



St. Luke's Comprehensive
 Metabolic and Bariatric Surgery Program
 St. Luke's Episcopal Hospital
 6620 Main, Suite 1505
 Houston, TX 77030
 (832) 355-8180
www.stluketexas.com/bariatricmedicine

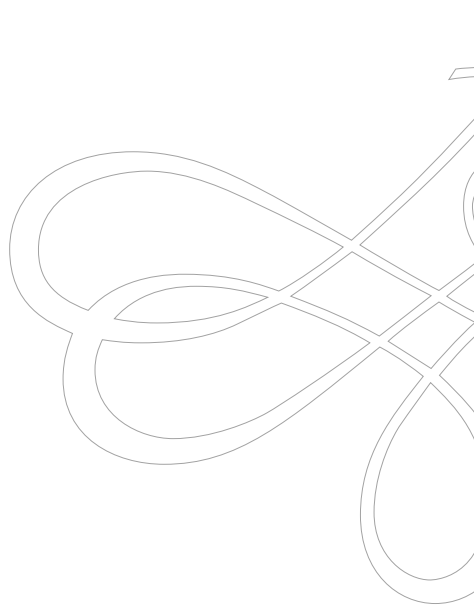
SURGICAL WEIGHT LOSS

A COMPREHENSIVE
 PROGRAM TO GET YOU
 BACK TO A HEALTHIER
 MORE ACTIVE **LIFE**

VADIM SHERMAN, MD, FRCSC MEDICAL DIRECTOR

Joining St. Luke's Episcopal Hospital's Comprehensive Bariatric Program in 2006, Dr. Sherman is an Assistant Professor of Surgery in the Michael E. DeBakey Department of Surgery at Baylor College of Medicine. Dr. Sherman recently completed a medical fellowship in Advanced Laparoscopic Bariatric Surgery at the Cleveland Clinic in Cleveland, Ohio.

Dr. Sherman is committed to improving the health of his patients by providing superior patient-focused care and by developing newer and better procedures for the treatment of obesity. Our center has completed more than 400 laparoscopic bariatric procedures, including gastric bypass surgeries, Lap Band®, sleeve gastrectomies and revisions of failed bariatric interventions.



ST. LUKE'S COMPREHENSIVE METABOLIC
 AND BARIATRIC SURGERY PROGRAM



St. Luke's Comprehensive
 Metabolic and Bariatric Surgery Program
 is located in the heart of the Texas Medical Center in Houston, Texas.



SURGICAL WEIGHT LOSS FOR YOUR HEALTH

A growing epidemic in this country, obesity causes many dangerous diseases and health conditions such as diabetes, high blood pressure, heart disease, arthritis and breathing problems. In addition, if you suffer from obesity, you are at risk for numerous other diseases and conditions, including stroke, hypothyroidism, gallstones, depression, fatty liver disease and various cancers.

When diet and exercise alone have not resulted in permanent weight loss, St. Luke's Episcopal Hospital's Comprehensive Metabolic and Bariatric Surgery Program, in conjunction with Baylor College of Medicine, offers you new hope for a healthier, more active life.

A COMPREHENSIVE WEIGHT LOSS PROGRAM

St. Luke's Comprehensive Metabolic and Bariatric Surgery Program offers a multidisciplinary team approach to meet patients' needs before, during and after surgery.

The program includes:

- Pre-operative and post-operative assessments and patient education.
- Nutritional and psychological consultations and support.
- The Laparoscopic Roux-en-Y gastric bypass or the Laparoscopic Adjustable Lap Band® procedure, both minimally invasive procedures that restrict food intake and limit absorption of calories.
- Individualized exercise counseling.
- Coordinated follow-up care.
- Ongoing support groups and classes about the psychological and emotional roots of overeating.

WHO IS A CANDIDATE FOR SURGICAL WEIGHT REDUCTION?

Candidates for St. Luke's Comprehensive Metabolic and Bariatric Surgery Program are carefully screened to protect their health and safety. Patient safety is of the utmost concern.

In general, candidates should be well-informed and motivated and must meet the following criteria:

- A body mass index (BMI) between 40 and 60 or a BMI between 35 and 40 with other serious medical conditions.
- Previous unsuccessful attempts at weight loss programs.
- A well-informed, motivated patient.
- Absence of terminal illness, heart failure or endocrine disorders that cause obesity.

LAPAROSCOPIC BARIATRIC PROCEDURES

We perform the gastric bypass and adjustable band placement using the latest laparoscopic techniques. Advances in surgical technology and techniques have allowed bariatric procedures to be performed laparoscopically, that is, using several small punctures, as opposed to large skin incisions. This results in less postoperative pain, a faster recovery, a shorter hospital stay and fewer infections.

Surgical options available through the St. Luke's Comprehensive Metabolic and Bariatric Surgery Program are:

- Laparoscopic Roux-en-Y Gastric Bypass procedure.
- Laparoscopic Adjustable Gastric Band (Lap Band®) procedure.
- Laparoscopic Sleeve Gastrectomy.
- Revision of previous bariatric procedures.

THE EIGHT STEPS TO PERMANENT WEIGHT LOSS

STEP ONE: Complete a prescreening questionnaire about your medical history and previous weight loss efforts. After reviewing your information, we will let you know if bariatric surgery is right for you.

STEP TWO: Begin the pre-authorization process with your insurance company to ensure you meet the company's guidelines for reimbursement.

STEP THREE: Attend a free detailed patient information session to help you decide whether weight loss surgery is for you.

STEP FOUR: Complete psychological and nutritional evaluations and obtain a referral from your primary care physician.

STEP FIVE: Meet with your surgeon, ask any questions you may have and set a surgery date.

STEP SIX: Schedule pre-surgery testing with St. Luke's Episcopal Hospital.

STEP SEVEN: Day of surgery.

STEP EIGHT: Begin the process of healing, exercising, taking care of your body and living your life.

