Resources to support weight loss and management

Topics:
• Latest on COVID-19
• A patient’s story
• Health benefits of weight loss and maintenance
• What is Comprehensive Weight Management
• Why support after weight loss surgery is important
Legal Disclosure:

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Ask us questions – give us feedback – this hour is for you

• Please use the **Q and A** function to ask your questions at anytime.
Latest on COVID-19
The last 30 Days in Maine

Showing: Case rate per 10,000 people
Date Range: June 11, 2022 to July 11, 2022
Case Status: All
Click a county to filter

© Mapbox © OSM
Cases per 10,000 people
34.6

% Vaccinated

Community risk level
Low level
High level
Maine COVID-19 New Cases – 7 Day Rolling Average

Good Health Is Good Business
Vaccine Update

• First Boosters Now recommended for Age 5 and above, should be a mRNA Vaccine

• Second Booster recommended for Age 50 and above, 12 and above with immunocompromising conditions. Only an mRNA

• Primary series now authorized for 6 months and older.
Concerning Trends

Omicron Subvariants

- BA4 and BA5 now dominant strains in US and Europe
  - BA5 one of the most infectious viruses ever
- Can evade immunity from vaccine or prior infection
- However, vaccination and/or prior infection protect against severe disease
  - especially if fully vaccinated including recommended vaccines
- BA2.75 bears watching as may be causing rises in Asia
Easy access to schedule your vaccine, booster, or Flu shot

COVID-19 (Coronavirus) Portal - Public Vaccination (northernlighthealth.org)

COVID-19 Vaccination and Booster Eligibility Updates

Booster dose appointments for Pfizer, Moderna, and Johnson & Johnson COVID-19 vaccines are now available for people 18 and over who meet criteria.

People 5 years or older are currently eligible to schedule a COVID-19 vaccination.

Important:

- Community members under age 18 who would like to be vaccinated, must have a parent or guardian complete and initial the online scheduling form on their behalf.
- In addition to scheduling a vaccine using the online process, patients under 18 are be required to bring a completed consent to treat from signed by their parent or guardian to their appointment.
- Patients under the age of 16 must be accompanied by a parent or guardian to their vaccination.
- If you have any questions please call: 207-204-8551*

*Long distance or carrier fees may apply.

Scheduling your vaccination:

- If you cannot find an appointment that works for you at a Northern Light Health location, please visit the state COVID-19 vaccination site list.
- Please print your appointment confirmation and bring it with you. Vaccination candidates will receive an email confirming their vaccination location.

Good Health Is Good Business
The cost of obesity
Obesity and business – just the facts

- Obesity defined as Body Mass Index (BMI) >30
- Affects over 1 in 3 American adults
- Accounts for ~20% US medical costs
- Persons who have obesity spend 42% more on medical costs
- Employees who have obesity are 25% more work injuries and 2x # of filed claims
- Employees who have obesity vs healthy weight employees
  - healthcare claims cost 7x more
  - absent for 10x the number of days
- Study: Correlation of average direct medical costs
  - severity of obesity - normal weight at $4,500 PPPY to $19,000 PPPY for Class III Obesity
How is your life better after working with a holistic weight management program?
Why a holistic approach to weight management matters to me...

2019 – Weight Management
- Getting to know me
- One on one support
- Connections with others
- Learning about mindfulness
- Making behavioral changes
- Weighing options on my timeline
- Asking questions
- Support at each decision point

2021 – Bariatric Surgery
- More energy
- Stronger
- Happier
- Want to do things!
- No more headaches
- Access to support if I need it
- Group sessions
What is a holistic Weight Loss and Weight Management Program?
Our holistic Program encompasses physical health as well as mental and emotional health

Comprehensive Weight Management Program includes:

- **Surgical Weight Loss**
  - Surgeons, dietitians, psychologists, specialists as needed
- **Medical Weight Management**
  - Bariatrician, dietitians, psychologists
  - Support after surgery
Center of Excellence Designation

Accredited through the American College of Surgeons as a Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program

- 2005 ASMBS Accredited
- 2009 MBSAQIP Accredited

Northern Light Eastern Maine Medical Center is preferred status as a center of excellence with:

- Harvard Pilgrim Health Care COE
- Aetna Bariatric Institute of Quality
- Optum Health Bariatric COE (United Health Care)
- Blue Distinction Center for Bariatric Surgery and Blue Distinction Center for Bariatric Surgery by Anthem Blue Cross Blue Shield
Why is mental health a key ingredient to successful weight management?
Mental Health and Weight Management

- Best practice guidelines American Society for Metabolic and Bariatric Surgery
- Pre-surgery psychological consultation
  - Identifies risk and challenges to manage before and/or after surgery
  - Ensures understanding of surgery and related risk, benefits, requirements, outcomes
  - Provides information to other providers
  - Establishes working relationship with patient

- Domains include:
  - Mental health, social, educational, work, medical, weight management/dieting history, understanding of surgery
Mental Health and Weight Management

Services include:

- Help enacting necessary changes in preparation for surgery
- 3 and 9 month follow-ups (and by request) to support mood/functioning
- Facilitation of aftercare group
- Help with weight management or related adjustment difficulties in the long-term
- Help with referral to other providers for general mental health needs

Services are evidence-based and short-term

- CBT, mindfulness, DBT
Bariatric Surgery, lose weight and improve quality of life
Improvement or remission of weight-related diseases

- Diabetes
- Obstructive sleep apnea
- High blood pressure
- Hyperlipidemia
- Arthritis
- Acid reflux
- Fatty liver disease
- Certain cancers
What to expect after surgery

- You will be in the hospital for one night after surgery. If a second night stay is needed this will be discussed with your surgeon prior to surgery.
- You will be up and walking within hours of surgery
- You should be comfortable after surgery and many patients leave the hospital with only Tylenol for pain management
- For patients who work desk jobs, most will return to work after two-week follow up
- Lifelong follow up along with diet and exercise will be best chance at success before and after surgery
Surgical innovation and accreditation

- Northern Light Eastern Maine Medical Center is the first robotic bariatric teaching center in the world.
- We teach weight loss surgery on a robotic platform to surgeons from across the US and from around the world.
- Robotic surgery offers a computer interface between the surgeon and the patient providing state of the art optics, skilled robotic “hands”, smaller incisions, less bleeding and less pain.
- Northern Light Eastern Maine Medical Center recently achieved accreditation as a Center of Excellence in Robotic Surgery, by Surgical Review Corporation.
After surgery, many of our patients can do things they never imagined possible.

Some examples are:

- Water skiing
- Hiking Mt. Katahdin
- CrossFit
- Flying on a plane without extender
- Running Millinocket half marathon
- Visiting Disney
Roundtable Discussion: Ask us your questions using the Q and A function
To take the next step...

For individuals who need to lose just a few pounds or for those at high risk of obesity-related diseases, we can help.

- Find out if you meet the criteria for our surgical weight loss or medical weight management program.
- Connect with experts who guide you through each step of your weight loss journey.
- View online information sessions that help you understand what to expect, and when you’re ready, what to do next.

NorthernLightHealth.org/EMMCWeightLoss
or call Sara Stanton at 207.973.4940.
Tools you can use:

https://northernlighthealth.org/Resources/Safe-Return-to-Business
Register and save the date for Thursday, August 11
Trends and Hidden Costs of Mental Health

Topics:

• Latest on COVID-19
• Hidden cost of mental health
• Navigating resources and strategies to support employee mental health
• What to consider when looking for services that will work for your employees
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