



# Meritus Bariatric Surgical Specialists Bariatric Surgery Information Session

# OFFICE INFORMATION

Address: 11110 Medical Campus Road, Ste 143  
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# PRACTICE INFORMATION

## Providers:

- Dr. Mohammad Jamal, M.D., Medical Director
- Dr. Brian Cantor, M.D.
- Cheryl Frushour, R.D., LDN, Clinical Coordinator
- Hannah Dinterman, R.D., LDN

# HOSPITAL INFORMATION

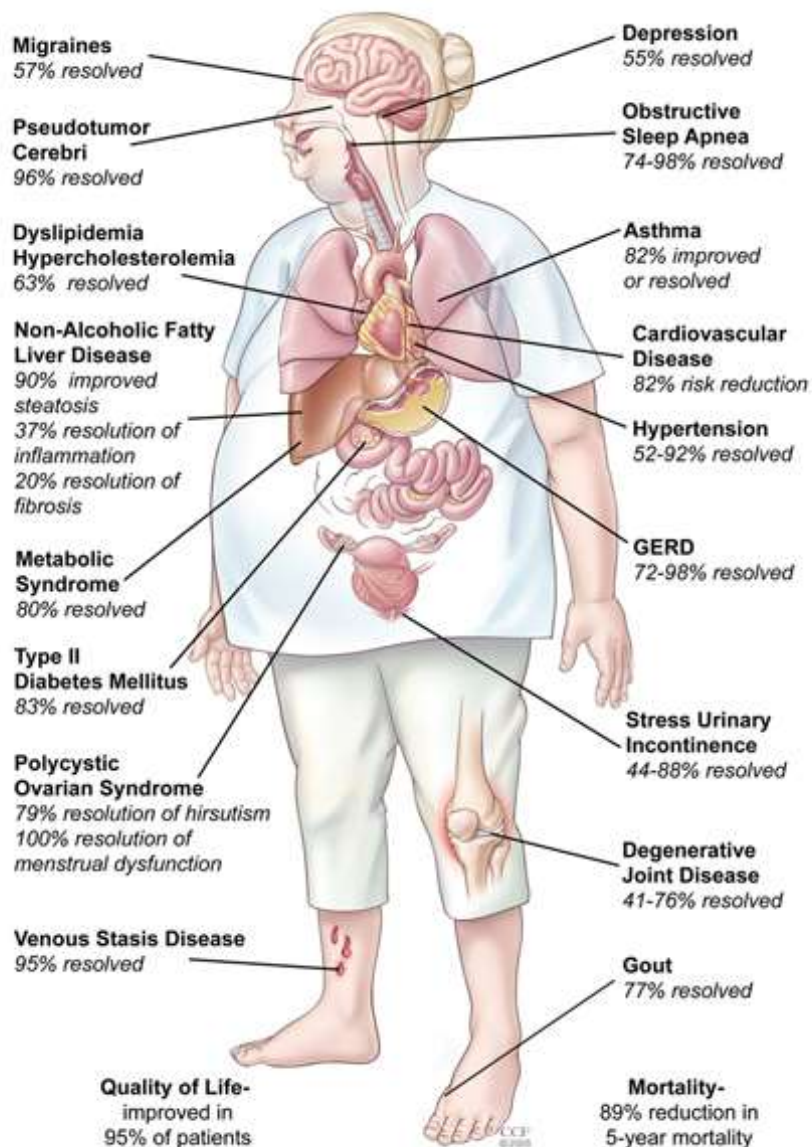


- Surgery performed at Meritus Medical Center.
- Accredited for over 12 years through the Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program (MBSAQIP) to ensure high-quality care for bariatric surgical patients.
- Designated by: AENTA as an Institute of Quality (IOQ), CareFirst as a Blue Distinction Centers + (BDC) and Optum BRS Center of Excellence.

# WHY WEIGHT LOSS SURGERY?

- Weight loss surgery is 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, acid reflux and high blood pressure.
- Lowered rate of death due to significant improvement in those diseases that are caused or worsened by obesity.

# OBESITY RELATED MEDICAL CONDITIONS



# TYPES OF WEIGHT LOSS SURGERY

## 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.



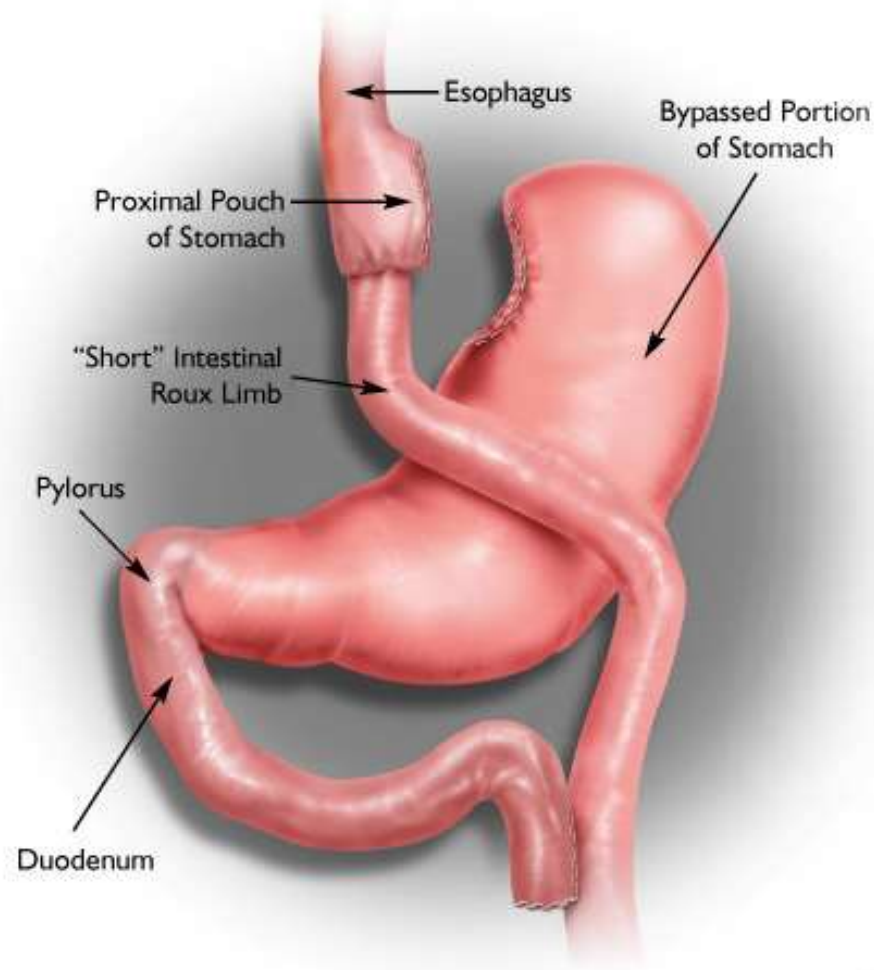
# SURGERIES PERFORMED AT MERITUS

- Robotic laparoscopic gastric bypass.
- Robotic laparoscopic gastric sleeve.
- Laparoscopic revisions (possible robotic).



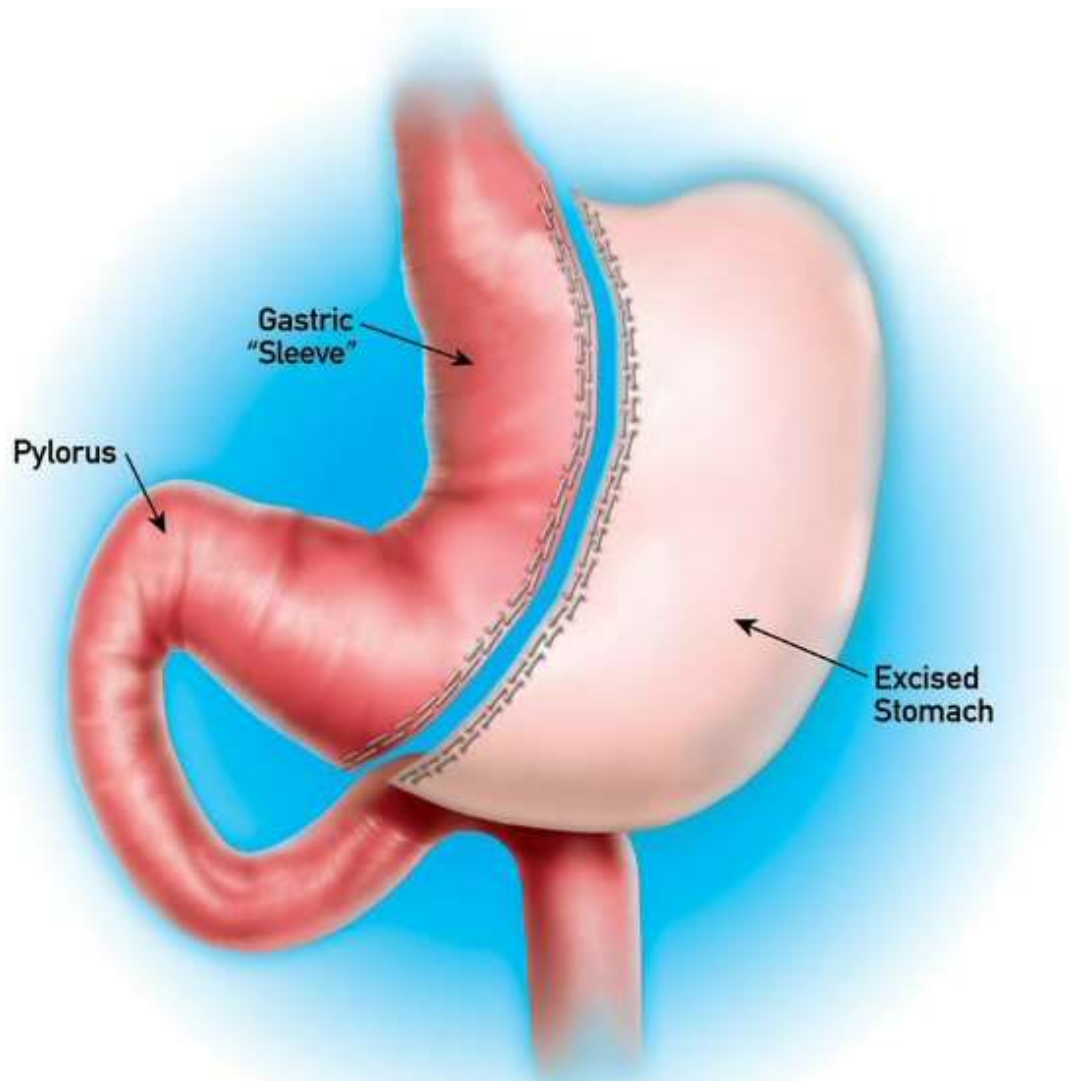
# GASTRIC BYPASS

## Roux-en-Y Gastric Bypass



©

# GASTRIC SLEEVE



# LAPAROSCOPIC SURGERY:

Laparoscopic surgery leads to:

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

# WEIGHT LOSS SURGERY OUTCOMES

## Data:

- Studies show patients typically lose the most weight 1 to 2 years after surgery and maintain substantial weight loss with improvement in obesity-related conditions.
- Patients may lose as much as 60% of excess weight 6 months after surgery and 77% of excess weight as early as 12 months after surgery.
- On average, 5 years after surgery, patients maintain 50% of their weight loss.

# FACTORS FOR WEIGHT LOSS SUCCESS

## 3 Factors for a success:

1. Compliant and cooperative.
2. Compliant with a diet program (pre and post operatively).
3. Compliant 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, fatty liver or uncontrolled high blood pressure.

**\*\*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

Hospital stay:

- 1-2 nights
- Bypass patients – released from hospital with drains, removed approximately 5-6 days later in the office.



# POST OP RESTRICTIONS

## Restrictions after surgery:

- 2 - 6 weeks off work:
  - Sedentary job – minimum of 2 weeks off.
  - Physical job – approximately 4-6 weeks off.
  - CANNOT return to work if not consuming minimum of fluids and proteins after surgery.
- Weight limit restrictions for minimum of 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

Post eating instructions:

- 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 SUPPLEMENTS

## Vitamins after surgery:

- Multivitamin with iron
- B12 (500 mcg)
- Extra iron (Ferrous Sulfate) 325 mg
- Chewable calcium (600 mg) with Vitamin D

# POST SURGICAL PHYSICAL ACTIVITY

## Minimum requirements:

- 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  
therapy

Pilates

Physical

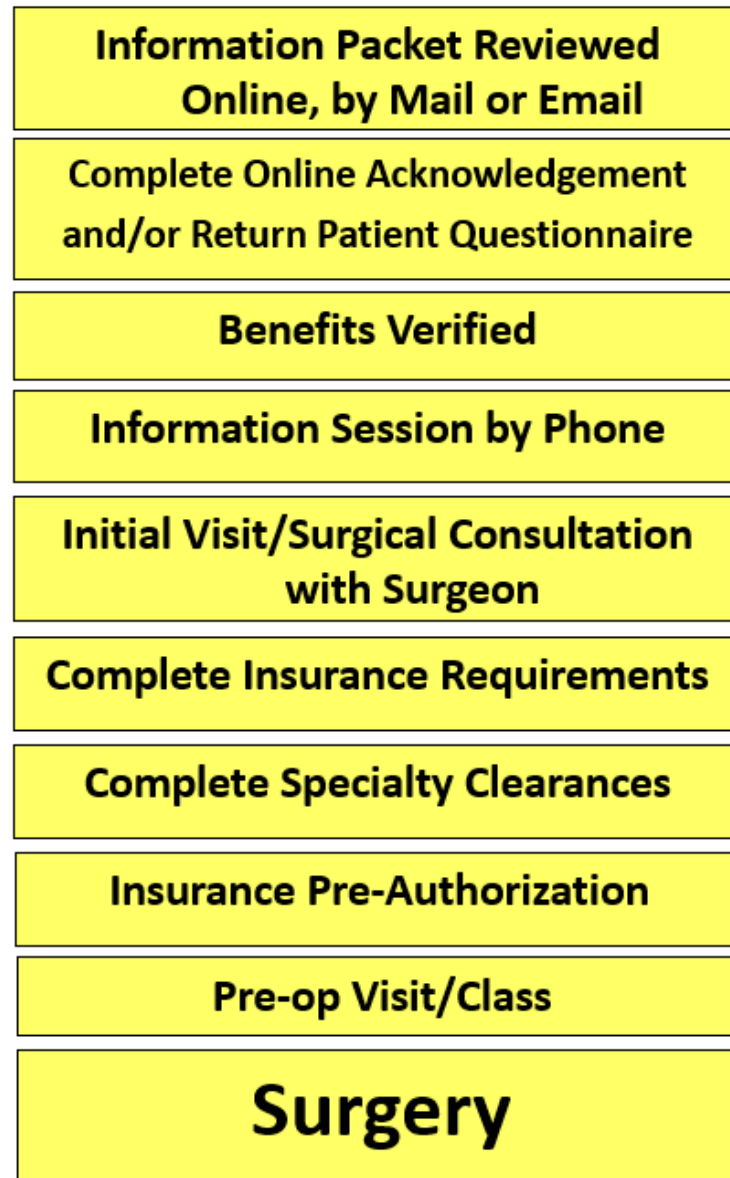
# BEHAVIORAL CHANGES BEFORE SURGERY

Changes that need to be made prior to surgery:

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

- Includes all nicotine products, Non Nicotine products and Marijuana.
- Why? Continued use may lead to:
  1. Impaired wound healing.
  2. Ulcers
  3. Impaired respiratory status.
  4. Overall health concern.

# SURGERY PROCESS



# INSURANCE INFORMATION

## Normal requirements include:

- 3-6 month supervised diet with the Dietitian.
- Psychological Evaluation
- Nutrition Evaluation
- Letter of medical necessity/recommendation by your Primary Care Physician.
- Previous diet attempts.



# FINANCIAL INFORMATION

## What to know about financial obligations:

- All deductibles, co-insurance and copay amounts are due by the day of surgery.
- Meritus Financial Aid does NOT cover any services, in the office or at Meritus, related to weight loss surgery.
- Always keep us updated with insurance changes.
- All visit balances (diets and provider) must be paid prior to surgery.

# APPROXIMATE SELF PAY FEES

What you pay out of pocket in addition to surgical fees:

- Dietitian visits:

✓ 1 <sup>st</sup> visit	\$60-\$90
✓ Monthly after 1 <sup>st</sup> visit	\$30
✓ Pre-op class	\$30

- Supplements:

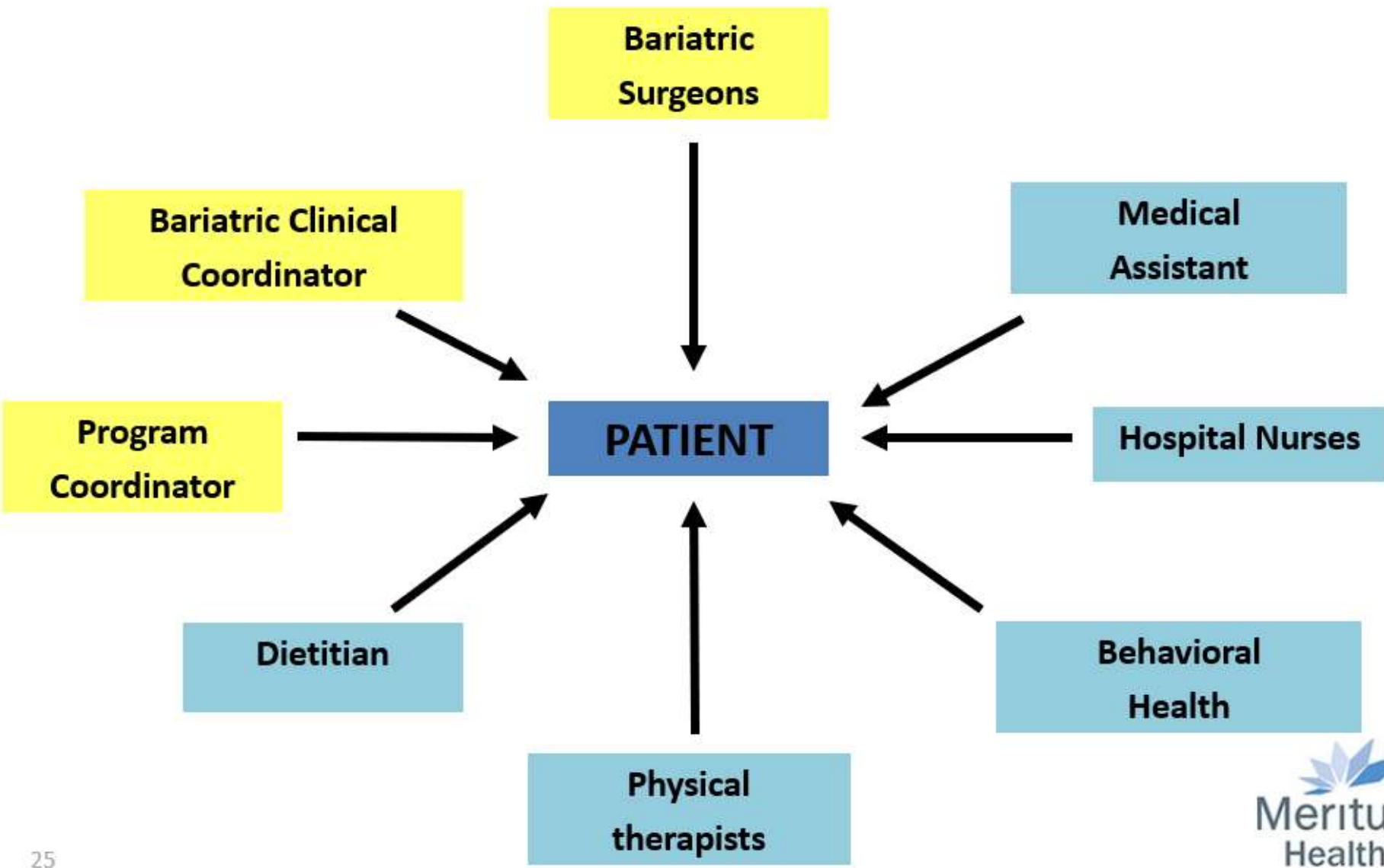
- Approximate vitamin costs per month:

✓ Multivitamin	\$7.50
✓ B12	\$5
✓ Calcium Citrate	\$5.25-\$21

- Approximate protein costs per month:

✓ 1 <sup>st</sup> 6 months	\$66-\$131
✓ Months 6-12	\$39.60-\$101.50

# MULTIDISCIPLINARY TEAM APPROACH



# NEXT STEPS

1. Click on the link on the next slide (if reviewing online) and complete the acknowledgement form (green box).
2. Create a Meritus Mychart account if you do not have one. Include or update (if you have an account) all demographic and insurance information.
3. Complete the patient questionnaire which can be emailed or mailed to you, print it from our website and return to our office or it can be sent through Mychart.
4. Benefits will be checked and reviewed with you (by phone) by the Program Manager/Coordinator once the questionnaire or online acknowledgement is received.
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.