

Toni Vozzella
before and after
gastric bypass
surgery -

*"I lost 146
pounds and
my team was
right there
with me!"*



Weight loss surgery doesn't just transform the body. It transforms lives by making healthy living a habit—teaching patients how to incorporate nutritious foods and regular exercise into daily life.

Significant weight loss can also resolve or improve:

- Type 2 diabetes
- High blood pressure
- High cholesterol and triglycerides
- Respiratory problems
- Orthopaedic conditions
- Certain forms of cancer
- Infertility
- Incontinence
- The risk of premature death

Norwalk Hospital's unique, multidisciplinary program includes pre- and post- surgical counseling, nutrition support groups, supervised exercise, and plastic surgery services.

"I decided to go ahead with the gastric bypass surgery. This was not a decision I made lightly being a single mom but one of the best decisions I've ever made. The only thing I regret is not doing it sooner."

- Kathy McDonald (pictured on front cover)



The Norwalk Hospital Difference

Nationally recognized by the American Society for Metabolic and Bariatric Surgery as a "Bariatric Center of Excellence," Norwalk Hospital offers one of the most established and experienced weight loss surgery centers in the region. Our nationally recognized surgeons have performed more than 2,100 bariatric surgeries, including more Lap-Band procedures than any other group in New England. Our state-of-the-art operating rooms also offer patients the most advanced bariatric equipment and technology available.

To learn more about weight loss surgery at Norwalk Hospital, attend one of our free educational seminars.

For seminar dates, locations or more information, visit www.goodbyebmi.org or call Weight Loss Coordinator Pamela Carola at (203) 852-3100.



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1-866-NHB-WELL or visit
norwalkhospital.org



What is weight loss surgery?

Also called bariatric surgery, weight loss surgery involves reshaping a patient's stomach to hold only a few ounces of food at a time, and in many cases rearranging the bowel so less food and calories are absorbed.

At Norwalk Hospital, potential weight loss surgery patients are carefully screened to make sure they meet both the physical and psychosocial criteria needed for the procedure to be a success.

This is because in addition to the surgery, patients must be willing to make a lifetime commitment to regular exercise, nutritious eating and other essential elements of a healthy lifestyle. To do this, patients meet prior to surgery with a:

- Nutritionist
- Clinical therapist
- Gastroenterologist
- Bariatric surgeon
- And other healthcare providers

Most patients who undergo weight loss surgery have a body mass index (a measure of fat called BMI) of 35 or more.

Types of surgery

There are several forms of weight loss surgery. Gastric bypass and gastric banding are the most common. But while the names of these procedures are similar, each is performed very differently.

"By late 2006, I had reached 405 pounds and it was taking a toll on me. In October of 2007, I had Lap-Band surgery, and the rest is history. I recommend to anyone that either hasn't considered this surgery or is at least thinking about it to just do it. You'll be glad you did."

- Mike Ross



Mike in 2005 and today after losing over 227 lbs.

Gastric bypass

Using laparoscopic (minimally invasive) surgery techniques, surgeons staple off part of the stomach to create a new, smaller one. The small intestines are also rearranged to create a shorter path for food to travel—and for calories to be absorbed—during the digestive process. The procedure is performed through five to seven small incisions.

Patients generally spend two to three days in the hospital, followed by one to two weeks of recovery at home. Regular follow-up doctor visits are needed, along with a prescribed nutrition and exercise program.

Result: The typical patient loses 75% of excess body weight and maintains both a healthy weight and healthy eating habits.

Gastric banding

Through small, button-hole sized abdominal incisions, surgeons use a tiny video camera and laparoscopic instruments to wrap a small, adjustable silicone band around the upper part of the stomach to create a smaller stomach pouch. Our surgeons use both the Lap-Band® and Realize Band®.

At the end of the procedure, the surgeon inserts a small abdominal port. Through this port, the surgeon



can then adjust the band, as needed over time, to meet the patient's weight loss and nutritional needs. Patients either go home the same day as the procedure or are

hospitalized overnight. Complete recovery generally takes one week. Regular follow-up doctor visits and a strict diet and exercise regimen are needed.

Result: The typical patient loses 60% of excess body weight and maintains both a healthy weight and healthy eating habits.

Benefits and risks

Following both forms of weight loss surgery, patients eat less before becoming full. However, the ultimate result for the great majority of patients is better health and a better life—among so many other benefits.

As with any surgical procedure, weight loss surgery comes with potential risks. For more information, attend one of our free seminars.