Metabolic & Bariatric Surgery
Are you...

...tired of struggling with your weight?
...aware those extra pounds are putting your health at risk?
...ready to start a new path to take charge of your life again?

If so, AMITA Health Alexian Brothers Weight Loss Solutions and the Kane Center can help you lose weight, improve your health and feel better.

Our comprehensive weight management program offers hope with high-quality, compassionate care from our team of experts:

• Experienced Weight Loss Surgeons
• Obesity Medicine Physicians
• Registered Dietitians
• Psychologists & Other Behavioral Specialists
• Exercise & Wellness Coaches
The Cost of Obesity

Weight can take a toll in a variety of ways.

**YOUR BODY** – Health effects caused by extra weight often sneak up over time and are not recognized until they are significantly affecting our lives.

Do any of these sound familiar?

- Chest pressure
- Shortness of breath
- Chronic heartburn
- Fatigue or weakness
- Increased thirst
- Joint or back pain
- Frequent urination
- Blurred vision
- Daytime sleepiness
- Loud snoring
- Abrupt awakening
- Morning headaches

Any of these symptoms may indicate a serious health problem related to your weight. It is time to take action now!

**YOUR MIND** – Weight influences our emotional health and how we feel about ourselves. Low self-esteem and lack of confidence can significantly impact quality of life. Prolonged obesity can lead to anxiety, depression, and a sense of hopelessness.

**YOUR WALLET** – The medical care costs of obesity in the United States are staggering. The most recent data from the Centers of Disease Control (CDC) estimates these costs total about $147 billion. Managing conditions like Type 2 diabetes, high blood pressure and cardiovascular disease is quite costly. Buying into the latest fad diets can also drain our bank accounts.

At AMITA Health Alexian Brothers Weight Loss Solutions we understand your struggle and we are here for you!
Can Bariatric Surgery Improve Type 2 Diabetes?

Yes!

According to information from the American Society for Metabolic & Bariatric Surgery, studies have shown that more than 95% of people have improvement and up to 85% may have remission of Type 2 diabetes following certain weight loss procedures.

Gastric bypass, sleeve gastrectomy and duodenal switch procedures often show blood glucose improvement. This is thought to be due to the surgery’s impact on gut hormones and overall weight loss.

Metabolic surgery may help individuals:

• Achieve remission or significantly improve the control of Type 2 diabetes
• Decrease the amount of medications needed on a daily basis
• Postpone or prevent the onset of diabetes in those that are “pre-diabetic”

For more information on a surgical option for the treatment of diabetes, please attend our next free surgical seminar.

To register, call 800.433.3130 or visit AlexianWeightSolutions.com
Is Surgery Right for You?

Making the decision to undergo bariatric surgery has been rewarding and gratifying for many of our patients. It represents a serious, lifelong commitment to a healthy lifestyle. You could be a candidate for surgical weight loss if you meet the following criteria:

- At least 18 years of age.
- Body mass index (BMI) of over 40.
- BMI 35-39 and obesity-related condition, such as high blood pressure, diabetes, sleep apnea, or significant joint or back pain.
- Unable to achieve a healthy body weight for a sustained period of time, despite numerous attempts at weight loss by other means.

Calculate your body mass index by visiting AlexianWeightSolutions.com
Bariatric Surgical Procedures

**Gastric Bypass**

First, a small pouch (approximately one ounce) is created from the upper part of the stomach. This significantly reduces the amount of food that can be consumed per meal. Next, a section of the small intestine is attached to the pouch and this intestinal bypass absorbs less calories and nutrients. Finally, the remaining stomach is attached to the small intestine at a lower point to aid with digestion. This intestinal bypass also assists in changing eating behaviors. Most importantly, the rerouting of the food stream produces changes in gut hormones that also promote a sense of eating satisfaction, hunger suppression, and may also dramatically improve type 2 diabetes. Patients can expect to lose 60-80% of excess weight.

**Laparoscopic Adjustable Gastric Banding**

An inflatable band is placed around the upper portion of the stomach, creating a small pouch above the band, and the rest of the stomach below the band. Because the band restricts intake, a small amount of food will satisfy hunger and promote the feeling of fullness. Reducing the size of the stomach outlet is done gradually over time with repeated adjustments or “fills” by filling the band with sterile saline, which is injected through a port placed under the skin. There is no malabsorption with this procedure and the food is digested and absorbed as it would be normally. Patients can expect to lose 40-55% of excess body weight.
Sleeve Gastrectomy

For this restrictive procedure, 70-80% of the stomach is removed leaving a sleeve-shaped pathway resembling a banana. The new stomach pouch holds much less food than the normal stomach and helps to significantly reduce consumption. The greater impact, however, seems to be the effect the surgery has on gut hormones that impact hunger, sense of fullness, and blood sugar control. Patients can expect to lose 50-65% of excess weight.

Duodenal Switch (DS)

While DS provides restriction, weight loss is mainly due to its malabsorptive component. First, a tubular stomach pouch is created and a large portion of the small intestine is bypassed. The first portion of the small intestine (duodenum) is divided just past the stomach outlet. A segment of the lower small intestine is brought up and connected to the outlet of the newly created stomach. The food goes through a new pouch and empties directly into the lower small intestine. The bypassed small intestine is reconnected to the lower small intestine so that they can eventually mix with the food stream. This results in a significant decrease in the absorption of calories and nutrients (particularly protein and fat). This procedure, like sleeve and bypass, also affects gut hormones and improves blood sugar control making this the most effective surgery available for the treatment of diabetes. Patients can expect to lose 75-90% of excess weight.

(Source: ASMBS.org - Bariatric Surgery Procedures, accessed 2/2015)
The Suburban Surgical Care Specialists/Kane Center team has nearly 70 years of experience providing customized surgical options. We will work with you in selecting the procedure that optimizes your success. Bariatric surgery is not a cosmetic procedure, but an opportunity for a new life.
Our knowledge, expertise, and experience are unprecedented, and our surgeons have performed an estimated 15,000 weight loss surgeries since the inception of the practice. We currently perform over 700 bariatric procedures each year.

Bariatric surgical procedures are performed using minimally invasive laparoscopic surgical techniques whenever possible to shorten recovery time. In addition to our expert surgeons, our clinical team includes a psychologist, pulmonologist, cardiologist, and dietitians.

During your hospitalization, you will be supported by a team dedicated to your safety. All associates providing treatment have received training in bariatric patient care and will demonstrate compassion and sensitivity to your needs. After surgery each patient receives the highest standard of follow-up care in a warm, supportive environment. We welcome you to attend our psychologist-led support groups to assist with your lifestyle change.

Bariatric Surgeon Practice Locations:

Prairie Pointe Medical
4885 Hoffman Blvd., Ste. 400
Hoffman Estates, IL 60192

Wimmer Medical Plaza
800 Biesterfield Rd., Ste. 101
Elk Grove Village, IL 60007

847.255.9697
Nationally Recognized Quality

Many healthcare facilities offer weight loss surgery, but not all of them provide the highest quality care. Selecting an accredited program will give you the peace of mind that your safety is paramount.

AMITA Health Alexian Brothers Medical Center
AMITA Health St. Alexius Medical Center

This prestigious accreditation is awarded to hospitals that meet the rigorous standards established by American College of Surgeons and American Society for Metabolic & Bariatric Surgery. Regular reassessments ensure that our program continues to meet best practice standards for quality and safety and provides excellent comprehensive bariatric care.

Both hospitals have also been designated as Blue Cross Blue Shield Blue Distinction Plus Centers for Bariatric Surgery in Gastric Stapling and Gastric Banding. Centers with this designation have fewer complications and readmissions.

All surgery has risk, and it is essential that you understand that complications vary depending on your medical condition and procedure. In 2014, Alexian Brothers Weight Loss Solutions and the Kane Center had surgical outcomes at or better than national benchmarks for many metrics including mortality (death), pulmonary embolism, gastrointestinal leak, and 30-day readmission.
Personalized Support for Lasting Results

In addition to surgical options, AMITA Health Alexian Brothers Weight Loss Solutions offers medical weight management. Many surgical patients benefit from the education and services provided in this program.

Under the supervision of our obesity board-certified physician Dr. Anthony Auriemma, this comprehensive approach addresses the medical, nutritional, behavioral and emotional changes necessary to promote long-term weight loss and maintenance.

Anthony Auriemma, MD, JD
Board Certification, Obesity & Family Medicine

The intensive lifestyle management program is unique in that the focus is on long-term success and the changes needed to accomplish this. Weekly classes are taught by professionals in the field of weight management including Registered Dietitians, Behavioral Counselors, and Fitness Specialists.

Medical Weight Management Locations:
25 E. Schaumburg Road, Suite 101
Schaumburg, IL 60194

864 W. Stearns Road, Suite 106
Bartlett, IL 60103

847.252.6090
Get Started!

Call us today at 800.433.3130 or visit AlexianWeightSolutions.com

It’s not just about the pounds. It’s about the person.

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