

HOUSTON METHODIST
SURGICAL WEIGHT LOSS



Why choose surgical weight loss at Houston Methodist?

Obesity causes many dangerous diseases and health conditions such as diabetes, high blood pressure, heart disease, fatty liver and breathing problems. In addition, obesity has been linked to numerous other diseases and conditions, including stroke, reflux, depression, arthritis and various cancers. When diet and exercise alone have not resulted in permanent weight loss, the solution is often bariatric and metabolic surgery.

For more than 30 years, the Houston Methodist Weight Management Center has led the way in helping people achieve weight loss and improvement in their obesity related illnesses through bariatric and metabolic surgery. Using a comprehensive pre and post surgery program, the center helps patients achieve and maintain their weight loss goals after surgery. Our program is the only comprehensive program of its kind in Houston, and we are dedicated to helping patients lose weight and live a longer, healthier life.



Comprehensive Weight Loss Approach

The Houston Methodist bariatric and metabolic surgery program offers a multidisciplinary team approach to meet patients' needs before, during and after surgery.

The program offers:

- Minimally invasive procedures that restrict food intake and limit absorption of calories
- Pre-surgical assessments, which include a nutritional and psychosocial evaluation by licensed professionals
- Bari & Beyond – a comprehensive after surgery program offering nutritional support to ensure you remain in good health as you lose weight
- Individualized and group exercise counseling
- Ongoing monthly support groups and meetings with guest speakers on a number of psychological, nutritional and fitness topics
- Metabolic testing procedures which include the MedGem® Indirect Calorimetry and percent body fat testing using bio-electrical impedance

FREE ORIENTATION SESSION

We invite you to attend a free orientation session to learn more about our surgical weight loss programs.

To register, call 832.667.LOSE (5673) or visit houstonmethodist.org/weight-loss



Are you a candidate for surgical weight loss?

Candidates for bariatric and metabolic surgery are carefully screened to protect their health and safety. Candidates should meet the following criteria:

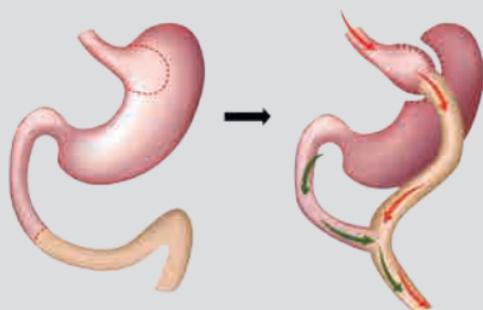
- A body mass index (BMI) of 40 or above; or a BMI of 35 to 39.99 with associated medical conditions such as high blood pressure, high cholesterol, type 2 diabetes, sleep apnea and/or other weight related diseases
- Previous unsuccessful attempts at weight loss programs
- A well-informed patient motivated towards dietary and lifestyle changes
- Commitment to long-term follow up

What surgical procedure is right for you?

Advances in surgical technology and techniques have allowed bariatric procedures to be performed laparoscopically, that is, using several small punctures, rather than large skin incisions. This results in less postoperative pain, decreased chance of infection, a shorter hospital stay and faster recovery.

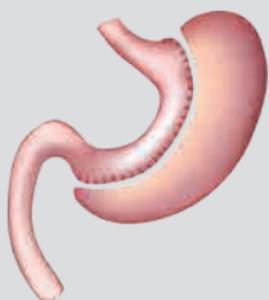


Surgical Options Available



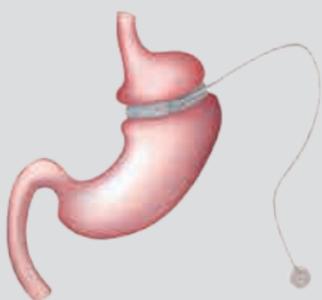
Roux-en-Y Gastric Bypass

The stomach is separated into two parts. The upper portion becomes a pouch about the size of a golf ball to restrict the amount of food that can be eaten. Then the GI tract is rerouted to bypass the upper portion of the intestine to provide partial malabsorption of the food that is consumed.



Vertical Sleeve Gastrectomy

Weight loss is achieved by removing about 75 percent of the stomach, without bypassing the intestines, to restrict the amount of food that can be eaten.



Adjustable Gastric Banding

An inflatable silicone band is implanted around the upper stomach to create a new, small stomach pouch that restricts the amount of food that can be eaten.



MBSAQIP

METABOLIC AND BARIATRIC SURGERY
ACCREDITATION AND QUALITY IMPROVEMENT PROGRAM
ACCREDITED CENTER

Houston Methodist Hospital has full approval as a Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program (MBSAQIP) Comprehensive Care Center.



Houston Methodist Willowbrook Hospital has been named a Center of Excellence in Metabolic and Bariatric Surgery (COEMBS) by the American Society for Metabolic Surgery.

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or visit houstonmethodist.org/weight-loss



Bariatric and metabolic surgery orientation sessions are offered at four Houston Methodist locations.

- **Houston Methodist Hospital (Texas Medical Center)**
6445 Main Street
Outpatient Center 23rd Floor
Houston, TX 77030
- **Houston Methodist Willowbrook Hospital**
18220 State Highway 249
Houston, TX 77070
- **Houston Methodist West Hospital**
18300 Katy Freeway, Suite 265
Houston, TX 77094
- **Houston Methodist Sugar Land Hospital**
Medical Office Building 2
16659 Southwest Freeway, Suite 265
Sugar Land, TX 77479

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