

Meritus Bariatric Surgical Specialists Bariatric Surgery Information Session

Office Information

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Practice Information

➤ Providers:

- Dr. Mohammad Jamal, M.D., FACS, FASMBS
 - ❖ Medical Director
- Dr. Hugo Bonatti, M.D.
- Dr. Aboubakr Khairat, M.D., FACS, M.B.B.CH.
- Cheryl Frushour, R.D., LDN
- Hannah Dinterman, R.D., LDN

Hospital Information

➤ Hospital:

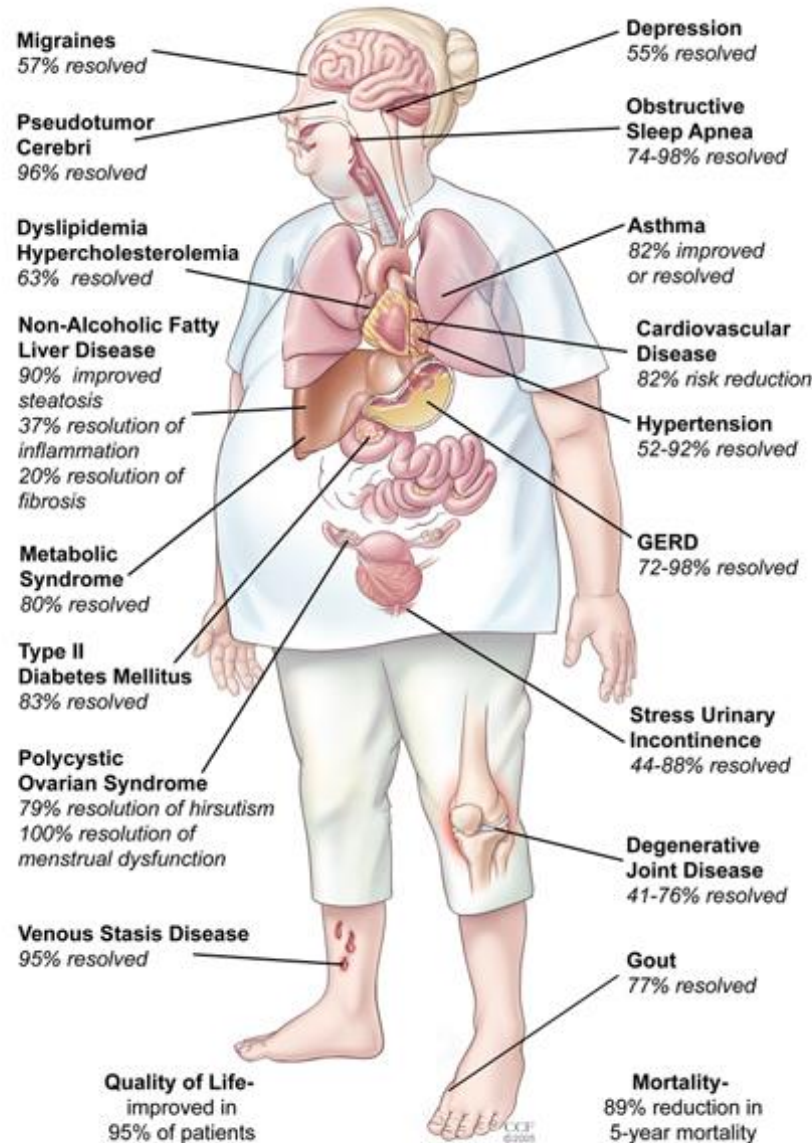
- Meritus Medical Center
- Accredited through the Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program (MBSAQIP) to ensure high-quality care for bariatric surgical patients.
- Has been an accredited center for 10 years and newly accredited for 3 more years.



Why Bariatric Surgery?

- Bariatric surgery has been shown to be the most effective and durable treatment for morbid obesity.
- Results in significant weight loss and helps prevent, improve or resolve obesity related diseases or conditions including type 2 diabetes, heart disease, obstructive sleep apnea, GERD, and high blood pressure
- Lowered rate of mortality due to significant improvement in those diseases that are caused or worsened by obesity.

Obesity Related Medical Conditions



Types of Bariatric Surgical Procedures

➤ Restrictive and Mal-absorptive

- Laparoscopic Gastric Bypass

- ✓ Stomach reduced to size of a walnut and then attached to middle of small intestine, bypassing a section of the small intestine (duodenum and jejunum). Limits absorption of calories and restricts the amount of food that can be consumed by the body.

➤ Restrictive

- Laparoscopic Sleeve Gastrectomy

- ✓ Stomach divided and stapled vertically, removing more than 85%, creating tube or banana-shaped pouch restricting amount of food that can be consumed and absorbed by the body.

- Laparoscopic Adjustable Gastric Band (not offered at Meritus)

- ✓ Adjustable silicone band filled with saline wrapped around upper part of stomach, creating small pouch that restricts food intake.

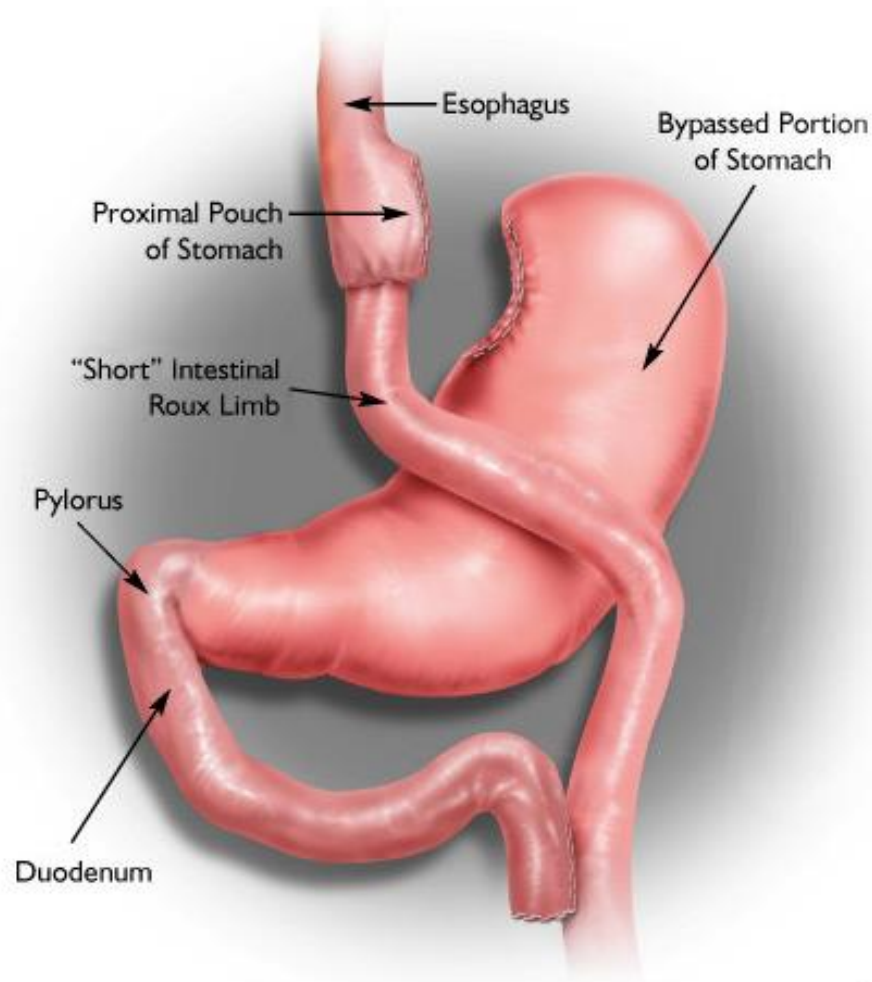
Bariatric Surgeries Performed at Meritus

Laparoscopic Gastric Bypass

Laparoscopic Gastric Sleeve

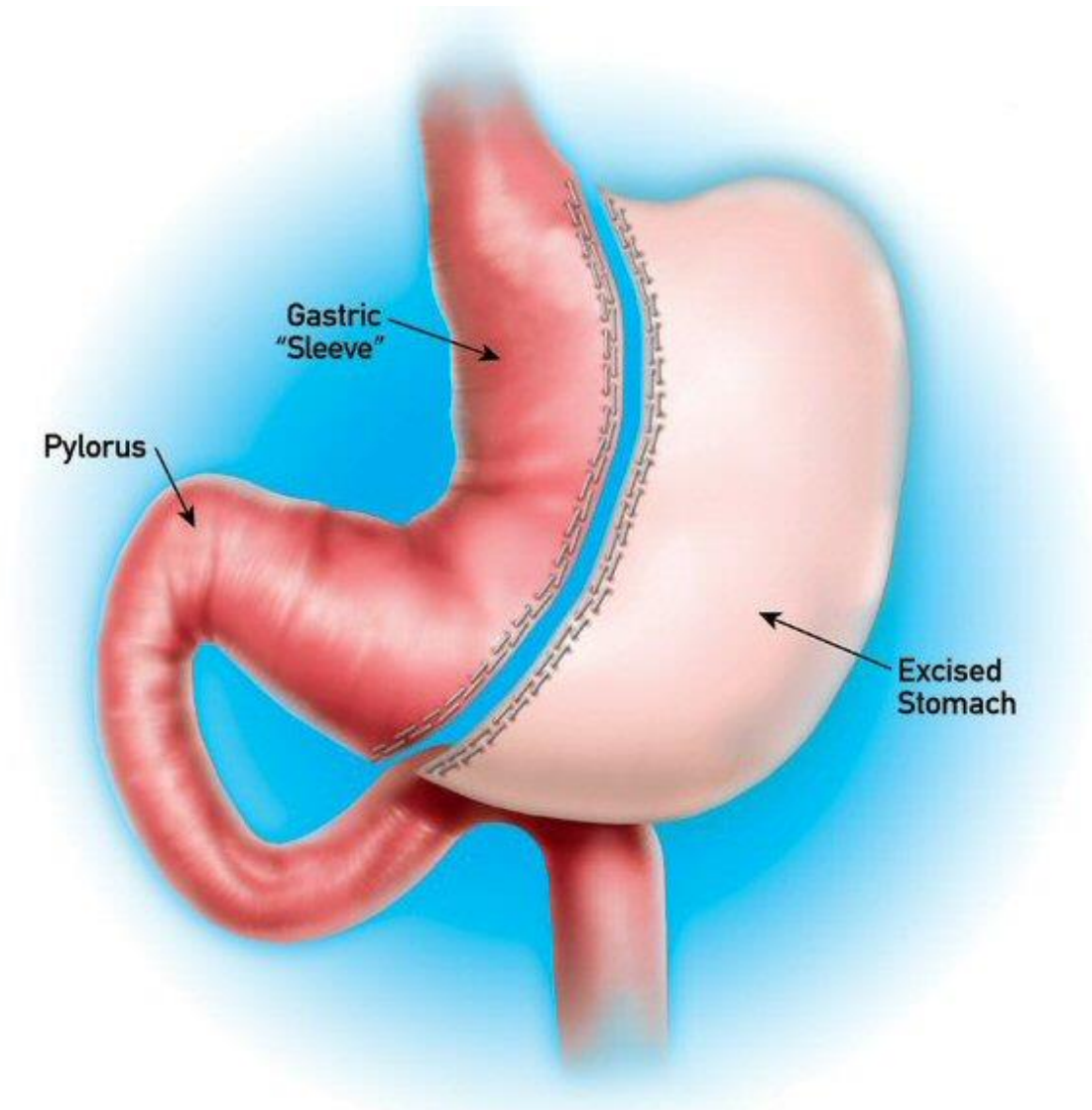
Lap Gastric Bypass

Roux-en-Y Gastric Bypass



©

Lap Gastric Sleeve



Laparoscopic Surgery Leads To:

- Easier pain control
- Fewer cardiopulmonary complications
- Fewer wound complications
- Earlier ambulation
- Quicker recovery

Outcomes of Bariatric Surgery

Studies show patients typically lose the most weight one to two years after surgery and maintain substantial weight loss with improvement in obesity-related conditions.

- Patients may lose as much as 60% of excess weight six months after surgery and 77% of excess weight as early as 12 months after surgery.
- On average, five years after surgery, patients maintain 50% of their excess weight loss.

Success of Bariatric Surgery

3 Factors for a success:

1. Compliant and cooperative person.
2. Compliance with a diet program (pre and post operatively).
3. Compliance with an exercise program.

Qualifying for Surgery

Program Criteria

- BMI equal to or greater than 40
- BMI 35-39 with health issues such as diabetes, sleep apnea and uncontrolled high blood pressure.
- 100 lbs. over ideal body weight or twice ideal body weight.

****Your bariatric surgeon will make the final decision if you are a true candidate for bariatric surgery based on your entire medical history.**

Hospital Stay and Restrictions

- 1 - 2 night hospital stay
 - Bypass – 2 night stay, goes home with drain (removed 5 days later)
 - Sleeve – 1-2 night stay
- 2 - 6 weeks off work
 - Sedentary job – 2 weeks off
 - Physical job – 4-6 weeks off
- Weight limit restrictions for 1 month
 - No lifting over 10lbs for weeks 1-4
 - No lifting over 50lbs for weeks 4-6
- No driving 7 days post op or longer if on pain medication
- No flying for 4 weeks
- No long distance driving for 2 weeks with additional restrictions after 2 weeks.

Diet Principles After Surgery

- ✓ Diet progression (Clear liquids, full liquids, soft foods..)
- ✓ Portion controlled meals
- ✓ High protein diet – 60 grams/day
- ✓ Minimum 3 meal/day
- ✓ 2-3 protein supplements (shakes)
- ✓ Plenty of fluids – 64oz/day
- ✓ Avoid carbonation
- ✓ Chew all meals slowly
- ✓ Avoid using straws
- ✓ Avoid drinking with meals

Lifelong Required Supplements

- **Chewable Multivitamin with iron** – must be chewable for the best absorption.
- **B12 (500 mcg)**
- **Extra iron (Ferrous Sulfate) 325 mg**
- **Chewable calcium with Vitamin D (600 mg)**

Exercise Principles After Surgery

Minimum requirement – 200 minutes of physical activity per week.

- Example: 30 minutes brisk walking every day, 5x/week or equivalent.

Start slow – build up pace!

Develop a regimen during your nutritional counseling.

Sample activities:

water aerobics, join a gym, chair exercises, stationary bike, pilates, physical therapy

Behavioral Principles Before Surgery

- **STOP SMOKING/VAPING/CHEWING 3 MONTHS BEFORE SURGERY!**

Includes the following:

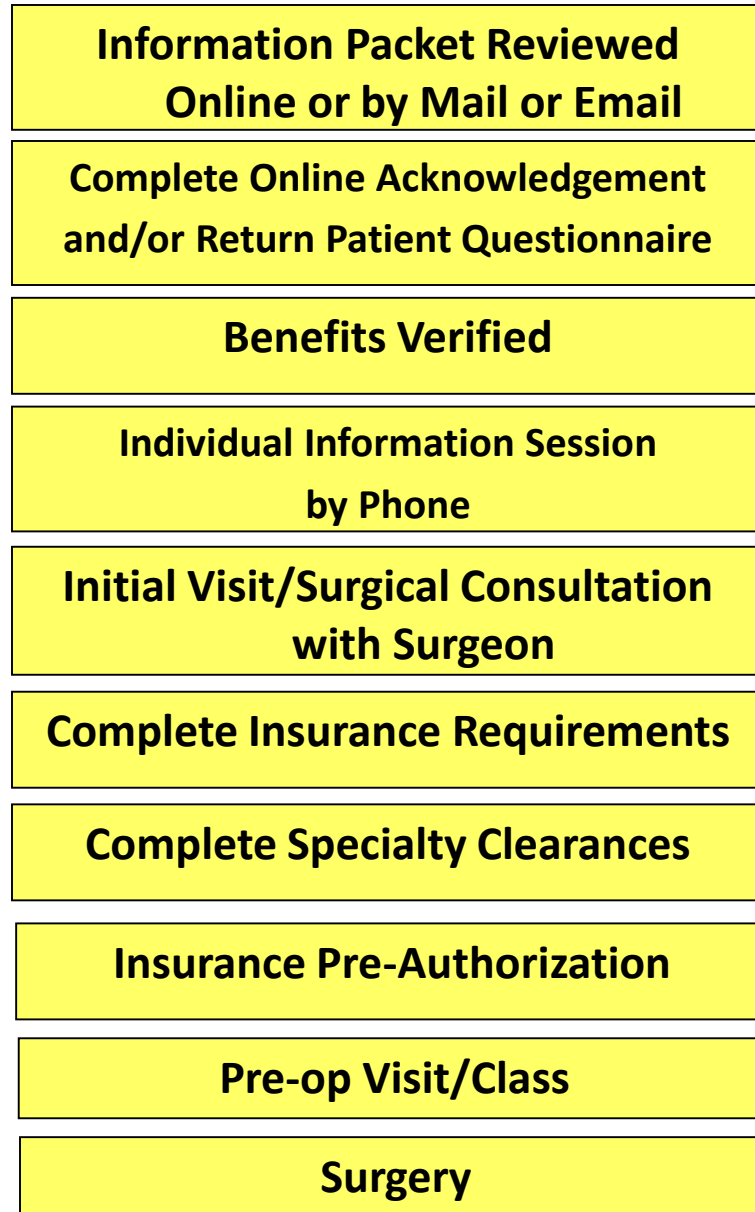
- Nicotine products
- Non Nicotine products
- Marijuana

Why? Continued use may lead to:

- Impaired wound healing
- Ulcers
- Impaired respiratory status
- Overall health concern

- No pregnancy for 1 year following surgery

Surgery Process



Insurance Information

- Normal Requirements

Include:

- ✓ 3-6 month diet
- ✓ Psych Evaluation
- ✓ Nutrition Evaluation
- ✓ Medical Clearance
- ✓ Letter of Medical Necessity
- ✓ 2 year weight history

Fincancial Information

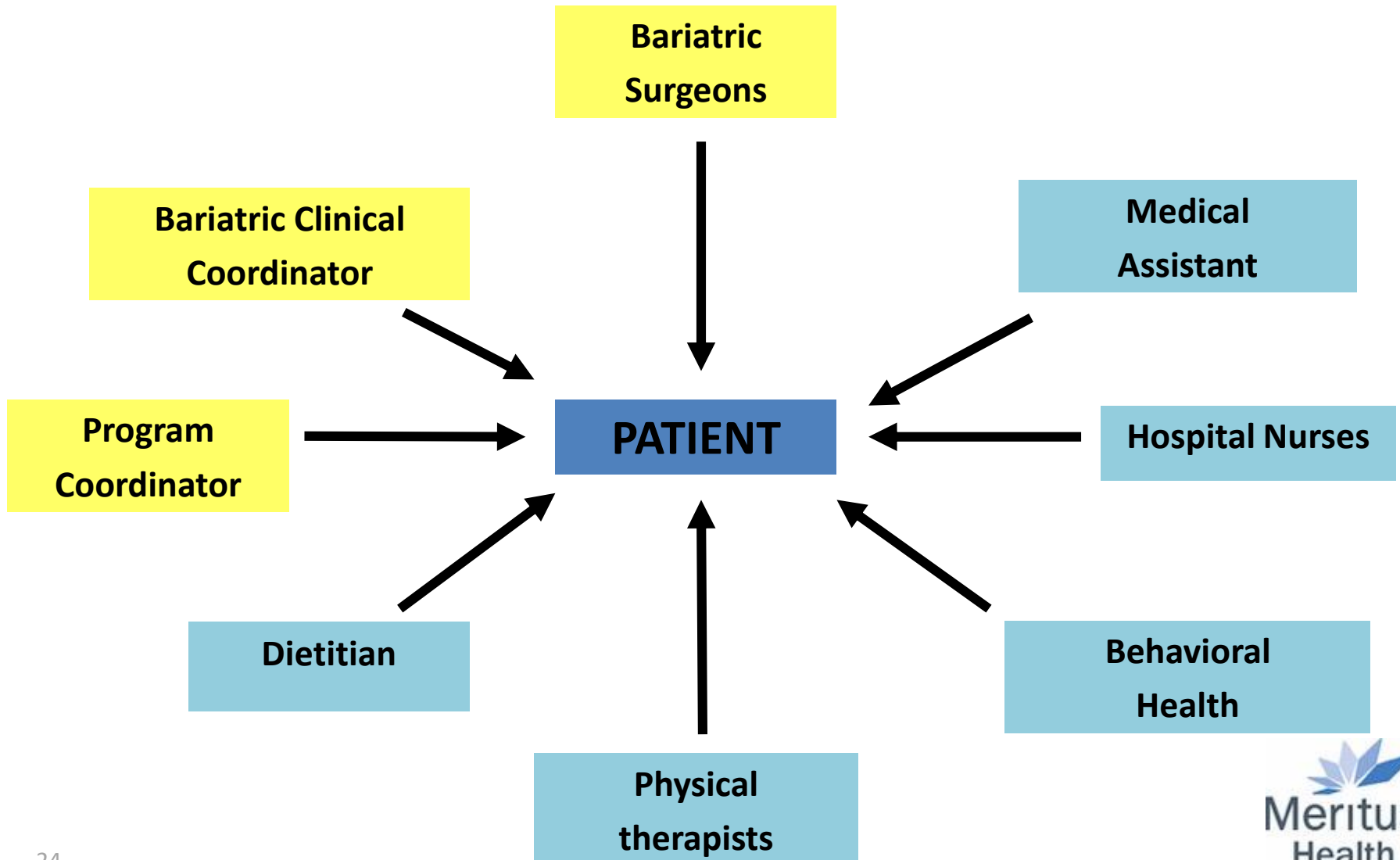
- All copays are due at the time of service
- Meritus Financial Aid is NOT accepted for any bariatric services
- Always keep us updated with insurance changes

****ALL SURGICAL FEES ARE DUE BY DAY OF SURGERY****

Approximate Self Pay Expenses

- Dietitian visits:
 - 1st visit \$60-\$90
 - Monthly after 1st visit \$30
- Pre-op class \$30
- Supplements
 - Approximate vitamin costs per month:
 - ✓ Multivitamin \$7.50
 - ✓ B12 \$5
 - ✓ Calcium Citrate \$5.25-\$21
 - Approximate protein costs per month:
 - ✓ 1st 6 months \$66-\$131
 - ✓ Months 6-12 \$39.60-\$101.50

Multidisciplinary Team



Next Steps

1. Click on the link on the next slide and complete the acknowledgement form (green box).
2. If you do not have a Mychart account, please set one up and include all demographic information and insurance. If you already have a Mychart account, please make sure all information and insurance is up to date.
3. Patient questionnaire will be emailed or mailed to you or you may print it from our website and return to our office.
4. Upon receipt of completed questionnaire, benefits will be checked and reviewed with you by the Program Manager/Coordinator.
5. Initial visit/surgical consult will be scheduled.

Thank You!

Thank you for choosing Meritus Bariatric Surgical Specialists and we look forward to working with you on a road to a healthier you.

