

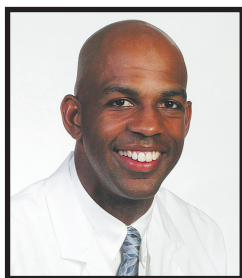
# Weight Management (Surgical & Non-Surgical)

## SURGICAL

**Obese or morbidly obese patients** may be a candidate for bariatric surgery if they: are age 18+, have a BMI (Body Mass Index) greater than 40 (or greater than 35 with other medical conditions such as diabetes, high blood pressure, sleep apnea, etc.) and have a history of failure to control weight through other methods such as diet and exercise.

### Weight-loss surgery benefits

- Significant long-term weight loss
- Control of Type 2 diabetes
- Control of high blood pressure
- Control of sleep apnea
- Improved symptoms of arthritis
- Greatly improved physical appearance
- Improved self-esteem and employment opportunities



Raymond G. Washington, M.D.



David W. Grantham, M.D.

### Procedures offered

**Gastric Sleeve** is a restrictive weight-loss surgery that permanently removes 85 percent of the stomach, leaving it in the shape of a small banana. The hospital stay is one day, and out-of-work time is two weeks.

**Roux-en Y Divided Gastric Bypass** reconfigures parts of the stomach and intestine to resemble a stick Y-shape. It reduces the size of the stomach to a small pouch that holds about 1 to 2 ounces of food. The hospital stay is two to three days and out-of-work time is a week minimum.

**FREE in-person weight-loss surgery information sessions** are held monthly at 6 p.m. in the Shadowlawn Room at Clara McLean House, 20 FirstVillage Drive, Pinehurst. Please arrive 10 to 15 minutes prior to the beginning of the session for registration.

**An online information session is available at [www.NCWeightLossSurgery.org](http://www.NCWeightLossSurgery.org).**

For more information call (800) 213-3284.

## NON-SURGICAL

### ORBERA™ IntraGastric Balloon

For patients with a BMI of 30 to 40, a comprehensive, two-part program starts with a soft durable balloon that fills space in the stomach and reinforces proper portion control, which will help maintain weight over time. The balloon is temporary and placed in the stomach for six months.

Once the gastric balloon is in place, our team of experts that includes a physician, dietician and behavioral health coach will help provide a customized program to optimize success. Coaching will continue even after the balloon is removed at six months for a total of 12 months.

The two-part system is designed to provide effective, motivating results and the insight needed to help establish healthy behaviors to keep the weight off in the long run. ORBERA™ provides 3.1 times the weight loss of diet and exercise alone. Hundreds of thousands of balloons have been placed worldwide. For more information, please visit [www.firsthealth.org/orbera](http://www.firsthealth.org/orbera).

### Weigh2Be (Non-Surgical Weight-Management Program)

Learn how to lose weight in a healthy, safe manner using nutrition and lifestyle habits that will last a lifetime. Participants receive one-on-one support in creating personal weight-loss plans unique to their goals and challenges. The 12-week program includes education sessions addressing nutrition, physical activity and lifestyle modification, metabolic testing, and an after program monthly support option.

For more information, please visit [www.firsthealth.org/weigh2be](http://www.firsthealth.org/weigh2be).

### Nutrition Counseling

Registered dietitians develop personalized nutrition plans.

### Metabolic Testing

Indirect calorimetry can offer more insight than a standard estimate of calorie needs to help maintain long-term weight control. This simple 10-minute breath test measures your resting metabolic rate (RMR), the number of calories your body burns at rest in a given day.

### Genetic Testing

Can your genes affect the way you respond to food and exercise? Science says yes. This cutting-edge test examines more than 75 genetic markers associated with diet, nutrition and exercise.

By analyzing your genetic code, along with answers to a lifestyle questionnaire, the Pathway Fit report gives you the power to help you understand your individual metabolism, eating behaviors and response to exercise.

# Weight Management (Surgical & Non-Surgical)

FirstHealth offers a variety of weight-management options for your patients based on their income level, body mass index & personal preference. These programs include:

- Nutritional Counseling
- Genetic Testing
- Weigh2Be (Non-Surgical Weight-Management Program)
- Metabolic Testing
- Bariatric Surgery (Weight-loss Surgery)
- ORBERA™ IntraGastric Balloon

To refer a patient for an assessment, please check your recommended program above, complete the form below and fax to **(910) 715-6279**. We will contact patients to discuss options and insurance coverage and link patients with the appropriate program.

## Office Information

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Referring Provider

Date

---

Phone

Fax

## Patient Information

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First & Last Name

Date of Birth

---

Address

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City/State/ZIP

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Phone (home)

Phone (cell)

Email

---

Patient's Height

Patient's Weight

BMI

Co-morbidities (please circle all that apply):

**Hypertension      Diabetes      Obstructive Sleep Apnea      High Cholesterol      Heartburn (GERD)**

PLEASE INCLUDE INSURANCE INFO or COPY OF CARD. PLEASE ATTACH MOST RECENT OFFICE NOTE OR H & P IF AVAILABLE. Feel free to send demographic page, insurance page and H&P out of EMR and attach to referral form.