

# Welcome to the Information Session for Northern Light Surgical Weight Loss



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Medical Director, Bariatric Surgeon  
Northern Light Surgical Weight Loss | Information Session

# First step toward a healthier life



The purpose of this session is to help you better understand

- Weight loss surgery
- The benefits of weight loss surgery
- Our world class surgical weight loss program

# Obesity: a medical condition



Surgery may be the best treatment option for many medical conditions.

Surgery may help you manage your obesity today and lifelong.

# Why do you want weight loss surgery?

Surgery is the most effective way to lose weight and keep it off!



## Surgery can help you:

- With weight related medical problems such as diabetes, sleep apnea, heart disease, arthritis
- Be more active with your children
- Have more energy and less pain
- Tie your shoes or climb stairs without being winded
- Wear the clothes hanging in the back of your closet.
- Have more self confidence!

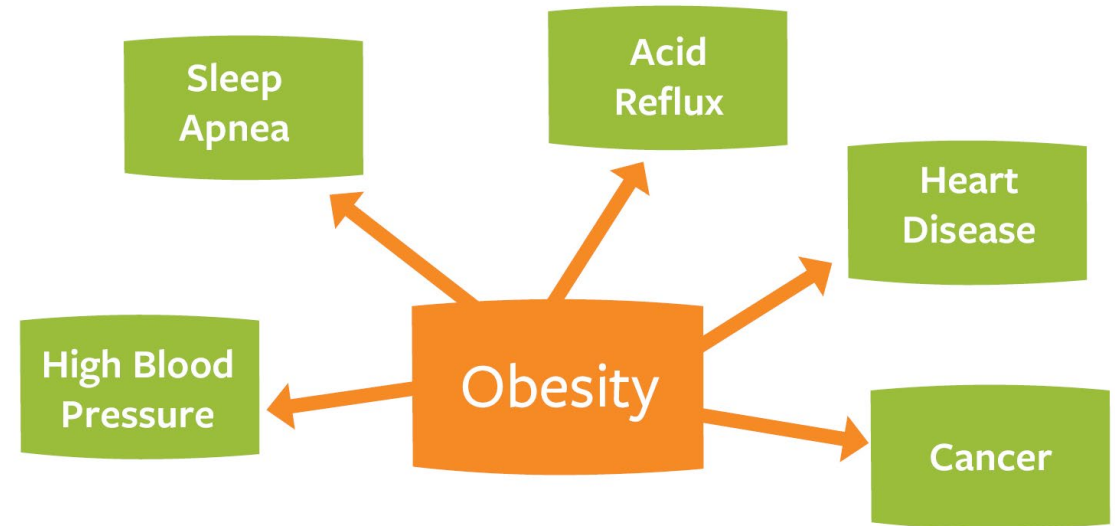


# Benefits of weight loss surgery

Improvement or remission of weight-related diseases like:

- Diabetes
- Obstructive sleep apnea
- High blood pressure
- Hyperlipidemia
- Arthritis
- Acid reflux
- Fatty liver disease
- Certain cancers

**Helps you to eat to live, rather than living to eat!**



# Is Weight Loss Surgery right for you?

## First, you need to qualify for surgery

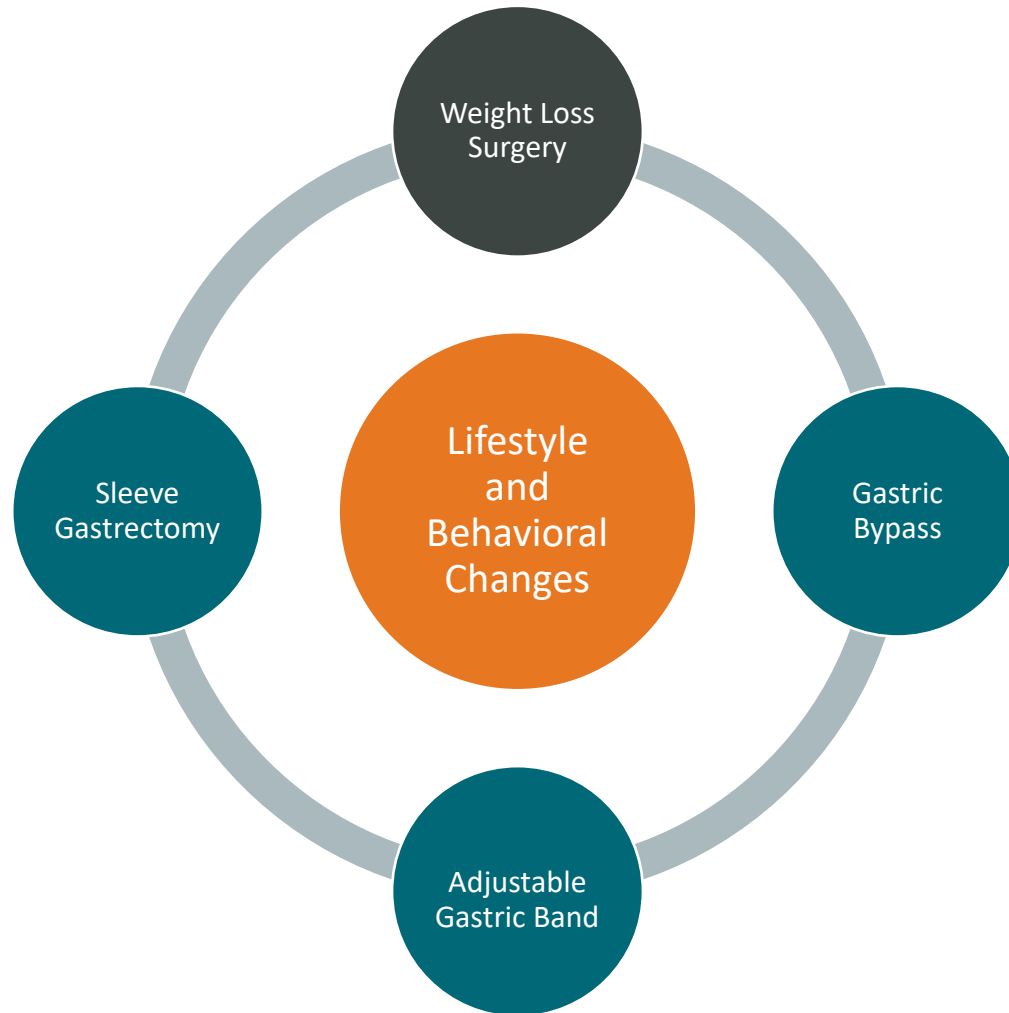
- You must have a BMI of 40 (100 lbs. overweight)
- OR
- A BMI of 35 with two weight related medical problems (diabetes, hypertension, sleep apnea)

## Don't meet these requirements?

We have a medically supervised weight loss program that may be a great option for you.



# Choosing the Right Surgery



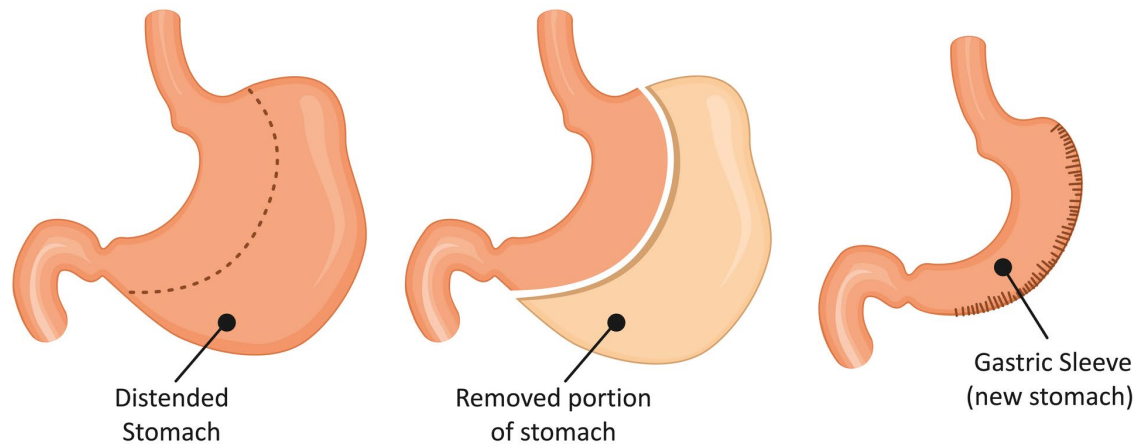
Your surgeon will help you choose the safest and most effective surgical option for your unique set of medical issues.

Enter the surgical weight loss program with an open mind, ready to learn about your choices.

# Surgical Weight Loss Procedures

# Sleeve Gastrectomy

## Sleeve Gastrectomy surgery

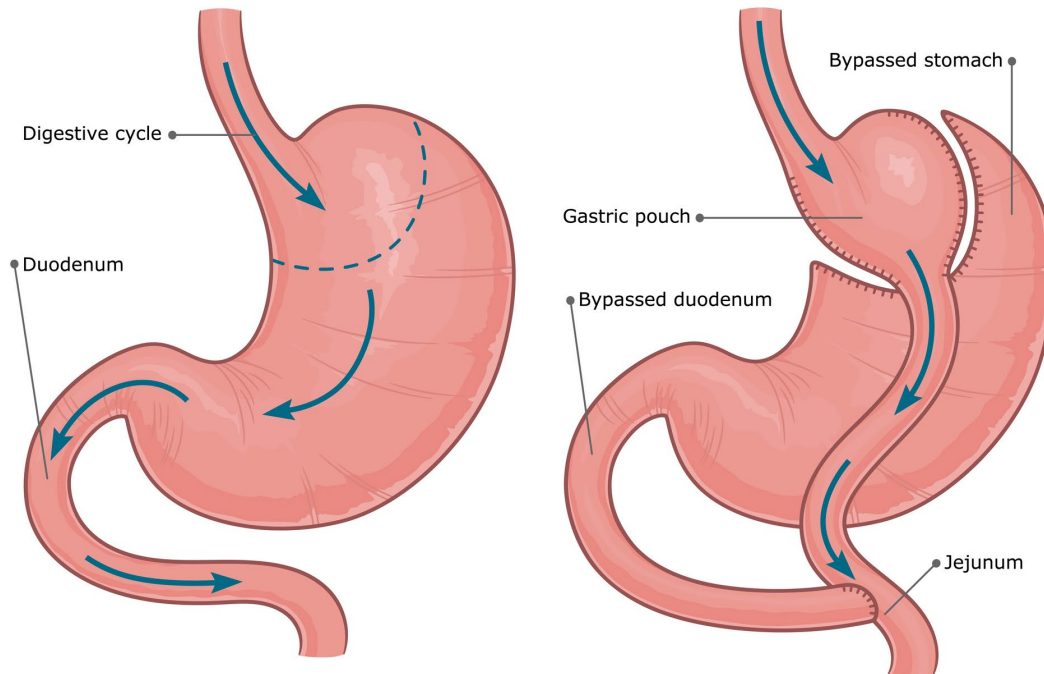


- This is the most commonly performed weight loss option at this time.
- Surgery lasts about one hour.
- Most of the stomach is removed without any other changes to your digestive system.
- A long, thin stomach shaped like a banana is left behind.
- **Weight loss:** Expect to lose 25% of your total weight for example if you weighed 240 lbs, expect to lose 60 lbs. If you weigh 300 lbs, expect to lose 75 lbs.



# Gastric Bypass

## Gastric Bypass surgery

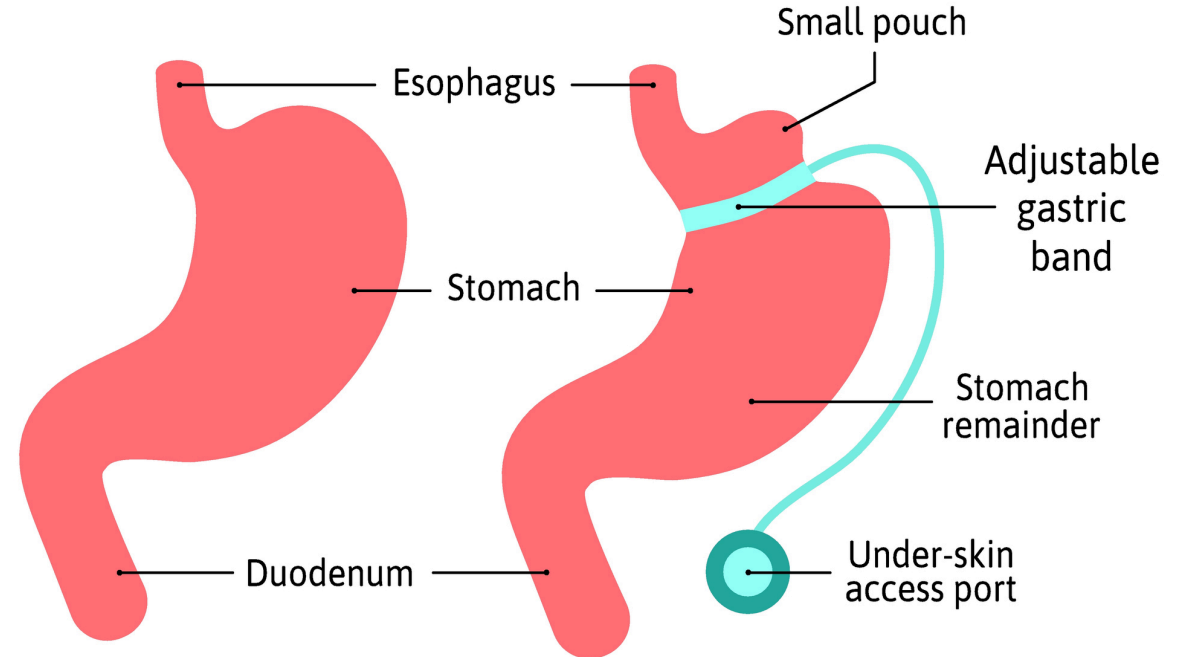


- Gastric bypass surgery was the first commonly performed weight loss operation
- Surgery lasts about 1.5-2 hours.
- It has the best long-term record with weight loss and improvement in medical problems associated with obesity.
- The stomach is divided to create a small pouch while the small bowel is rearranged to skip (bypass) the remainder of stomach and the first part of the small intestine.

# Gastric Banding

- Once popular, but now performed much less than other two
- More in-person follow-up needed
- Weight loss significantly less than other operations but still more effective than diet alone
- May be an option for patients who are not candidates for a stapled procedure

Gastric Band surgery



# What to expect after surgery

- You will be in the hospital for one to two nights after surgery
- You will have compression sleeves on your legs, oxygen and IV fluids
- You will be up and walking within hours of surgery
- You will start drinking water, and then will advance to a specialized diet drink high in protein and low in carbohydrates
- 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

# Surgical complications



- Our Medical Center has performed thousands of weight loss operations and has an incredible safety record.
- Our safety protocols at Northern Light are top notch. We adhere to national safety standards to ensure the best outcomes for our patients.
- There are some complications you should be aware of.

# Surgical complications - Gastric Sleeve

- Leak: 1/1000 cases
- Bleed
- Stricture (further narrowing of the stomach)
- Reflux
- Vitamin deficiencies which can be avoided most of the time by taking recommended supplements
- Death: 1/2000



# Surgical complications - Gastric Bypass

- Leak: 1/1000 cases
- Bleed
- Stricture
- Vitamin deficiencies which can be avoided most of the time by taking recommended supplements. Iron deficiencies are more common in menstruating women
- Ulcers: Almost always associated with smoking tobacco or marijuana, alcohol and aspirin/NSAIDS (Advil, ibuprofen, Aleve, aspirin or Excedrin)
- Dumping Syndrome- can usually be avoided with appropriate food and beverage choices
- Death: 2/2000

# Ok, but how safe is it?

Although talking about dying from surgery is scary, how safe is weight loss surgery?

- 5X safer than gallbladder surgery
- 9X safer than hip replacement surgery
- 33X safer than heart surgery
- 80X safer than pancreatic surgery
- Other complications of major surgeries include clots and embolisms. Our highly trained post-op staff have compression boots on your legs to prevent clots and will have you walking within hours of surgery.
- Risks of remaining obese are greater than the risks of weight loss surgery.



# Our Comprehensive Team

# Our care team

- Surgery alone is not enough.
- Surgery is a tool in your toolbox.
- Other tools include healthy lifestyle changes and a comprehensive team to help you before, during and after surgery.
- We have a large team to support you through your efforts.
- Our medical and psychiatric team will help you through trying times like new relationships, pregnancies, marriages, jobs and more.



# Surgeons



Our bariatric surgeons:  
Matthew Sharbaugh, DO  
Michelle Toder, MD, FACS, FASMBS

- Our surgeons have years of experience with a variety of weight loss surgeries and bariatric endoscopy.
- They will optimize your health and maximize your likelihood for safe surgery.
- During your surgeon consult, you will work together to choose the operation that makes the most sense for you



# Dietitians

- Our bariatric dietitians specialize in diets recommended before and after weight loss surgery.
- They will meet with you regularly to walk you through pre op changes and post-op dietary phases.
- You will work with our dietitians lifelong.
- We have dietitians who are certified diabetes educators. They can help with blood sugar management throughout the journey.



# Psychologists

- A bariatric psychologist will help to identify barriers to behavioral change and offer strategies and coping mechanisms.
- Psychology post-op care will help reinforce the changes made, address body image challenges, emotional and relational stress and habit formation.
- Our psychologists are key partners in successful weight maintenance.



# Obesity Medicine Bariatrician

## Our board-certified Obesity Medicine physician

- Oversees our medical weight management team.
- Together with surgeons, helps with pre-op weight loss goals when needed
- Guides you on a safe journey to a healthier weight, beyond the immediate post-op period.

## The medical weight management team provides

- Long term bariatric care focused on maximizing weight maintenance and minimizing complications associated with weight loss surgery



# Program Manager

## The program manager will

- Be your tour guide through this process
- Help you get started, navigate the program, and ensure that your journey is as smooth as possible
- Be your main contact throughout your surgical weight loss journey.
- Work together with you to optimize your care for the best chance at a safe and successful surgery






# Your healthcare champions

- Many of our specialty providers have a particular interest in and passion for helping bariatric surgical patients, including staff from:
  - Anesthesiology
  - Cardiology
  - Gastroenterology
  - Hematology
  - Nursing
  - Pharmacy
  - Pulmonology





# Getting ready...



Are you  
ready?

- No program fee
- **You will need to call your insurance company to verify that bariatric surgery is a covered benefit**
- Our staff will assist you with insurance approval when it is time to obtain prior authorization for surgery.
- Some insurance companies require 3-6 months of medically supervised weight loss attempts. If that is a requirement, our program manager will let you know and help facilitate those appointments with medical or surgical weight management staff.

# Next steps

- Quit smoking tobacco and marijuana
- Stop drinking alcohol
- Check with your primary care provider to be sure you are up to date on routine health screening.
  - Colonoscopy, mammogram, pap smear
- Ask for a sleep study if you know that you snore, or if you have been told that you stop breathing at night.
- Plan to attend a support group led by our bariatric dietitians
- How quickly will you get your surgery?
  - Usually, 2-6 months from start to surgery depending on your medical issues, your insurance requirements and how rapidly you can make necessary lifestyle changes.



# Why weight loss surgery at Northern Light Eastern Maine Medical Center?

- We know that you have a choice about where you have weight loss surgery and choosing Northern Light Eastern Maine Medical Center is a smart decision.
- We have been perfecting the craft of weight loss surgery since the 1970s.
- Ours is the first program in New England to receive a Center of Excellence designation for the American Society for Metabolic and Bariatric Surgery (ASMBS).





# Surgical innovation



- Northern Light Eastern Maine Medical Center was the first robotic bariatric teaching center in the world.
- We have been teaching 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.
- Our surgeons are leaders in robotic surgery techniques and have access to a full fleet of robots, the largest fleet in Maine.

# The team

- Technology is enabling and exciting to talk about, but what really makes Northern Light Eastern Maine Medical Center extraordinary is the exceptional people who make up our comprehensive team.
- We partner with champions who are passionate about surgical weight loss.
- Those champions include our outstanding program manager, dietitians, psychologists, bariatrician, pharmacists, trained nurses, anesthesia and subspecialists along with our world class surgeons.





Northern Light Surgical Weight Loss is ready to help you take for first step towards a healthier you.

Please contact us with questions.

**Sara Stanton, MS, RD, LD**, program manager  
207.973.6383, [slstanton@northernlight.org](mailto:slstanton@northernlight.org)

## One last step:

Next, continue to the completion form on the webpage to calculate your BMI and let us know you have reviewed this session.

We hope to see you soon!



# Long-Term Care for Bariatric Surgery Patients



**Anna Welcome, MD, FACOG, FOMA, ABOM**  
Medical Director, Northern Light Medical Weight Management

# Immediate Postop: The First Six Weeks



The immediate postoperative period takes place in the first six weeks after bariatric surgery.

Includes: hospital stay, transition home, and adjusting to your new life.

- Pain control
- Increasing activity
- Starting rapid weight loss
- Advancing diet
- New way of eating
- Emotional changes

# Immediate Postop: The First Six Weeks



Two-week follow up appointment with your bariatric surgeon.

Schedule follow up with the rest of the team:

- Bariatric Dietitian
- Behavioral Health Psychologist
- Obesity Medicine Provider
- PCP
- Other Specialists

# Transition to Long-Term Weight Management



Long-term weight management is essential for long-term success.

This involves the continued practice of healthy lifestyle behaviors.

Your team is here to help you with this.

After you recover from surgery, you will transition from the care by your bariatric surgeon to the care of the obesity medicine team.

Your obesity medicine provider will be an MD or an NP who specializes in long term management of weight.



# Rationale: Why a New Provider?



**Bariatric Surgeons** are passionate about and trained for weight loss surgery. They are the best specialists for weight loss surgery including pre-op and immediate post-op care.

**Obesity Medicine Specialists** are trained in long-term weight management. They are the best specialists for preop and post op weight management and supporting a healthy lifestyle.

**Different tools, same goals!**

# Team Members: Ongoing Care



## Your Care Team

- Obesity Medicine Provider
- Bariatric Dietitian
- Bariatric Psychologist
- Primary Care Provider
- Bariatric Surgeon (as needed)
- Physical Therapist

## Other Specialists

- Anemia Clinic
- Orthopedics
- Sleep Medicine
- Pain Management
- Endocrinology
- Psychiatry

# What about my surgeon?



## Will I ever see my surgeon again?

- Support Group
- You will see your surgeon if there is a problem with your bariatric surgery requiring a procedure to evaluate or treat.
- If another type of surgery is needed

Surgeons are needed to do surgery to help others in the community.

Your postop team has the training to help you with long-term weight management.



# Why would I see the surgeon again?



**If no response to medical or conservative therapy for:**

- GERD
- Hernia
- Ulcer
- Abdominal Pain
- Severe Dumping Syndrome
- Weight regain not responsive to intensive lifestyle modification and suspicious for anatomic cause (Very rare cause)

# What if I am not losing well or regain some weight?

Discuss your weight concerns with an obesity medicine provider or dietitian.

Special programs are available for those who have regained or have not lost as well as realistically expected:

- Regain Consult
- Retrain Your Pouch



# A Lifetime of Support

Large, ongoing studies of successful weight maintainers show several key habits or characteristics:

- Regular contact with trusted people for support and accountability is one of these most important strategies
- Healthy lifestyle habits need regular practice to maintain



# A lifetime of support



- Your best defense against weight regain is regular follow up.
- Annual follow up is ideal at minimum.
- If lapse is longer, we can help to get you back on track.
- If you are struggling, visits can be more frequent until you feel you are on your feet again.
- You can call on some or all of the team for help.
- We are here for you.



# Thanks for your attention



**Please feel free to call to schedule an appointment:**

Obesity Medicine: 207.275.4440

Bariatric Nutrition: 207.973.6383

Bariatric Psychology: 207.973.4037

**We look forward to seeing you!**

Northern Light Surgical Weight Loss

Northern Light Medical Weight Management