



helping you lose weight { TO REGAIN YOUR LIFE }



Carolinan HealthCare System



Melinda



LOST 117 LBS.
and truly enjoys exercise now

“ I cannot put into words how this surgery has changed my life. Just being able to do things—walk, run, even cross my legs! I love that I can really be active now. I can finally keep up with my kids. We get to do a lot more together now, and that means the world. ”

A proven approach to a major health problem

It's estimated that 2/3 of America's population is overweight, with ten percent morbidly obese. Obesity can increase the risk of heart disease, hypertension, stroke, diabetes, osteoarthritis, sleep apnea, gout, infertility, cancer and even premature death. Beyond the physical implications, excessive weight gain also can have a devastating emotional impact, often influencing relationships with friends and family members.

Although diet and exercise represent the first line of treatment for obesity, many people are unable to achieve significant, sustained weight loss with this regimen. This explains why more are turning to bariatric surgery, which has proven to be one of the most effective avenues to healthy, long-term weight loss. Choosing weight loss surgery is a big decision. If you're frustrated after countless years of dealing with weight-related issues, it could be the solution you're looking for.

The Weight Loss and Bariatric Surgery program at Carolinas HealthCare System is helping patients win their battle with obesity. Our mission is to encourage them to embrace healthier lifestyles and to provide the resources to be successful. We are committed to empowering patients to make positive life changes while offering a comfortable and supportive environment to receive surgical treatment, education and encouragement.

Am I a candidate?

Carolinas HealthCare System is dedicated to helping you determine if bariatric surgery is right for you. Several factors including age, body mass index (BMI) and existing medical conditions play a part in establishing whether surgery is a viable course of action.

To qualify for surgery, patients should:

- Be between 18 and 70 years of age (in most cases)
 - Have a BMI of 35 or greater
 - Exhibit serious medical co-morbidities
- Be highly motivated to make an important lifestyle change

Your surgical options

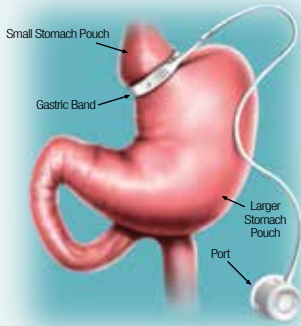
Our staff will help you determine whether weight loss surgery is right for you. Beginning with your first consultation, we'll guide you through the entire program, from pre-surgical screenings to nutrition and support, all the way through post-operative checkups.

Our surgeons perform weight loss surgery laparoscopically, using minimally invasive techniques that result in several small incisions, as opposed to more invasive options that leave larger scars. Most patients report less pain, fewer complications and faster recovery time.

There are two basic surgical approaches to weight loss:

- Restrictive procedures that decrease food intake
- Malabsorptive procedures that alter digestion

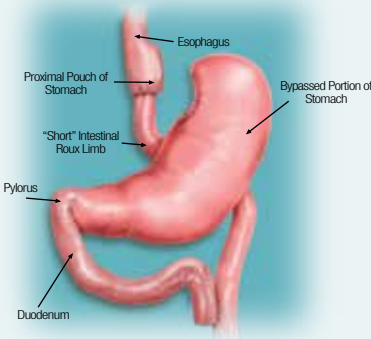
{ THE PROCEDURES }



Laparoscopic Adjustable Gastric Band

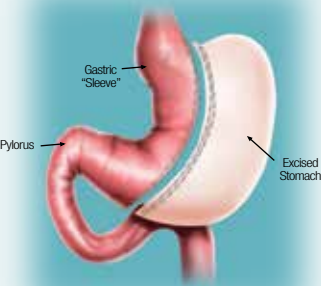
An inflatable silicone band is implanted to restrict stomach capacity, slow the digestive process and limit food intake. The LAP-BAND® or Realize® band is placed around the upper stomach and fastened to create a new, tiny stomach pouch that limits and controls the amount of food eaten. It also creates a small outlet that slows the emptying process into the stomach and intestines. As a result, the patient experiences an earlier sense of fullness and is satisfied with smaller amounts of food.

Gastric banding is considered the least invasive of the bariatric surgeries.



Roux-en-Y Gastric Bypass

Roux-en-Y gastric bypass is one of the most frequently performed weight loss procedures in the United States. In this procedure, stapling creates a small stomach pouch. The remainder of the stomach is not removed, but is completely stapled shut and divided from the stomach pouch. The outlet from this newly formed pouch empties directly into the jejunum, reducing calorie absorption. This is done by dividing the small intestine just beyond the duodenum to construct a connection with the newly formed stomach pouch. The other end is connected to the side of the Roux limb of the intestine creating the “Y” shape that gives the technique its name.



Vertical Sleeve Gastrectomy

This method removes the portion of the stomach that functions mainly as a storage receptacle for food. The new small tube-shaped stomach cannot hold as much food so patients feel full and consume less food. This procedure is similar to adjustable gastric banding—it limits the amount of food that one can consume. Most studies also have shown that weight loss is greater than with the adjustable gastric banding procedure. Some patients lose an average of 60 to 70 percent of their excess body weight within the first year of surgery.



LOST 236 LBS. TOGETHER

and supported each other along the way

“Neither one of us felt good about ourselves before, and we always turned to food. The surgery has empowered us to take control of our lives. Now, we can go out to dinner, share a meal—and actually be full! We bought a pair of motorcycles to celebrate our weight loss success. Riding is something we’ve always wanted to do but never could before.”

{ THE FIRST STEP TOWARDS BETTER HEALTH }

To ensure the most successful surgical outcomes for our patients, we conduct a thorough medical history, along with a physical exam and pre-operative evaluation for every candidate. We also review family background, existing medical conditions, behavioral patterns and emotional and environmental influences. Patient nutrition is assessed, to determine whether a patient understands the major dietary changes that must take place after surgery.

Only after a thorough pre-operative evaluation will we determine whether weight loss surgery is the best course of action for a particular individual.

Bariatric surgery is not recommended for patients who cannot tolerate general anesthesia due to cardiac, pulmonary or hepatic insufficiency. Patients must be able to understand the consequences of the surgery and comply with postoperative lifestyle changes, diet and follow-up. Those with substance abuse problems or mental instability are poor candidates for bariatric surgery.

Chad



LOST 136 LBS.

and regained the energy he's been missing

“ *I knew that I needed to change my life. I was unhealthy, and I wasn't pleased with the direction my life was taking. This surgery has been the greatest thing that ever happened to me. I feel like a new person. I have an incredible amount of energy and feel like I could just keep going and going.* ”

{ WHY CHOOSE US? }

- Carolinas Medical Center NorthEast is proud to have earned the following distinctions:
 - Aetna Institutes of Quality
 - American Society of Metabolic & Bariatric Surgery Center of Excellence
 - Blue Cross Blue Shield Blue Distinction Center for Bariatric Surgery
 - Cigna Certified Center for Bariatric Surgery
 - Optimum Health Bariatric Center of Excellence
- Carolinas Medical Center Mercy is proud to have earned the following distinctions:
 - American College of Surgeons Bariatric Surgery Center Network
 - Aetna Institutes of Quality
 - Blue Cross Blue Shield Blue Distinction Center for Bariatric Surgery
 - Cigna Certified Center for Bariatric Surgery
 - Optimum Health Bariatric Center of Excellence
 - Nationally Recognized and 1st in North Carolina for Disease Specific Care in Bariatrics
- We have a multidisciplinary staff of surgeons, bariatricians, psychologists, social workers, mid-level providers, nurses and nutritionists dedicated to patient success.
- Our surgeons have extensive experience in bariatric surgery, including robotic procedures.
- Surgeries are minimally invasive, resulting in fewer complications.
- We have high success rates and low complication rates.
- The criteria we meet includes appropriate patient selection, comprehensive pre-operative evaluation, excellent outcomes, support and follow-up, and continuous improvement.
- We coordinate pre-operative and post-operative management with referring physicians.
- We offer convenient access to sub-specialties through Carolinas Medical Center-NorthEast and Carolinas Medical Center-Mercy.
- Our dedicated support groups help ensure long-term success.

There is hope. There is help.

Our goal is to help patients lose weight and keep it off for the rest of their lives. The effectiveness of weight loss surgery in achieving long-term success has been demonstrated in many clinical trials. Our clinical outcomes are continuously monitored and reported to maintain our standing as a Bariatric Surgery Center Network with the American College of Surgeons.

Surgery Center of Excellence

Carolinas HealthCare System has state-of-the-art operating suites and experienced staff specially trained in minimally invasive bariatric surgery. Post-operative care continues at our three practice locations: Carolinas Weight Loss Surgery and Carolinas Weight Management (Charlotte and Ballantyne).

Supporting recovery

Successful long-term weight loss requires diligence and commitment, even after bariatric surgery. We provide our post-operative patients with a comprehensive follow-up program and a strong support network to help overcome self-defeating habits and thinking. Immediately after surgery, follow-ups focus on potential complications and dietary changes. Subsequent visits focus on psychological support, nutritional assessment, vitamin supplementation and exercise. We also encourage patients to join one of our many support groups.

Kendal



LOST 75 LBS.

and now shops the styles she actually wants to wear

“ I spent years convincing myself I was okay with ‘me.’ I was in complete denial of how unhappy I’d become. Then one day, it just clicked. I was getting ready for work and realized I could have more. I could be more. I had a chance to lose the weight and to actually go shopping and wear the clothes and styles I wanted to wear. ”

Other factors to consider

Due to the health risks associated with obesity, more insurance companies are covering bariatric surgery. Patients should contact their insurance providers to find out if bariatric surgery is included in their plans.

Take your life back

If weight is having a negative impact on your health, your personal relationships and your self-esteem, we can help. Our goal is to help you achieve safe and sensible weight loss for the rest of your life. Starting with your very first consultation, all the way through your post-operative care, our experienced and compassionate team will help guide you through our bariatric program. And yes, it really works. Don't let your weight continue to color every facet of your life. It's time to take control and regain your life—for your health, your family and most of all, yourself.

Mike



LOST 157 LBS.

found a positive outlook on life and his future

“ I now have a life I never knew I was missing. So much has changed for me, but even the little things are wonderful: I get in and out of the car with ease. Walking doesn't exhaust me after 10 minutes. My mind is clear and thought processes come easier. I actually want to do physical activities I never would've considered before. And that's just the beginning. ”

{ OUR SURGEONS }



Roc Bauman, MD, FACS, FASMBS

Carolinas Weight Loss Surgery

Medical School: University of North Carolina - Chapel Hill

Residency: Roanoke Memorial Hospital



Keith Gersin, MD, FACS, FASMBS

Carolinas Weight Management

Medical School: Georgetown University

Residency: Berkshire Medical Center

Fellowship: Laparoendoscopic Surgery, The Cleveland Clinic Foundation



Timothy Kuwada, MD, FACS, FASMBS

Carolinas Weight Management

Medical School: University of Connecticut

Residency: Medical College of Wisconsin

Fellowship: Laparoscopic Bariatric Surgery, Northwestern University



Dimitrios Stefanidis, MD, PhD, FACS, FASMBS

Carolinas Weight Management

Medical School: Aristotle University of Thessaloniki, Greece

Residency: University of Texas at San Antonio

Fellowship: Minimally Invasive Surgery, Tulane University; Advanced Laparoscopic and Bariatric Surgery, Carolinas Medical Center



Ian A. Villanueva, MD, FACS

Carolinas Weight Loss Surgery & Carolinas Weight Management

Medical School: University of Texas–Medical School at Houston

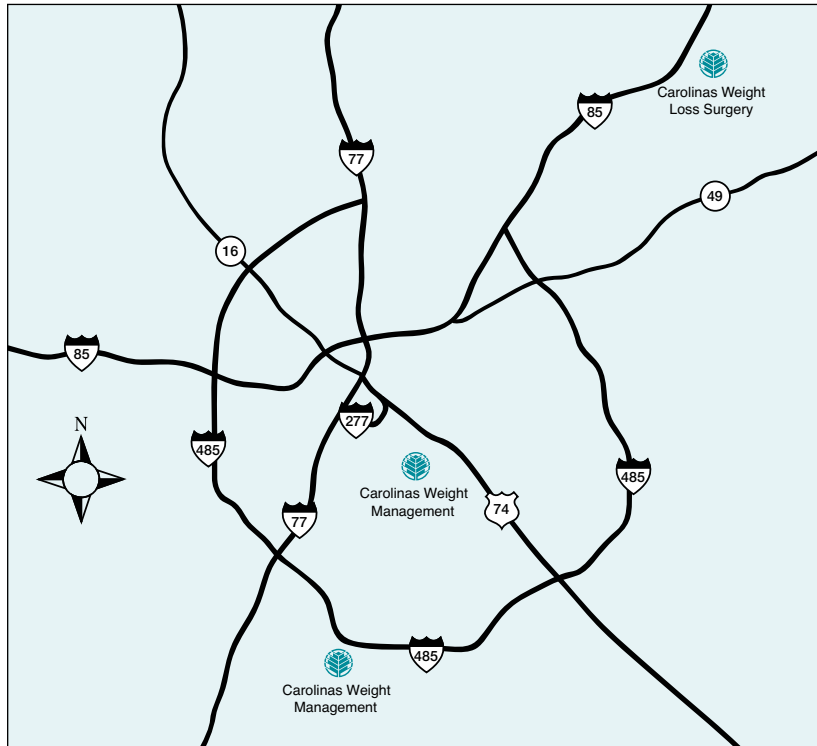
Residency: Loyola University Medical Center

Fellowship: Advanced Laparoscopic and Bariatric Surgery, Carolinas Medical Center

{ SUCCESS STORIES }

Behind each of these patients is an incredible success story. To learn more about how weight loss surgery helped them regain their lives, visit www.carolinashealthcare.org/weightloss.

{ OUR LOCATIONS }



Carolinas Weight Management

2608 E. Seventh Street
Charlotte, NC 28204
704-355-9484

14214 Ballantyne Lake Road
Suite 150
Charlotte, NC 28277
704-667-2680

Carolinas Weight Loss Surgery

1090 Vinehaven Drive
Concord, NC 28025
704-403-7580



Carolinas HealthCare System

www.carolinashealthcare.org/weightloss