



### Basics of Bariatric Surgery

Some 200,000 Americans have weight loss surgery each year. It's a choice people make for their appearance and quality of life, but most importantly, their health. After cigarette smoking, severe obesity (defined as a body weight at least 100 pounds above the medical "ideal" for one's height and age) is the second-leading cause of preventable death in the United States. Excess weight is a risk factor for a variety of dangerous conditions, including the following:

- Heart disease
- Diabetes
- Sleep apnea
- High blood pressure
- High cholesterol
- Osteoarthritis
- Stroke

### Criteria for Surgery

- You are 100 lbs. overweight and have a body mass index (BMI) of more than 40
- You are 100 lbs. overweight and may suffer from an obesity-related health issue like diabetes, sleep apnea, or high blood pressure
- You are at least 18 years old
- You have tried to lose weight in a medically supervised program (a requirement for many insurance providers)

## What you should know about weight loss surgery

**WEIGH YOUR OPTIONS!** Choosing to have bariatric surgery is a life-altering decision. Don't be afraid to look into multiple programs to find the perfect fit. Here are some important things to look for in selecting a bariatric surgery program:

- **Surgeon Expertise** — Your surgeon should be board certified with membership in the American Society for Metabolic and Bariatric Surgery, and experienced at performing your particular procedure
- **Evaluation and treatment for other conditions** — type 2 diabetes, high blood pressure, sleep apnea, etc.
- **Experienced, dedicated bariatric teams** — In the operating and recovery rooms, as well as the medical/surgical unit and Intensive Care Unit (ICU)
- **Robust support** — Choose a program that offers classes, training, and support before, during, and after your procedure
- **Testimonials** — See if your doctor will put you in touch with former patients so you can get a personal perspective on life after weight loss surgery
- **Awards and accreditations** from prestigious third-party organizations

More information about the [Eisenhower Medical Center](#) program and how we perform against these measures is available on the back of this page.



## Our Providers



Bobby Bhasker-Rao, MD



Jorge Almodovar, MD



## Potential Outcomes of a Life-changing Decision

Bariatric surgery alters your metabolism and requires lifelong dietary restrictions. Your success depends on your readiness, your commitment, and your access to support every step of the way. The significant weight loss associated with bariatric surgery can have a dramatic impact on your health and quality of life, including:

- People taking medication for type 2 diabetes and/or high blood pressure may be able to reduce or even discontinue their use
- Being active will become less tiring and physically challenging — from daily activities like walking the dog, caring for children, and doing chores to long-term goals like learning a new sport or competing in a race
- Many patients report positive emotional and psychological changes

## Bariatric Surgery at Eisenhower Bariatric Center

Our team, program, and facility have made our bariatric weight loss program the choice of many satisfied patients. Program highlights include:

- A high volume of surgeries with good outcomes and low complication rates
- Accreditation by the American Society of Bariatric and Metabolic Surgery
- Designation as a Blue Distinction Center for Bariatric Surgery by Blue Shield of California
- A wide range of advanced minimally invasive weight loss surgery options, with special expertise in robotic-assisted procedures:
  - ~ Gastric Bypass Surgery (Roux-en-Y)
  - ~ Vertical Sleeve Gastrectomy
  - ~ Gastric Band Surgery
  - ~ Duodenal Switch
- The first Inland Empire hospital to be recognized for nursing excellence with "Magnet" status — the gold standard in nursing care from American Nurses Credentialing Center (ANCC)
- Classes, training, support, and diet and nutritional counseling before, during, and after the procedure to help you make the necessary post-surgical lifestyle changes needed to achieve and maintain permanent weight loss and a healthier lifestyle
- A dedicated team that is always available for advice and support post surgery

Want to learn more? Come to one of our Bariatric Surgery Seminars.  
Call 760-568-1234 or visit [emc.org/bariatric](http://emc.org/bariatric) for a schedule.

Web/Phone the same?