

Your next step

If you would like to be evaluated as a possible candidate for weight loss surgery, call our office at **410-601-4486**. We will be happy to send you a full bariatric package, which contains sections for you to complete and return that will be reviewed by our surgeons and staff.

You should attend at least one seminar. During these seminars our surgeons discuss several topics on obesity surgery. Call our office to find out how you can attend our monthly weight loss surgery meetings.

We look forward to receiving your completed packet of information. If you have any questions, feel free to contact Sinai Hospital Bariatric Surgery Program. Your completed packet and letter of recommendation should be mailed to:

Sinai Hospital of Baltimore
Division of Bariatric Surgery
Hoffberger Professional Building
Suite 15
2435 West Belvedere Avenue
Baltimore, MD 21215

Phone: 410-601-4486
**[www.lifebridgehealth.org/
bariatricsurgery](http://www.lifebridgehealth.org/bariatricsurgery)**



The American Society for Bariatric Surgery (ASBS) has designated the Bariatric Surgery Program at Sinai Hospital of Baltimore a "Center of Excellence."

The program offers the latest surgical techniques in weight loss surgery, in addition to physician expertise, nutritional counseling and emotional support to help patients successfully realize their weight loss goals.



Alex Gandsas, M.D., F.A.C.S.

Dr. Gandsas is an Associate Professor of Surgery at the Johns Hopkins School of Medicine, head of the Division of Bariatric and Minimally Invasive Surgery at Sinai Hospital, and co-director of the MIS Sinai fellowship program. Following a general surgery residency in Michigan, he completed fellowships at Duke University Medical Center and the University of Pittsburgh Medical Center. Dr. Gandsas specializes in laparoscopic gastric bypass, revision and sleeve gastrectomy. Dr. Gandsas is a board certified surgeon and a fellow of the American College of Surgeons.



Christina Li, M.D., F.A.C.S.

Dr. Li received her medical degree from the Columbia College of Physicians and Surgeons. She did her residency in general surgery at the University of Maryland and was also a research fellow at the Maryland Center for Videoscopic Surgery. She completed a fellowship in minimally invasive and bariatric surgery at the University of Pennsylvania. Dr. Li is board certified and a fellow of the American College of Surgeons. She is also a member of the American Society of Bariatric Surgeons and Society of American Gastrointestinal and Endoscopic Surgeons. Dr. Li specializes in laparoscopic gastric bypass and laparoscopic adjustable gastric banding.



John S. Koppman, M.D.

John S. Koppman, M.D., is a board certified surgeon who specializes in minimally invasive and obesity surgery. He earned his medical degree from the University of Texas Southwestern Medical School in Dallas and completed his surgical residency at Brookdale University Hospital and Medical Center in Brooklyn, N.Y. Dr. Koppman spent one year as a research fellow in the Department of Pulmonary and Critical Care at New York University Hospital and most recently completed a clinical fellowship in minimally invasive surgery at The Bariatric Institute of Cleveland Clinic Florida. Dr. Koppman performs laparoscopic gastric bypass, the LAP-BAND and the sleeve gastrectomy.

www.lifebridgehealth.org/bariatricsurgery

Weight Loss Surgery

The Ultimate Treatment for Obesity



SINAI HOSPITAL

a LifeBridge Health center

Phone: 410-601-4486

www.lifebridgehealth.org/bariatricsurgery

You've tried diets. Exercise. You've even taken appetite-reducing drugs. Still, the excess weight remains. You're not alone. Weighing more than what is physically and emotionally healthy is a major health problem in the United States. More than 66 percent of adults have a serious weight problem. If nothing appears to be helping you lose excess pounds, surgery may be your best option.

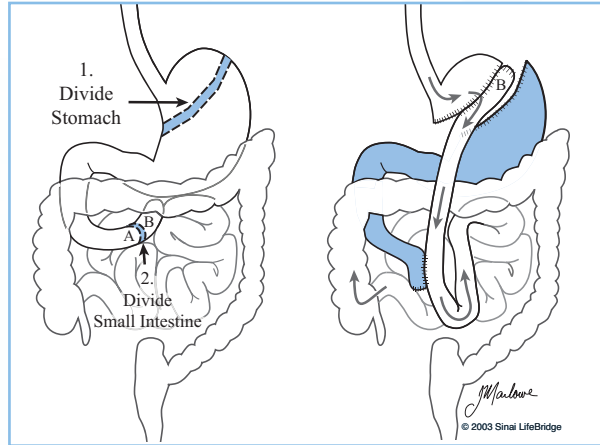
Who is a candidate for surgery

Severely obese people are defined as those who are at least 100 pounds overweight, or twice their ideal body weight. Obesity is a health risk for **heart disease, high blood pressure, diabetes, sleep apnea, reflux disease, joint pain, high cholesterol, urine incontinence, shortness of breath and leg swelling.** Annually approximately 112,000 deaths are attributable to obesity, making it the second leading cause of preventable cause of death (after smoking) in the United States.

Not everyone who has a weight problem qualifies for surgery. One way to tell is to check your Body Mass Index (BMI): put simply, a ratio of your weight to your height.

Check our website to determine your BMI or ask your doctor. If your BMI is 40 or more, OR if your BMI is between 35 and 40 and you have certain health conditions, you might be a good candidate for surgery.

Laparoscopic Gastric Bypass

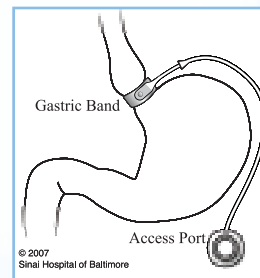


Gastric bypass surgery involves stapling the stomach and re-routing the small intestine to form a small stomach pouch about the size of an egg. A limb of intestine is attached to the pouch to create a bypass. After surgery, food enters the pouch and empties into the small intestine. As a result, food bypasses almost all of the stomach and a segment of the intestine. The overwhelming majority of surgeries are performed laparoscopically using small incisions 1/4 to 1/2 inch in size. Your surgeon will determine the best approach for you based on your medical history, height and weight.

After the surgery, you will feel satisfied after eating smaller portions, so that you will limit the amount of food consumed at one time.

The LAP-BAND® System

With this procedure, an inflatable band is placed laparoscopically around the upper part of the stomach increasing your feeling of fullness. When less food is consumed, the body draws on its own fat reserves for



Laparoscopic Adjustable Gastric Banding

energy, which in turn results in weight loss. The LAP-BAND® System is less invasive than other procedures. It requires no cutting or stapling of the stomach or bowel, and is also associated with a lower risk of malnutrition. Adjustments to the band can be made without additional surgery, and the LAP-BAND® System procedure is reversible if necessary.

Robotic rounds for bariatric patients



BARI, the bariatric robot and nurse at Sinai Hospital

In addition to standard surgeon's visit, patients will have an opportunity to meet the bariatric robot, which is remotely controlled by one of our bariatric surgeons. This robot acts as the surgeon's eyes and ears at the patient's bedside when he cannot be present. By increasing the frequency of rounding, patients are "coached"

on several tasks including incentive spirometer, pain control, nausea management and ambulation.

Your role and responsibilities in the weight loss process

While surgery is the only proven way for severely obese men and women to lose weight and keep it off, it is not a magic cure. It requires absolute cooperation and dedication. Before you agree to surgery, please understand that you must make a lifelong commitment to a low-fat, sugar-free, sensible diet; regular exercise; and daily vitamins. Surgery is a tool that requires your effort and involvement.