



## 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 weight loss surgery:

- You are 100 lbs. overweight and have had a body mass index (BMI) of more than 40
- You are 100 lbs. overweight and may suffer from an obesity-related health issues 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:

- **Broad expertise in a range of procedures** — Your surgeon should be board-certified and experienced at performing your particular procedure
- **A Center of Excellence (COE) designation** — Such programs must meet strict quality metrics to earn that designation
- **Evaluation and treatment for other conditions** — Type 2 Diabetes, high blood pressure and sleep apnea, for example
- **Board-certified surgeons** — And membership in the American Society for Metabolic and Bariatric Surgery
- **A dedicated bariatric unit** — With special equipment and accommodations.
- **Experienced, dedicated bariatric teams** — In the operating and recovery rooms, the medical/surgical unit and the 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**

\*See how El Camino Hospital performs against these measures on the back of this page.

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## 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:

- People taking medication for Type 2 Diabetes and/or high blood pressure may be able to reduce or even discontinue their medications
- 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 El Camino Hospital

Our people, program and facility have made our Bariatric Weight Loss Program the choice of thousands of satisfied patients. We perform a high volume of surgeries, with good outcomes and low complication rates.

- El Camino Hospital has been designated as a Center of Excellence by the American Society of Bariatric and Metabolic Surgery.
- We have been designated as a Blue Distinction Center for Bariatric Surgery by Blue Shield of California.
- We offer a wide range of advanced minimally invasive weight loss surgery, including robotic surgery:
  - » Gastric Bypass Surgery (Roux-en-Y)
  - » Vertical Sleeve Gastrectomy
  - » Gastric Band Surgery
  - » Duodenal Switch
- We work with an elite group of experienced, board-certified bariatric surgeons.
- We have been performing bariatric surgeries for more than 10 years, and all of the procedures in the last three years have been done with minimally invasive techniques.
- Our specialized bariatric nurses are dedicated to the unit and to our patients. We were the first Bay Area hospital to be recognized for nursing excellence with “Magnet” status — the gold standard in nursing care from American Nurses Credentialing Center (ANCC).
- Our dedicated bariatric unit features specialized accommodations and equipment for enhanced patient safety and comfort.
- We provide 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. Our dedicated team is always available for advice and support post surgery.

### Awards & Accreditations



Karen Thomas RN, BSN, DBN  
Bariatric Nurse Coordinator

**For more information or to request a private consultation, please call 650-988-8415 to speak to our program coordinator.**