



# Northern Light Surgical Weight Loss Educational Manual

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Visit us online at: [northernlighthealth.org/SurgicalWeightLoss](http://northernlighthealth.org/SurgicalWeightLoss)

# **Introduction to Surgical Weight Loss**

## Northern Light Surgical Weight Loss

Dear Weight Loss Surgery Patient,

Congratulations on your decision to pursue weight loss surgery. We realize that this decision is a big one that requires a great deal of thought, commitment and education. We know that to be successful, surgery requires the efforts of a team approach and we have worked hard to put together a program that we are very proud of. We have been accredited at the highest level through the American College of Surgeons and the American Society for Metabolic and Bariatric Surgery.

Through Northern Light Surgical Weight Loss you will have an opportunity to attend our free orientation class that covers the A to Z's of weight loss surgery. We also offer several support groups every month to further assist you in preparing for surgery. We encourage you to come to as many as possible—registration is not required for support groups so please come. You will often see our surgeons attending these meetings so that you can get your important questions answered.

You can find us online at:

[www.northernlighthealth.org/SurgicalWeightLoss](http://www.northernlighthealth.org/SurgicalWeightLoss)

to learn even more and register to get our quarterly newsletter and review past editions.

Once you have completed an information session you will have the opportunity to meet with a dietitian, physical therapist and clinical psychologist, all of whom specialize in weight loss surgery. Then if appropriate you will be scheduled to see the surgeon and we would then petition your insurance company to get you authorized. This process can take several months. We look forward to meeting with you and continuing to answer your questions.

Best of Luck,

Sincerely,

Dr. Michelle Toder

Dr. Matthew Sharbaugh

# Northern Light Surgical Weight Loss

Welcome to Northern Light Surgical Weight Loss—an accredited program since 2005 with the Unified Metabolic and Bariatric Surgery and Quality Initiative Program (MBSAQIP) an accrediting body of the American College of Surgeons.

My name is Lynn Bolduc and I am the manager of this program. I am a registered dietitian and certified diabetes educator who has specialized in weight loss surgery since 1996. It is my job to help you as you come through the program. Feel free to contact me if you have ANY questions or concerns about your care.

I am available by phone Monday through Friday and by e-mail. My e-mail address is: [lbolduc@northernlight.org](mailto:lbolduc@northernlight.org)

I look forward to working with you.

Sincerely,

Lynn Bolduc, MS, RD, CDE  
207-973-4940



# EMMC Surgical Weight Loss

## Is Surgical Weight Loss Right for You?

Weight loss surgery is sometimes the best option for people who are severely obese and cannot lose weight by traditional means or who suffer from serious obesity-related health problems. The surgery promotes weight loss by restricting food intake and, in some operations, interrupting the digestive process. The decision to undergo weight loss surgery cannot be taken lightly. While this procedure can be a tool for life-changing weight loss, it also requires your commitment to permanent lifestyle changes, including maintaining a proper diet and participating in regular exercise.

EMMC's team of experienced surgeons, registered dietitians, specialized nurses, physical therapists, and psychologists can help determine if surgery is the best choice for you. Together, we'll review your medical history, your past experiences with weight loss and gain, and other important factors.

If you can answer yes to the following questions, surgical weight loss at EMMC might be an option for you:

- Are you: 100 or more pounds overweight, with a body mass index greater than or equal to 40; or, 75 pounds overweight with a body mass index of 35-39.9, and other obesity-related health problems?
- Have you tried unsuccessfully to lose weight through a well-balanced diet and exercise?
- Are you 18-60 years old? (61-65 year olds will be considered on a case by case basis.)
- Are you a non-smoker?
- Do you have a strong willingness to lead your weight loss effort by actively participating in long-term follow up and maintenance of a proper diet and regular exercise?

## First Steps

**Contact your primary care provider:** Contacting your primary care provider creates an opportunity to discuss initial concerns, determine your body mass index, and obtain a referral to a surgical weight loss program.

**Contact your health insurance provider:** You need to contact your health insurance provider to confirm weight loss surgery is a covered benefit under your plan. Make sure to ask if there are any specific criteria a surgical weight loss program must achieve in order to qualify under your plan. If your insurance does not cover weight loss surgery, you may contact our program for more information on self paying for surgery.

**Choose a surgical weight loss program that is right for you:** Although there are many options, not all programs offer the same evaluation, surgical options, quality, and post surgery support. The questions on the opposite side of this sheet can be a good starting point when evaluating surgical weight loss programs.



# Questions to Ask When Evaluating Surgical Weight Loss Programs

**Is your program accredited?** Surgical weight loss programs that are accredited meet very high program standards, have established track records on patient safety, and consistently deliver quality care. *EMMC Surgical Weight Loss has achieved the highest level of accreditation with the American College of Surgeons.*

**What level of experience does your program offer?** Established programs and experienced surgeons offer patients safe, high quality care. All programs you consider should be able to provide current quality data for comparison. *EMMC has been offering surgical weight loss for more than 30 years. Since 2004, we have performed nearly 300 cases each year, double the amount required for an accredited program. Our quality data is available online at [www.swlp.emmc.org](http://www.swlp.emmc.org).*

**What types of weight loss surgery do you offer?** There are different kinds of weight loss surgery, and each offers its own benefits and challenges. EMMC was the first program in Maine to offer the choice between bypass, banding, and sleeve gastrectomy options. Since 2010, 80-90% of weight loss surgeries at EMMC have been performed laparoscopically with robotic instrumentation. This method offers greater benefits for more patients and results in decreased risk of complications and quicker recovery times.

**What do you offer for pre and post surgery care?** Surgical weight loss is so much more than the procedure itself. It's important to find a program that offers a comprehensive, multi-disciplinary approach to weight loss. *EMMC's comprehensive approach begins before patients are even accepted into our program. People interested in our program attend a free educational class where they receive a comprehensive overview of our approach to weight loss surgery. At this time, prospective patients also attend a weight loss surgery support group so they can develop an understanding of life after surgery.*

*Before surgery, patients participate in an extensive evaluation to help determine if surgical weight loss is the right choice for them. This evaluation includes meetings with a dietitian, physical therapist, psychologist, surgeon, and other specialists as needed.*

*We understand that post surgery support is a key to successful weight loss for our patients. We offer our patients frequent follow-up appointments with their surgeon and dietitian, body composition testing and measurement of metabolism, monitoring of lab work to prevent deficiencies, free use of our rehab gym for three months, ongoing free monthly support group meetings, and newsletters for educational and emotional support.*

**For more information on EMMC Surgical Weight Loss, please call (207) 973-6383, or visit [swl.emmc.org](http://swl.emmc.org).**



## **Bariatric Surgery Center Network Accreditation**

Northern Light Surgical Weight Loss has been accredited as a Comprehensive Accredited facility by the American College of Surgeons (ACS). This designation means that we have met the essential criteria that ensure we are fully capable of supporting a bariatric weight loss surgery care program and that its institutional performance meets the requirements outlined by the ACS BSCN Accreditation Program. Our program has been accredited since 2005—the earliest that accreditation became possible.

Established by the American College of Surgeons in 2005 in an effort to extend established quality improvement practices to all disciplines of surgical care, the program provides confirmation that a bariatric surgery center has demonstrated its commitment to providing the highest quality care for its bariatric weight loss surgery patients. Accredited bariatric surgery weight loss centers provide not only the hospital resources necessary for optimal care of morbidly obese patients, but also the support and resources that are necessary to address the entire spectrum of care and needs of bariatric patients, from the pre-hospital phase through the postoperative care and treatment process.

There are four categories of accreditation for inpatient facilities and one for outpatient surgical care facilities. Each category has specific criteria that must be met by a facility seeking that level of accreditation. Each hospital undergoes onsite verification by experienced bariatric surgeons, who review the center's structure, process, and quality of data using the current ACS Bariatric Surgery Center Network Accreditation Program Manual as a guideline in conducting the survey. Because high-quality surgical care requires documentation using reliable measurements of outcomes, accredited bariatric surgery weight loss centers are required to report their bariatric weight surgery outcomes data either to the American College of Surgeons National Surgical Quality Improvement Program (ACS NSQIP) or the College's Database, using a Web-based data entry system.

In the United States, more than 11 million people suffer from severe obesity, and the numbers continue to increase. Obesity increases the risks of morbidity and mortality because of the diseases and conditions that are commonly associated with it, such as type II diabetes, hypertension, and cardiovascular disease, among other health risks. At the present time, weight-loss surgery provides the only effective, lasting relief from severe obesity. Therefore, the ACS believes it is of utmost importance to extend its quality initiatives to accrediting bariatric surgery centers so that it can assist the public in identifying those facilities that provide optimal surgical care for patients who undergo this surgical procedure.

The American College of Surgeons is a scientific and educational association of surgeons that was founded in 1913 to raise the standards of surgical education and practice and to improve the care of the surgical patient. Its achievements have placed it at the forefront of American surgery and have made the College an important advocate for all surgical patients. The College has more than 74,000 members and is the largest organization of surgeons in the world

# **NORTHERN LIGHT SURGICAL WEIGHT LOSS**

Northern Light Surgical Weight Loss formed in 2002 and was first recognized as a Center of Excellence with the American Society for Metabolic and Bariatric Surgery in 2005. We have maintained the highest level of accreditation since that time through the American College of Surgeons.

Through nutrition, rehabilitation and psychology the SWLP has provided a thorough, multidisciplinary approach to Bariatric surgery. We offer information, education and support before, during and after surgery. Our team consists of experienced surgeons, anesthesiologists, registered dietitians, a specialized nursing staff, physical therapists, pulmonologists, licensed counselors and clinical psychologists and equipment to meet our patients' needs. Your complete evaluation will help our team and you decide if surgery is the right choice for you.

## **Michelle Toder, MD, FACS, FASMBS**

**Bariatric and General Surgeon**

**Medical Director, Northern Light Surgical Weight Loss Program**

**Clinical Lead, Computer Assisted Surgical Program**

Dr. Toder has been a champion of weight loss surgery in Maine since 1997. She brought minimally invasive laparoscopic weight loss operations to our community in 2002 and taught this procedure throughout New England. Beginning in 2005 she pioneered bariatric surgery on a robotic platform and became the first robotic epicenter teaching surgeon in the country. She continues to lecture and to teach robotic surgical techniques locally, regionally and globally. Bariatric surgery of all types, performed safely and on minimally invasive platforms, has been her mission and passion for nearly two decades. In addition to weight loss surgery, she performs many general surgery procedures including cholecystectomy, hiatal hernia repair and anti-reflux operations. She is a board-certified surgeon and a member of the American College of Surgeons, the American Society for Metabolic and Bariatric Surgery, the New England Surgical Society and Clinical Robotic Surgical Association. She has long ties to Maine receiving her undergraduate degree from Colby college, has raised her family here and has lived in Orono for over 20 years. She continues to bring the most up-to-date and effective technology to her patients here at EMMC NLH.

## **Matthew Sharbaugh DO**

**Bariatric Surgeon**

Dr. Sharbaugh is a fellowship trained robotic bariatric surgeon. He completed an entire year working solely on advanced robotic techniques at Albany Medical College. This is after completing his undergraduate education at Hamilton College and medical degree right here in



Maine at the University of New England. His surgical training was completed at MedStar Georgetown University Hospital-Washington Hospital Center. Dr. Sharbaugh is a Board-Certified surgeon who strives to stay ahead of the curve of minimally invasive technologies. He offers Sleeve Gastrectomy, Gastric Bypass, Single Anastomosis Duodenal Switch and numerous revisional options. Dr. Sharbaugh is one of the few surgeons in the country to offer incisionless endoscopic gastric bypass revision. This technique passes an instrument through the mouth and allows patients to undergo revisional surgery without new incisions on the abdomen. In addition to his bariatric expertise Dr. Sharbaugh performs advanced minimally invasive robotic hernia repairs, acid reflux surgery, hiatal hernia repairs, gallbladder surgery and advanced endoscopy. He is a published author on both robotic hernia and robotic bariatric surgery. In his spare time, you may find Dr. Sharbaugh fishing and hiking in and around the Bangor area.

**Lynn Bolduc, MS, RD, CDE**  
**Northern Light Surgical Weight Loss Manager**

Lynn completed her schooling at the University of Maine and St. Francis Medical Center in Peoria, IL. She is a member of the American Society for Metabolic and Bariatric Surgery and has been involved with Bariatric surgery since 1996. She received the Recognized Young Dietitian of the Year for Maine in 2002 and received the Katherine O. Musgrave Public Service Award in 2005 for her work promoting nutrition with weight loss surgery patients. In 2014 she joined the American Society for Bariatric and Metabolic Surgery Integrated Health Executive Board. She has been manager of the program since 2001. Lynn helps with the process of weight loss surgery, including obtaining health information from your primary care physician and other healthcare professionals. She teaches information sessions on all types of weight loss surgeries and facilitates support group sessions as well. She is available for support and advice throughout the entire surgical process. In her spare time, she enjoys spending time with family, running, biking, cross-country skiing and making stained glass panels.

**Maine Rehabilitation Outpatient Center (MROC)**

Patients meet with a physical therapist to plan an activity program that readies the body for surgery which helps to minimize surgical risks. After surgery, and when the surgeon says it is ok to participate in an activity program, MROC therapists help create a program based upon each individual patient needs. SWLP patients are offered free use of the MROC-gym for 3-months once they are surgically cleared after weight loss surgery.

**Tama Fitzpatrick, RD, CDE**  
**Clinical Dietitian**

Tama completed her schooling at the University of Maine in Orono and at Beth Israel Medical Center in Boston. She became a Clinical Dietitian in 2003 and worked as the Clinical Nutrition Manager at St. Joseph Hospital in Bangor for over 5 years. She is a member of the American Society for Metabolic and Bariatric Surgery and has been providing nutrition care to a multitude of patients since 2003. Tama's role is to provide nutrition counseling and support on the pre and postoperative meal plans. After surgery she works with patients to evaluate daily food intake, monitor weight and body composition changes, offers metabolism testing to assess target calorie consumption and monitors overall nutritional status.

**Valerie Curtis, MS, RD, LD**  
**Clinical Dietitian**

Valerie completed her schooling at the University of Maine in Orono where she earned both her bachelor's and master's degrees. During her dietetic internship, she had the opportunity to train with dietitians involved in EMMC's Surgical Weight Loss Program on both an inpatient and outpatient basis. She worked as a clinical dietitian for over 2 years at St. Joseph's Hospital in Bangor, where she provided a wide variety of patients with nutrition care and education. Valerie joined the Surgical Weight Loss Program in November of 2012 and is looking forward to helping patients achieve the lifelong dietary and behavior changes necessary for safe and successful weight loss. In her free time, Valerie enjoys spending time with her family, cooking, camping, and reading.

**Andrea Saquet, MPH, RD, LD**  
**Clinical Dietitian**

Andrea has joined EMMC Surgical Weight Loss in February 2015. Andrea graduated from the University of Massachusetts at Amherst with her Bachelor of Science in Nutrition in 2005 as well as her master's in public health nutrition in 2014. During her career as an RD she has been providing patient care and nutrition education in a variety of settings. In her free time Andrea enjoys cooking, cross-country skiing, hiking, biking and spending time with family and friends.

**Mikiko Marzilli, MS, RD, LD**  
**Clinical Dietitian**

Miki completed her schooling at the University of Maine in Orono where she earned both her bachelor's and master's degrees. During her dietetic internship, she had the opportunity to train with dietitians involved in EMMC's surgical Weight Loss Program on both an inpatient

and outpatient basis. Miki Joined the Surgical Weight Loss Program in February of 2017 and is enjoying working as a member of the multidisciplinary team, helping patients making their lifelong changes for better health and future through their weight loss journey. Miki's role is to provide nutrition counseling and support on the pre- and post-operative meal plans in both individual and group settings, as well as offers metabolism testing to assess target calorie consumption and monitors overall nutrition status.

**Bryan Fritzier, PhD**  
**Clinical Psychologist**

Dr. Fritzier is a licensed psychologist working at Eastern Maine Medical Center. He provides consults for the program, conducts inpatient and outpatient psychological and cognitive evaluations and provides psychotherapy services. He received his doctoral degree from the University of Maine and his bachelor's degree from the University of Kansas. He completed his pre-doctoral internship the Boston VAMC/Tufts. Dr. Fritzier works with patients to prepare them mentally for the changes brought on from surgery by addressing social support, expectations and patients overall weight loss surgery knowledge. Dr. Fritzier has been working with the program since 2004.

**Jonathan Borkum, PhD**  
**Clinical Psychologist**

Dr. Borkum is a licensed psychologist with 20 years of experience in the treatment of pain and headaches. He earned a PhD in Psychology from the University of Maine, where he continues as a faculty associate. He has also taught the unit on pain in a postdoctoral program at the Massachusetts School of Professional Psychology in Boston. He has been providing bariatric evaluations for the program at EMMC since 2002.

**Nina Boulard, PhD**  
**Clinical Psychologist**

Dr. Boulard is a licensed psychologist working at the Maine Rehabilitation Outpatient Center. She received her doctoral degree from the University of Maine and completed her post-doctoral internship at the Boston VA Medical System/Harvard Medical School. She completed her undergraduate training at Yale University. Dr. Boulard consults with the SWLP, conducts psychological evaluations, and provides psychotherapy services. She helps patients prepare for changes they may experience after surgery by examining their expectations, motivation, support system, and overall knowledge of weight-loss surgery. Dr. Boulard joined the program in 2012.

**Asia Kronholm, PhD**  
**Clinical Psychologist**

Dr. Kronholm is a licensed psychologist working at the Maine Rehabilitation Outpatient Center, Behavioral Medicine. She received her doctoral degree from the University of Maine, where she continues as an associate clinical supervisor for doctoral psychology students. She completed her post-doctoral internship at the Greater Hartford Clinical Psychology

Internship Consortium. Dr. Serwik conducts pre-surgery evaluations to help identify patient's strengths and areas in need of support to enhance post-surgery outcomes. In addition to assessments, she provides therapy services to prepare patients mentally for the changes associated with surgery and/or making health-related behavioral changes (diet, exercise, etc.). Dr. Kronholm joined the program in 2016.

**Dr. David Meyer, PhD**  
**Clinical Psychologist**

Dr. Meyer is a licensed psychologist specializing in Cognitive Behavioral Therapy (CBT) and empirically based treatments, including Prolonged Exposure (PE), Cognitive Processing Therapy (CPT), and Interpersonal Therapy for Depression (IPT), and Integrated Behavioral Couples Therapy (IBCT). His focus is PTSD/trauma-related disorders, depression, anxiety, adjustment, and couples' therapy.

Dr. Meyer completed his internship at the Salem VA Medical Center in Virginia and post-doctoral training with Boston University and the VA Boston Healthcare System. He received his doctorate in Clinical Psychology from the University of South Dakota with a specialization in Disaster Mental Health. Dr. Meyer has published articles and co-authored a book chapter related to assessment and treatment of trauma-related disorders and presented on trauma psychology topics internationally.

Dr. Meyer joined the PTSD Clinical Treatment Team at the Togus VA Medical Center in 2009, where in addition to his clinical duties he served as a member of the Dartmouth Committee for the Protection of Human Subjects (VA Maine Medical Center's IRB of record) and supervised clinical psychology interns and residents. He has presented throughout the medical and law enforcement communities on issues related to PTSD.

Prior to his psychology career, Dr. Meyer spent several years as an EMT/Firefighter for the U.S. Forest Service as an engine foreman and helicopter rappeller. In his free time, he enjoys canoeing/kayaking, hiking, raising chickens and making maple syrup.

**Dr. Chantal Mihm**  
**Clinical Psychologist**

Dr. Mihm is a licensed psychologist specializing in the treatment of posttraumatic stress disorder (PTSD) anxiety, and depression. She utilizes evidence-based treatments with an emphasis in cognitive-behavioral therapy (CBT), including the trauma-focused treatments of Prolonged-Exposure (PE) and Cognitive Processing Therapy (CPT).

Dr. Mihm received her undergraduate degree from Colby College and her doctoral degree from Nova Southeastern University. She completed her internship at Spokane Mental Health Center in Washington State focusing on general mental health issues including domestic violence, grief/loss, suicide prevention, and kidney transplant evaluations for Sacred Heart Medical Center.

Dr. Mihm worked with the VA Hospital in Palo Alto, CA from 2001-2006 as a Clinical Staff Psychologist on a psychiatric inpatient unit, also serving as a Clinical Affiliated Instructor with Stanford University. In 2006, she transferred to the VA Maine Healthcare System, returning to her Maine roots, serving as the Team Leader for the PTSD Program and PTSD Clinical Team until 2013. Dr. Mihm has presented throughout the medical and law enforcement communities on issues related to PTSD. She has been providing bariatric evaluations for the Surgical Weight Loss Program at EMMC since 2015.

**Danielle Lawson, BSN, RN-BC**  
**Inpatient Bariatric Nursing Manager, Merritt 3 Surgery**

Danielle completed her bachelor's degree in nursing at the University of Maine and began work at EMMC in 2003. She holds an ANCC medical surgical nursing certification. She assists with management of the 52-bed unit where bariatric surgery patients go after surgery. Our goal is to deliver excellent care to all our patients. In her spare time, she enjoys all outdoor pursuits including camping, fishing, motorcycle rides, four wheeling and time in nature with her spouse and dogs.

**Jude Tardy, PA-C**  
**Physician Assistant, Surgical**

Jude Tardy, PA-C first joined Northeast Surgery of Maine in 2000. His introduction to medicine began as a medic with the United States Air Force. Following an honorable discharge, he attended PA school in Billings, Montana. He has extensive experience and training in robotic and minimally invasive surgery to include general, bariatric, complex oncology, colorectal and urologic procedures. Mr. Tardy is originally from northern Maine and currently resides in Bangor with his wife and two sons.

**Education:**

- Undergraduate: Rocky Mountain College, Billings, Montana
- Graduate: University of Nebraska, Omaha, Nebraska

**Board Certification:**

- National Commission on Certification of Physician Assistants

**Professional Society Memberships:**

- American Academy of Physician Assistants
- Downeast Association of Physician Assistants

Special Interests: Robotic Surgery and Minimally Invasive Surgery

**Rochelle Loeb, PA-C**  
**Physician Assistant, Surgical**

Rochelle Loeb, PA-C joined Northeast Surgery of Maine in 2010. She is a board-certified physician assistant with a special interest in robotic surgery. Prior to moving to Bangor, Mrs. Loeb worked in Machias in a private surgical practice with Aziz Massaad, MD. She spent 11 years in Machias focusing on general, laparoscopic, and colorectal surgery. Mrs. Loeb is

originally from Maryland. She is married with two daughters, Maia and Anna. She and her family currently reside in Brewer.

**Education:**

- Undergraduate: University of Maryland, College Park
- Physician Assistant Studies: Touro College (Brooklyn, NY)

**Board Certification:**

- National Commission on Certification of Physician Assistants

**Professional Society Memberships:**

- American Academy of Physician Assistants
- Downeast Association of Physician Assistants
- American Association of Surgical Physician Assistants

**Special Interests:** General Surgery and Bariatric Surgery, Robotic Surgery

**Kathryn Sullivan, PA-C  
Physician Assistant, Surgical**

Kathryn joined Northeast Surgery of Maine in July of 2019. She attended the University of New England for both undergraduate and graduate studies. General surgery was an interest of hers throughout PA school and she knew she wanted to pursue this as a career. In her spare time, she enjoys outdoor activities in Maine, music, and spending time with her family.

**Education:**

Undergraduate: University of New England- Biddeford, ME  
Graduate: University of New England- Portland, ME

**Board Certification:**

National Commission on Certification of Physician Assistants

**Professional Society Memberships:**

American Academy of Physician Assistants

**Special Interests:**

General surgery, robotic surgery

**Auteum Lake FNP  
Nurse Practitioner, Northern Light Surgical and Non-Surgical Weight Loss**

Auteum is a graduate of the University of Maine for both her undergraduate and graduate nursing degrees. She worked since 2006 as a registered nurse with experience in medical/surgical, critical care, and pre-op and post-operative nursing prior to graduate school. She has worked at both Eastern Maine Medical Center and St. Joseph's Hospital locally as a registered nurse. She likes helping patients meet their health and wellness goals. Maine has been her home for most of her adult life; but she grew up in a military family and lived in many states. She loves to travel and has a goal to visit every state in the US. She is well over half way there! Auteum loves the beauty of Maine and likes to hike in summer and fall. She also enjoys playing trivia, card and board games, reading, arts, music, and spending time with friends and family. She likes watching crime-based shows, HGTV, and comedy television shows.

**Dr. Aba Caballes**

**Medical Director, Non-Surgical Weight Loss Program**

Dr. Caballes obtained her Doctor of Medicine degree from the University of the Philippines-Manila and completed her Internship and Residency in Internal Medicine at New York Medical College, Metropolitan Hospital in New York City. She worked as a Primary Care Physician in the Internal Medicine Department at NYC Health and Hospitals/Metropolitan before relocating to Maine. She is certified by the American Board of Internal Medicine and is in the process of seeking certification by the American Board of Obesity Medicine. She loves art, dance, music, movies, and theater. Living in big cities all her life, she is very excited to explore the natural beauty of Maine.

**Kristen Van Meter, NP**

**Nurse Practitioner, Northern Light Surgical and Non-Surgical Weight Loss**

Kristen obtained her bachelor's in Nursing from Husson University and her master's from the University of Maine. She is certified as a Family Nurse Practitioner through the AANP. As a Bangor native, Kristen has worked at Eastern Maine Medical Center since 2011 starting her nursing career on Merritt 3 Surgical, followed by 6 years in the Post Anesthesia Care Unit. Outside of Eastern Maine Medical Center, Kristen actively serves in the United States Navy Reserve as a Nurse Corps Officer. She continues to live in Bangor with her husband, their two boys, and her black lab. She enjoys watching her boys play hockey, CrossFit, hiking and camping and is passionate about health promotion, nutrition and exercise.

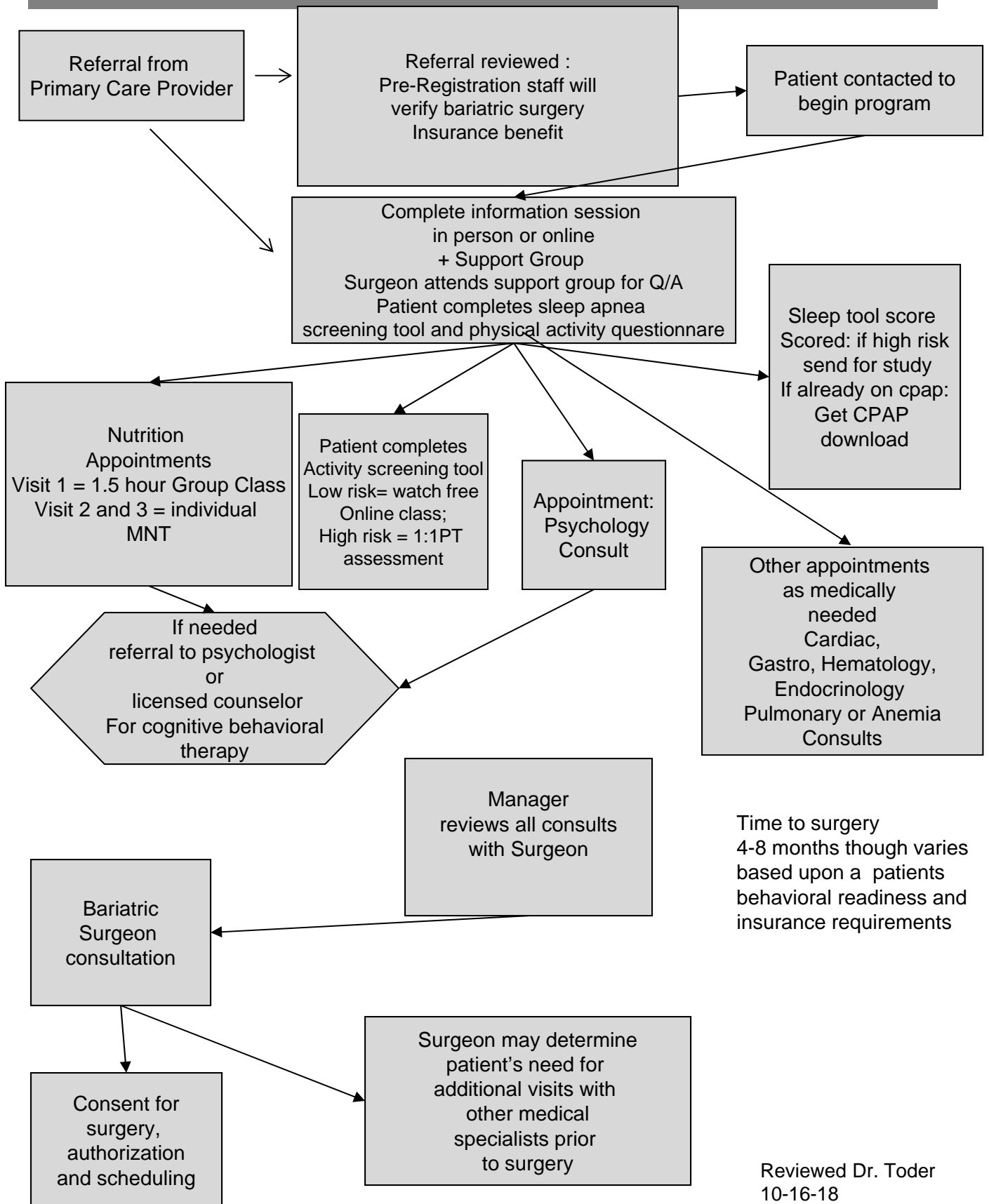
## FINDING THE RIGHT SURGEON FOR YOU

Surgeon	Began Weight Loss Surgery	Age limits*	BMI Limits**	Performs revisions of prior weight loss surgeries?	Gastric Bypass	Adjustable Gastric Band	Sleeve Gastrectomy
<b>Dr. Michelle Toder*</b> <i>Medical Director Northern Light Surgical Weight Loss</i>	1997	18-65	35-60*	Yes	Yes	Yes	Yes
<b>Dr. Matthew Sharbaugh</b>	2017	18-65	Adjustable Gastric Band < 50 BMI Same as Dr. Toder	Not at this time	Yes	Yes	Yes

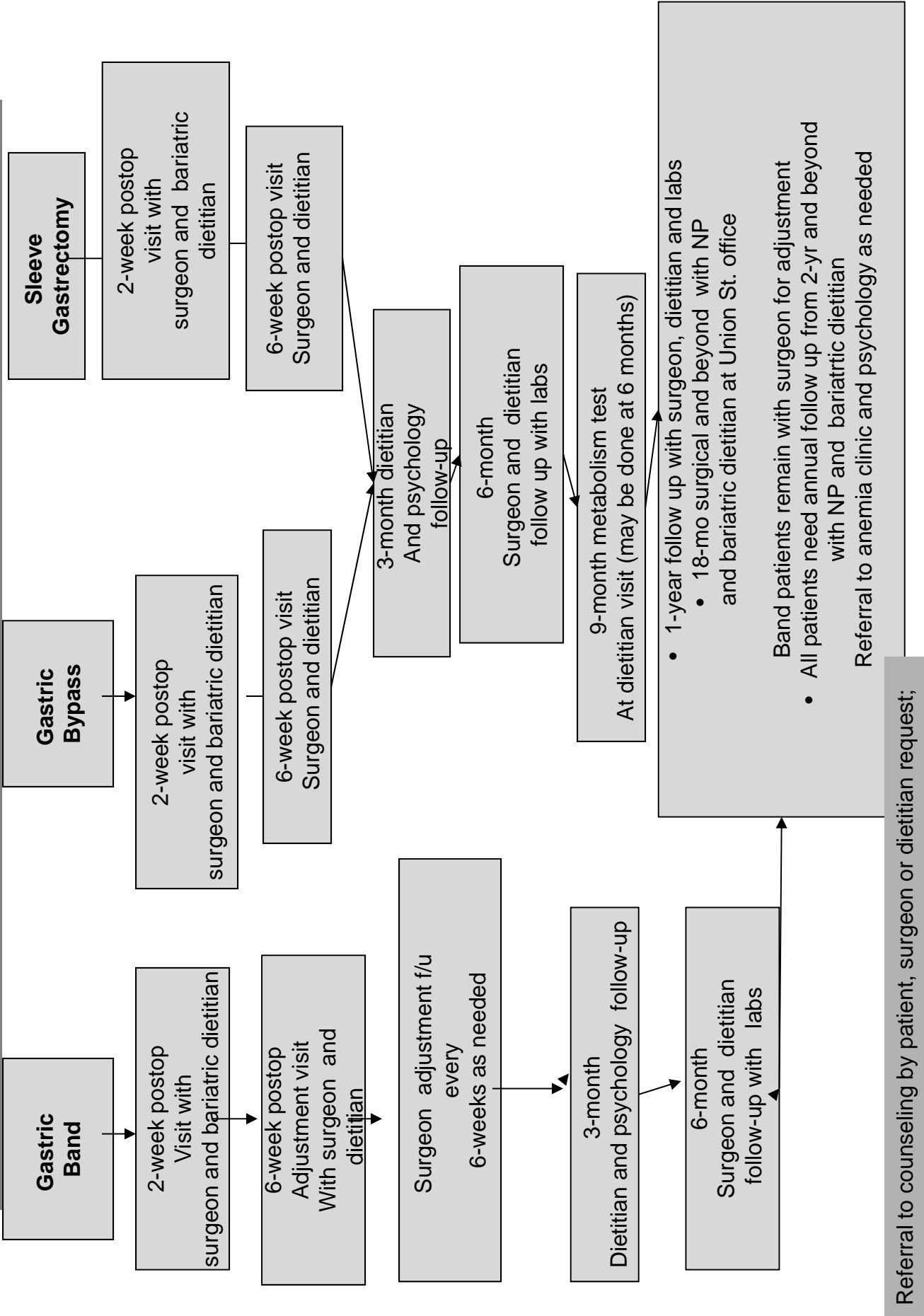
- For patients with a higher body mass index (BMI) than 60, they will still be encouraged to begin the program by meeting with a bariatric surgeon to determine any required weight loss goals while completing the program.



# STEPS TO WEIGHT LOSS SURGERY



# POSTOP SURGICAL WEIGHT LOSS FLOW



Referral to counseling by patient, surgeon or dietitian request;