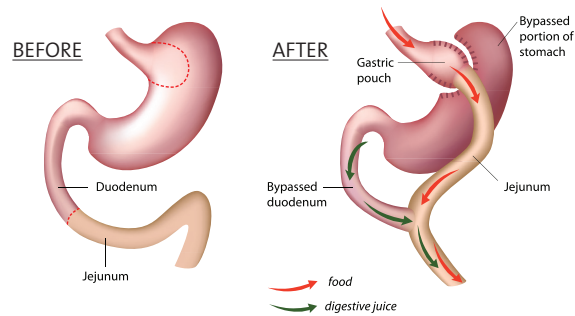


Weight Loss Surgery Techniques

TBHC's Weight Loss Center will customize a surgical weight loss plan for you. Among several approaches, here are two common techniques we offer:

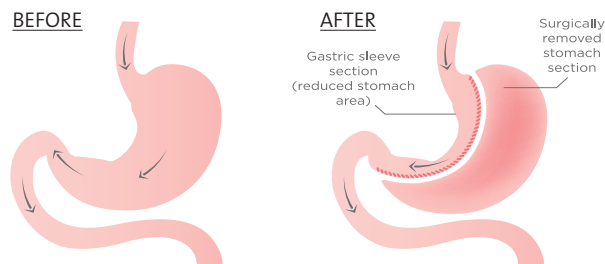
Laparoscopic Roux-en-Y gastric bypass

separates the stomach into two chambers, one very small and one large. Part of the small intestine is connected to the small stomach chamber. The operation works by giving patients a feeling of fullness after eating very little food. On average, patients lose 50 to 70 percent of their excess body weight at one year.



Laparoscopic sleeve gastrectomy

removes 80 percent of the stomach. It helps to limit eating by reducing the size of the stomach. Like the Roux-en-Y gastric bypass, this operation works by giving patients a feeling of fullness after eating very little food. On average, patients lose 50 to 70 percent of their excess body weight at one year.



WEIGHT LOSS AND BARIATRIC SURGERY

FOR MORE INFO,
PLEASE CALL
718.250.8920
OR EMAIL
BARIATRIC@TBH.ORG

Directions

The Brooklyn Hospital Center
121 DeKalb Avenue, 2nd floor, Downtown, 11201

By Subway

B, Q, R to DeKalb Ave.
2, 3, 4, 5 to Nevins St.
C to Lafayette Ave. (A train, 10:30 pm - 6 am)
G to Fulton St./Lafayette Ave.

By Bus

B25, B26, B52 to Fulton St./Ashland Pl.
B37 to Fulton St./Flatbush Ave. Extension
B38 (eastbound) to Fulton St./Lafayette Ave.
B38 (westbound) to DeKalb Ave./Ashland Pl.
B41 to Livingston St./Flatbush Ave. Extension
B54 to Myrtle Ave./Ashland Pl.

By Long Island Railroad (LIRR)

LIRR to Atlantic Avenue Terminal.

WEIGHT LOSS AND BARIATRIC SURGERY



Weight loss
is a journey.

We'll take it
with you.



Weight Loss Solutions

Different people have different weight loss needs. For many, dietary and lifestyle management is enough, but for others, weight loss surgery offers the best chance for long-term success. The Weight Loss Center at TBHC will help you understand your options so you can make choices that work for you. You never go it alone—we'll guide you each step of the way.

Weight Loss (Bariatric) Surgery

If bariatric surgery is indicated, you can feel confident knowing that all weight loss procedures at TBHC are performed using minimally invasive techniques by board certified surgeons who have completed thousands of successful weight loss procedures. In fact, the Weight Loss Center was recently named a Comprehensive Center by the American College of Surgeons Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program (MBSAQIP), in partnership with the American Society for Metabolic and Bariatric Surgery.

Here are typical questions about weight loss (bariatric) surgery:

Is weight loss (bariatric) surgery right for me?

Bariatric surgery works by reducing the amount of food that fits in your stomach and changing the way you absorb food. This surgery can be a great option for people with a Body Mass Index (BMI) above 35, especially if they have health issues like diabetes or high blood pressure. BMI is a way of assessing your weight-to-height ratio. For example, a person who is 5'4" and 205 pounds has a BMI of 35.2. Search for "BMI calculator" on the internet to check your level.

How does the process work?

You will visit our clinic once a month for a few months to meet our surgeons, receive nutrition education from our Registered Dietitian, and prepare for lifelong healthy habits to support weight loss after surgery. When you are ready, our office will request pre-authorization for surgery from your insurance plan.

What insurance plans cover bariatric surgery?

Most insurance plans cover surgery 100 percent, including Medicaid and Medicare plans. If you have employer-sponsored health insurance, give your plan a call to ask about coverage. Or call us; we're happy to answer insurance questions any time. We also offer self-pay options.

How long are the surgery, hospital stay and recovery?

Bariatric surgery can take from 45 minutes to two hours. You will stay in the hospital the night of the surgery and probably go home the following day. You will be on a liquid diet for a few weeks, then on a soft diet for another few weeks while you heal. Most patients are back to normal activities within two to four weeks after surgery.

How can I get started?

Meet us at The Brooklyn Hospital Center at 121 DeKalb Avenue, 2nd floor, in Downtown Brooklyn, or at the Church Avenue Family Health Center at 2244 Church Avenue in Flatbush-Ditmas Park, Brooklyn. Call 718.250.8920 for more information or email bariatric@tbh.org.

**"I WAS REBORN
THE DAY OF MY
SURGERY!"**

A year ago, I was 239 pounds. My blood pressure was high. I couldn't sleep. My legs and feet were always swollen. I could barely get up the stairs. One of the ladies at my mom's church kept losing all this weight. When I asked her about it, she referred me to The Brooklyn Hospital Center.

Thanks to TBHC's Weight Loss Center and Dr. Prat (Pratibha Vemulapalli, Chair of Surgery), I had privacy and support the whole time. The staff was attentive, friendly and respectful. The day of my surgery was the most marvelous day of my life, I like to think of it as the day I was reborn.

Now, six months out, I'm following instructions to a T and I already lost 100 pounds! I'm not limited by weight anymore. I'm exercising and learned to sew, because I have to take all my clothes in!

Thanks to TBHC and the Weight Loss Center, I can finally be the healthy person I was meant to be.

— Lucia Nolasco (shown here, Dr. Prat and Lucia)

