and Bariatric Surgery.
- Our bariatric surgery program has complication rates lower than the national standards.
- Our surgeons have received national honors for their work, being recognized in Outstanding Achievement in Patient Service (2016).

CONVENIENT, COMPREHENSIVE CARE

The Ohio State Wexner Medical Center bariatric services are located within Martha Morehouse Outpatient Care, providing our patients with a single, convenient location for:

- Preoperative and postoperative nutrition, exercise and lifestyle preparation
- Physical assessments
- Nutrition assessments
- Consultations with exercise physiologists
- Insurance precertification
- Postoperative follow-up
- Support groups

Our program provides convenient transportation to other required services located at the Ohio State Wexner Medical Center.



OUR TEAM

Ohio State's bariatric surgery care team delivers a comprehensive approach to weight loss that goes beyond your surgery. We are available to answer your questions, address concerns and provide support before, during and after your procedure, tailoring our approach to suit your specific needs.

OUR TEAM INCLUDES:

- Board certified bariatric surgeons
 - **Bradley Needleman, MD**
General Surgery
 - **Sabrena Noria, MD**
General Surgery
 - **Stacy Brethauer, MD**
General Surgery
 - **Vimal Narula, MD**
General Surgery
- Medical specialists
 - **Benjamin O'Donnell, MD**
Endocrinology, Diabetes and Metabolism
- Advanced practice providers
 - Meleana Burt, DNP, APRN-CNP**
 - Shannon Greaser, APRN-CNP**
 - Valerie Moore, APRN-CNP**
 - Maggie Summers, APRN-CNP**
 - Kirsten Tychonievich, APRN-CNP**
- Psychologists
- Nurses
- Dietitians
- Exercise physiologists
- Program coordinators



Bradley Needleman, MD



Sabrena Noria, MD



Stacy Brethauer, MD



Vimal Narula, MD



Benjamin O'Donnell, MD





Frequently asked questions about bariatric surgery

Q: Will I have to diet before I have surgery?

A: Yes. Most bariatric surgeons put their patients on a special preoperative diet, usually two or three weeks before surgery. This preoperative diet helps to shrink the liver and reduce fat in the abdomen, which makes the procedure safer.

Some insurance companies also require a physician-monitored diet three to six months prior to surgery. These diets are very different from short-term diets, usually providing a lot of nutritional education.

Q: How long does the operation and recovery take?

A: If you have the traditional Roux-en-Y gastric bypass or gastric sleeve, you can expect to spend one to two days in the hospital and up to six weeks recovering.

Q: What do I need to do after surgery?

A: After surgery, regular and long-term follow-up with a dietitian and surgeon is necessary to monitor weight loss, changes in medical conditions and potential complications and to provide diet counseling. If you develop any complication or any new major health problems, call your surgeon immediately.

Q: How much weight will I lose after surgery?

A: Most patients lose between 60% and 85% of their excess body weight over a period of 12 to 18 months with Roux-en-Y gastric bypass. Sleeve patients lose about 60% to 70% of excess weight in 24 months.



Q: Will I regain weight after surgery?

A: As many as 50% of patients may regain a small amount of weight (approximately 5%) two years or more following their surgery. However, studies find that most bariatric surgery patients maintain successful weight loss long term.

Q: When can I start exercising after surgery?

A: Right away! You will take gentle, short walks even while you are in the hospital. The key is to start slow. Listen to your body and your surgeon. If you lift weights or do sports, stay “low impact” for the first month (avoid competition, think participation). Build slowly over several weeks. If you swim, your wounds need to be healed over before you get back in the water.

Q: Will I have to take vitamins and minerals after surgery?

A: You will need to take a multivitamin for life. You may need higher doses of certain vitamins or minerals, especially iron, calcium and vitamin D. Insurance almost never pays for vitamin and mineral supplements.

Q: Can I go off my medications after surgery?

A: As you lose weight, you may be able to reduce or eliminate the need for many of the medications you take for high blood pressure, heart disease, arthritis, cholesterol and diabetes. If you have a gastric bypass, sleeve gastrectomy or duodenal switch, you may even be able to reduce the dosage or discontinue the use of your diabetes medications soon after your procedure.

THE OHIO STATE UNIVERSITY WEXNER MEDICAL CENTER COMPREHENSIVE WEIGHT MANAGEMENT PROGRAM

Martha Morehouse Outpatient Care
Pavilion 2nd Floor, Suite 2500
2050 Kenny Road
Columbus, OH 43221

For questions or more information about surgical weight loss,
please call 614-366-6675 or visit wexnermedical.osu.edu/bariatrics.



About The Ohio State University Wexner Medical Center

The Ohio State University Wexner Medical Center is central Ohio's only academic medical center. Working as a team, we use the latest discoveries in research, education and patient care to improve people's lives. All of our efforts are focused on personalizing care to meet your specific needs.

The Ohio State Wexner Medical Center is nationally recognized and offers the most advanced care. We are consistently named one of "America's Best Hospitals" by U.S. News & World Report. Ohio State Wexner Medical Center clinicians consult as a team to provide you with personalized care that focuses on advanced treatment options and highly specialized physician experts who evaluate, diagnose, treat and provide follow-up care in an all-inclusive setting.



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