

## Surgical Weight Loss Center Results

On average, patients who have Gastric Bypass surgery at the VCU Medical Center's Surgical Weight Loss Center lose 2/3 of their excess weight. The following are results related to the resolution of our patients' health conditions within two years after Gastric Bypass surgery:

- Diabetes: 73% resolution
- Hypertension: 56% resolution
- Urinary Stress Incontinence: 91% resolution
- Severe Heartburn: 90% resolution
- Venous Stasis Ulcers: 94% improved
- Orthopedic Conditions: 71% improved

LAP-BAND® surgery is a much newer procedure; therefore, data is still being accumulated. Most centers, however, report loss of approximately 50% of excess weight over 2 years.

The VCU Medical Center's Surgical Weight Loss Center has a nationally recognized surgical team and a proven track record of outstanding patient outcomes.

For more information call  
**804-828-8000**  
or visit us online at  
**[www.helpforobesity.com](http://www.helpforobesity.com)**

# 425,000 lbs. lost.

## Celebrating 25 years of surgical weight loss.

**VCU** Medical Center  
Virginia Commonwealth University  
MCV Hospitals and Physicians



# VCU Surgical Weight Loss Center

For over a quarter century, VCU Medical Center's Surgical Weight Loss Center has been dedicated to helping its patients achieve healthier bodies and lifestyles through a multidisciplinary approach to care before, during and after weight loss surgery. The center is recognized as one of the nation's leaders and is designated a Bariatric Surgery Center of Excellence by the Surgical Review Corporation. For the past 25 years, the center has helped more than 4,000 patients lose a combined total of 425,000 pounds.

## What Is Obesity?

A disease that is quickly turning into a national epidemic, obesity is an excess of total body fat, which results from caloric intake that exceeds energy usage. A measurement used to assess health risks of obesity is Body Mass Index (BMI), which is calculated by dividing body weight (lbs.) by height squared (in.) and multiplying that number by 704.5. For example, a person who weighs 180 lbs. and is 65 in. tall has a BMI of 30.

The Centers for Disease Control and Prevention (CDC) estimates that 64% of Americans are overweight with more than 30% who are

considered obese (BMI >35) and 5% who are morbidly obese (BMI >40 or greater than 100 pounds overweight). Obesity can be associated with a number of medical problems including:

- Diabetes
- High Blood Pressure
- High Cholesterol
- Sleep Apnea
- Degenerative Joint Diseases
- Reflux Disease
- Asthma
- Leg Swelling
- Headaches
- Urinary Stress Incontinence
- Some Cancers

## Weight Loss Surgery

On the leading edge of surgical weight loss technology, VCU Medical Center's Surgical Weight Loss Center was the first center in Virginia to use laparoscopic techniques with both Gastric Bypass and LAP-BAND® surgeries. We offer both of these procedures as our primary weight loss surgery options.

**Gastric Bypass** – The Gastric Bypass procedure reduces the size of the stomach to approximately one ounce and then bypasses a small portion of the small intestine, limiting the amount of food ingested and absorbed. Most gastric bypass surgeries performed at VCU Medical Center's Surgical Weight Loss Center use the laparoscopic method, which involves five or six small incisions (versus one large incision). This translates to less pain and a quicker recovery for the patient.

**LAP-BAND®** – Also performed laparoscopically, this procedure places a band around the stomach, restricting the amount of food a patient can consume. After surgery, the tightness of the band can be easily adjusted according to the patient's needs.

You may qualify for weight loss surgery if you are more than 100 pounds overweight or have a BMI of greater than 35 with significant co-existing conditions such as:

- Diabetes
- Sleep Apnea/  
Obstructive Sleep Apnea
- Hypertension
- Lower Extremity Edema
- Asthma
- Reflux Disease
- Urinary Stress Incontinence
- Chronic Headaches
- Menstrual Irregularities

## We're Different

Our program features several defining factors that set us apart, including a team approach to care, documented success rates and decades of experience. The VCU Medical Center's Surgical Weight Loss Center's success rates demonstrate that a team approach is essential to ensure safe and effective weight loss.

The expert team includes:

- Surgeons
- Nurse Specialist
- Nurse Practitioner
- Dedicated Hospital  
Nursing Staff
- Surgical Fellows
- Registered Dietitians
- Dedicated Psychologist
- Statistician

We consider weight loss surgery just one of many tools needed to achieve a patient's desired weight loss goal. Therefore, we require that all patients are actively involved with their care team and that

they are fully committed to the dietary and exercise changes that are essential to success. Our multidisciplinary program, which has evolved over the past 25 years, provides thorough education that teaches how best to succeed in weight loss. In addition to educational classes, each patient receives reference materials written by our experts about surgical weight loss surgery.

Patients can be seen at two convenient locations – the downtown Ambulatory Care Center and Stony Point on Richmond's Southside.



Call 804-828-8000 or visit [www.helpforobesity.com](http://www.helpforobesity.com) for more information