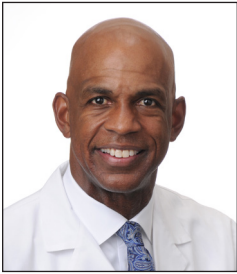


Metabolic & Weight Management Center

SURGICAL



Raymond G. Washington, M.D.
Pinehurst Surgical Clinic

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 failed weight loss through other methods.

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



David W. Grantham, M.D.
Pinehurst Surgical Clinic

Now Offering Laparoscopic and Robotic Procedures:

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.

Roux-en Y 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.

Both procedures require overnight stay and patients are able to return to work in 2 weeks.

The majority of patients are discharged home by noon the following day (post-operative day one).

We are a narcotic free program, and patients are sent home without prescription opioids.

For more information or to watch our on-line information session, please visit www.WeightLossNC.org or call (910) 725-7966.

MEDICAL WEIGHT MANAGEMENT (non-surgical)



Alex Bonnacaze, M.D.
Pinehurst Medical Clinic

Weigh2Be (Non-Surgical Weight-Management Program)

The Metabolic & Weight Management Center offers medical weight management options for individuals who may not be candidates for bariatric surgery, or who would like to try a non-surgical weight-loss approach first. Our board-certified endocrinologist and obesity medicine specialist helps treat the complex disease of obesity and its related disorders by assessing each individual to determine an appropriate medical approach to long-term weight loss. Patients work with our multidisciplinary medical and weight management team to create the ideal treatment plan for their situation. Individualized plans may include lab work and treatment of obesity related complications, and assistance changing habits that inhibit weight loss.

Services Offered:

- Treatment provided by board-certified endocrinologist & obesity medicine physician
- One-on-one consultations with individualized treatment plans
- Lab management
- Anti-obesity medications
- Customized & monitored weight-loss diet plans
- Access to registered dietitian
- Cooking classes in full-service kitchen
- Protein and vitamin supplements

For more information please visit, www.WeightLossNC.org or call (910) 725-7966.



Metabolic & Weight Management Center

Metabolic & Weight Management Center offers both surgical and non-surgical approaches for your patients based on their income level, body mass index and personal preference. These programs include:

- Bariatric Surgery** (Weight-loss Surgery)
- Medical Weight Management Program** (Non-Surgical)

To refer a patient for an assessment, please check your recommended program above, complete the form below and fax to **(910) 725-0435**. You may also call the Metabolic & Weight Management Center directly at (910) 725-7966. We will contact patients to discuss options and insurance coverage and link patients with the appropriate program.

Office Information

Referring Provider

Date

Phone

Fax

Patient Information

First & Last Name

Date of Birth

Address

City/State/ZIP

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.