

M | **ADULT BARIATRIC SURGERY PROGRAM**
UNIVERSITY OF MICHIGAN HEALTH SYSTEM



Lets learn about:

Obesity

Bariatric Surgery

Our Program



Facts

Obesity is Common

Approximately **1/3 of adults**
in Michigan are obese.

Obesity is Unhealthy

Obesity is related to many illnesses such as:

diabetes

heart disease

high cholesterol

sleep apnea

arthritis

fatty liver disease

infertility

certain cancers

Losing weight helps:

Weight loss can:

Improve your health

Reduce you need for prescription medication

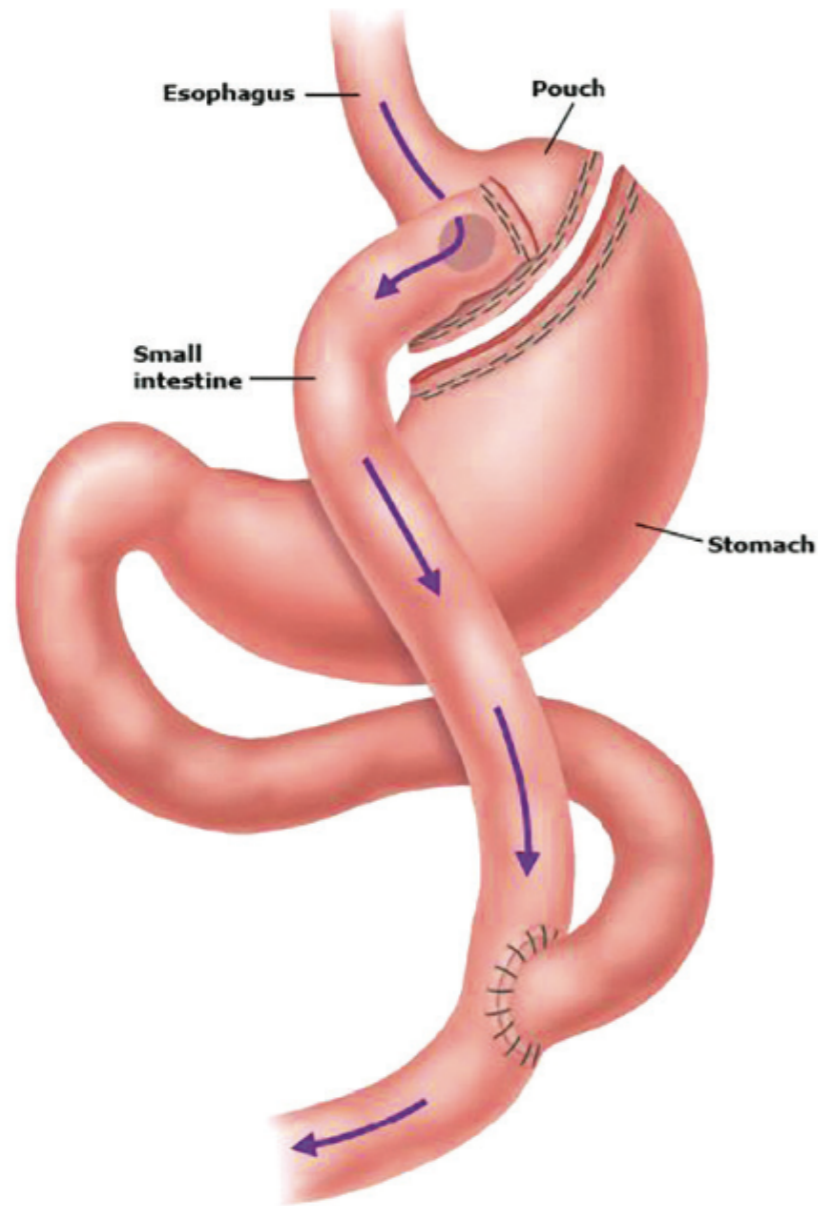
Extend your life

Bariatric Surgery Works

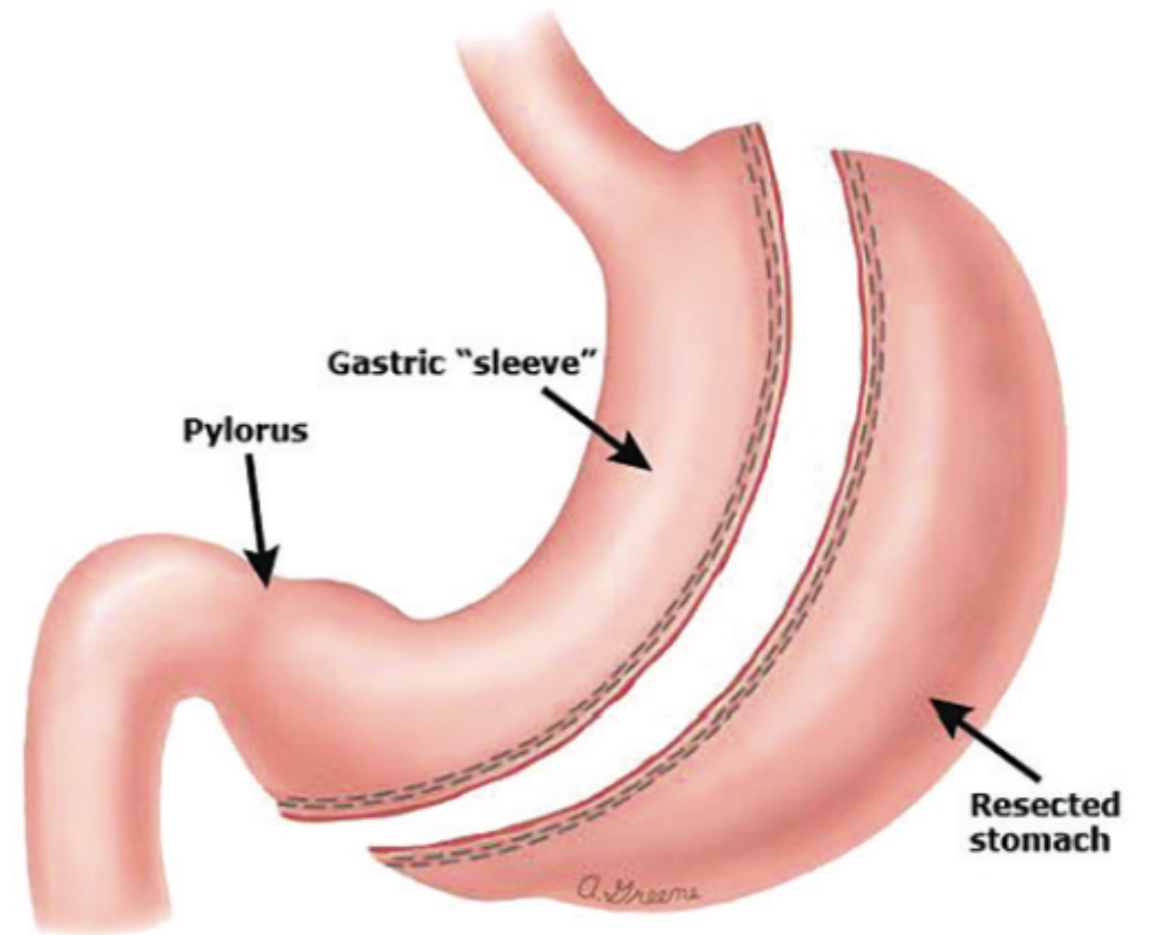


National Institutes of Health (NIH) recognizes bariatric surgery as **the only effective treatment** to combat severe obesity and maintain weight loss in the long term.

Bariatric Surgery:

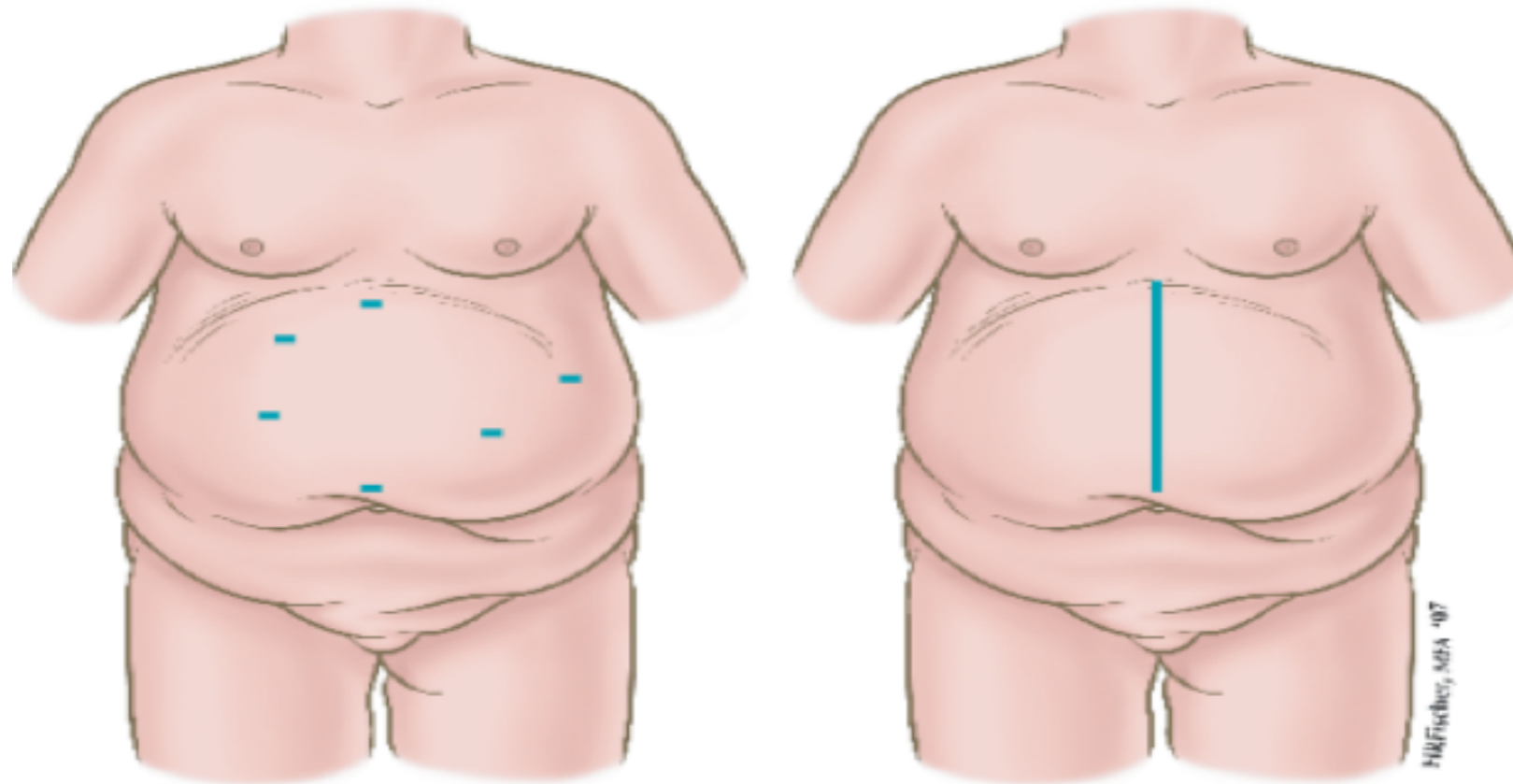


Gastric Bypass



Sleeve Gastrectomy

Laparoscopic Surgery

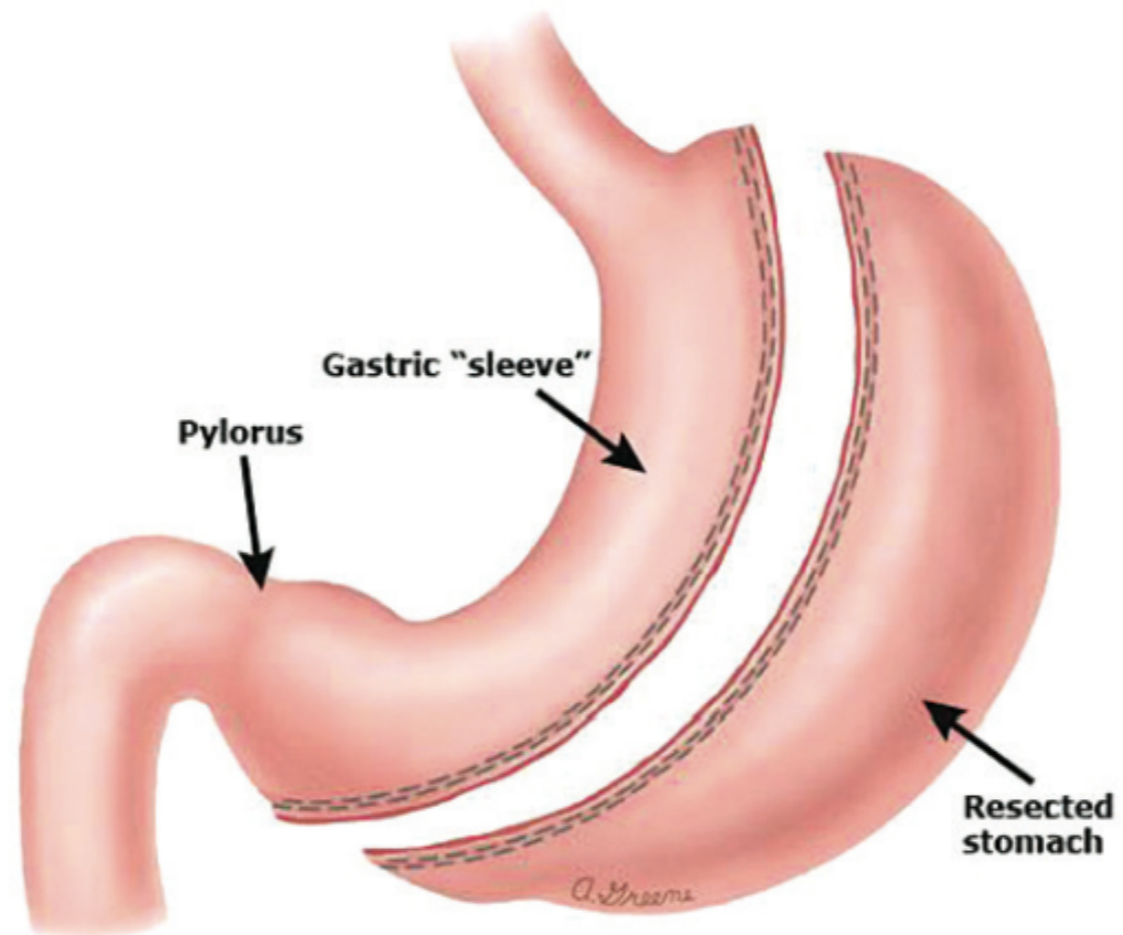


Laparoscopic incisions

Open incision

Shorter hospitalizations
Quicker return to activity
Less complications

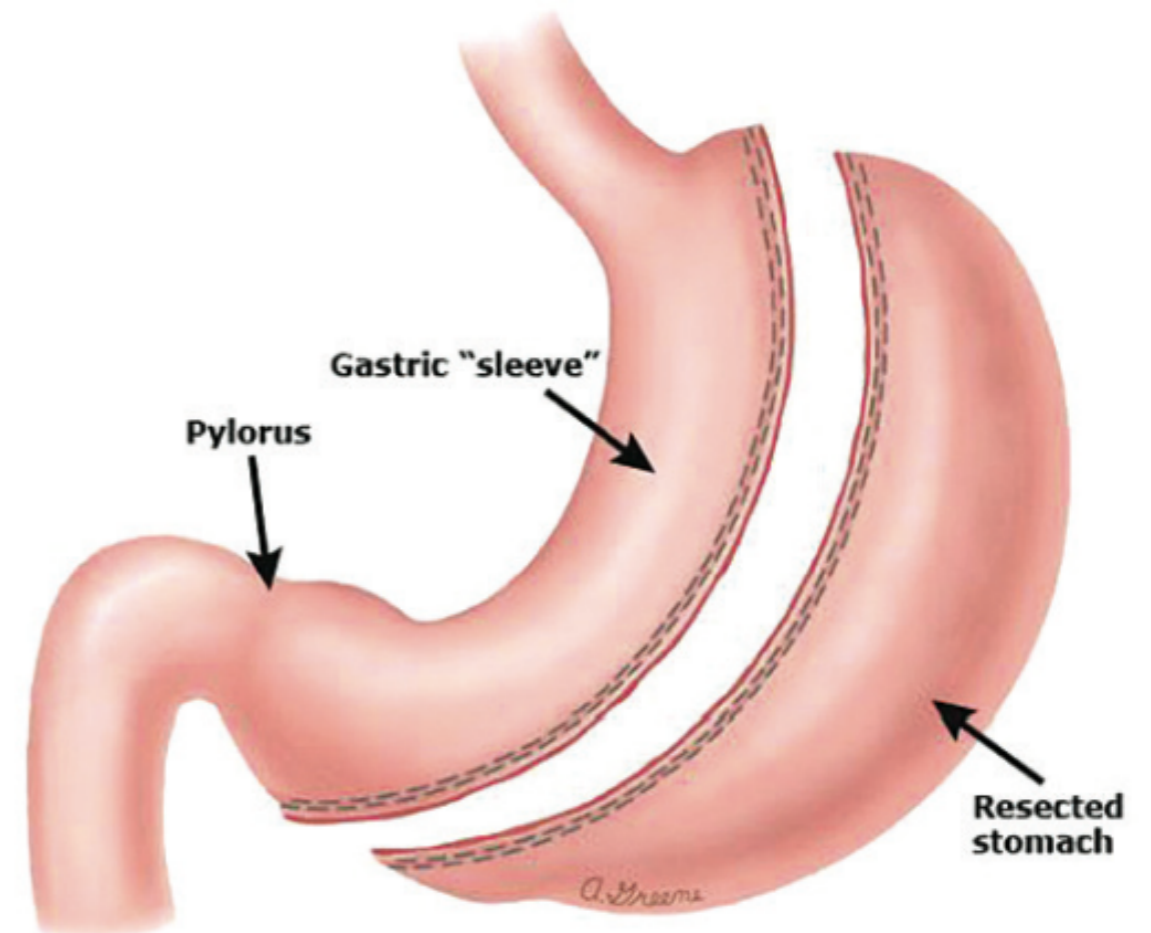
Procedures:



Sleeve Gastrectomy

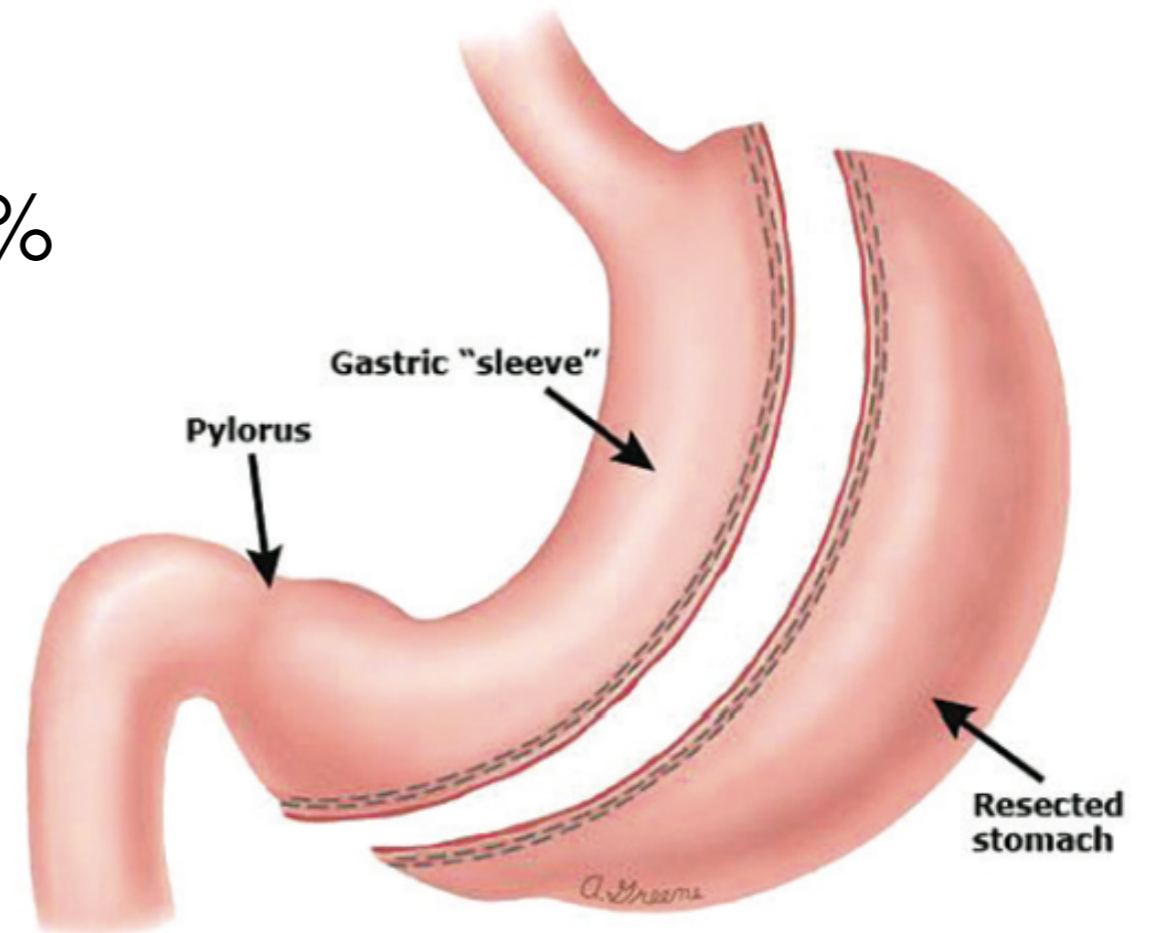
Sleeve Gastrectomy

- General anesthesia
- 1-2 hour procedure
- 2-3 days in the hospital
- 55% - 65% excess body weight loss
- 60-100 lbs weight loss
- Maximal weight loss occurs at 1 year.



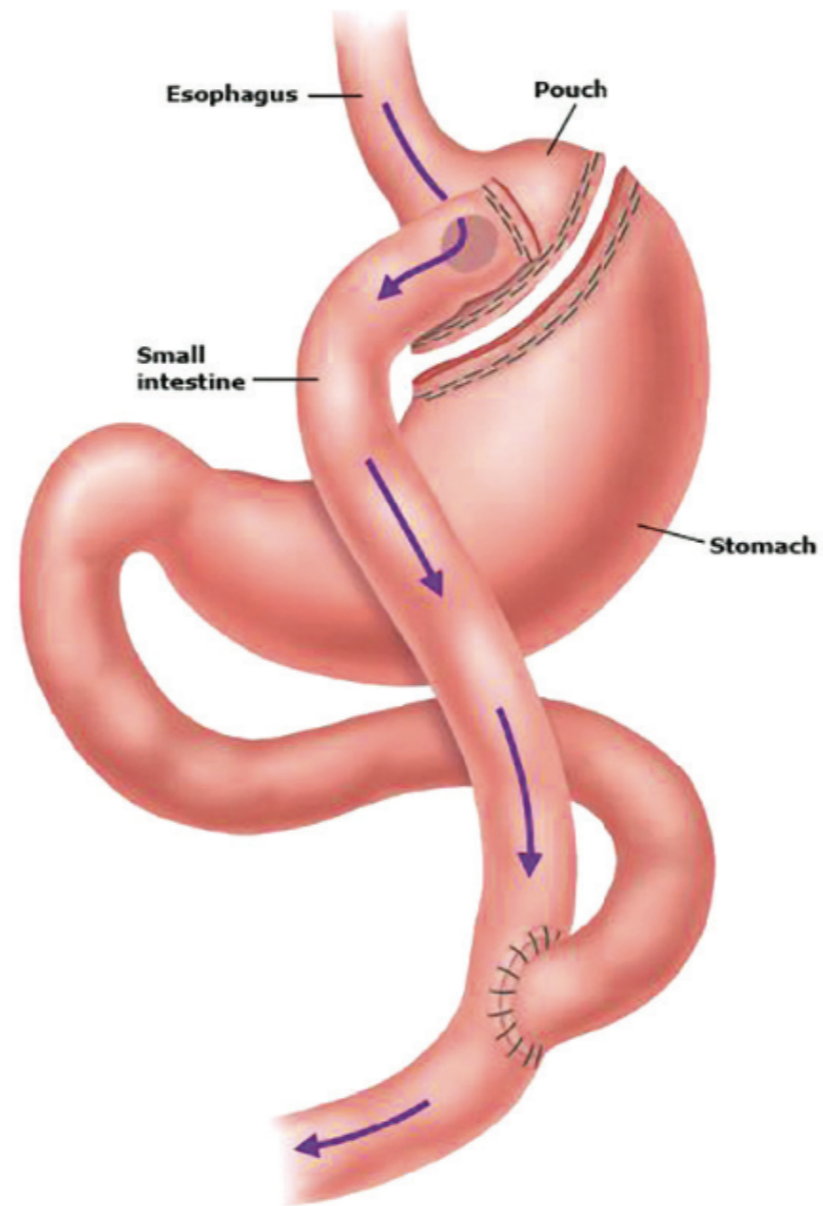
Risks and Complications

- Overall complications < 10%
- Major complications < 2%
- Not reversible
- Heartburn



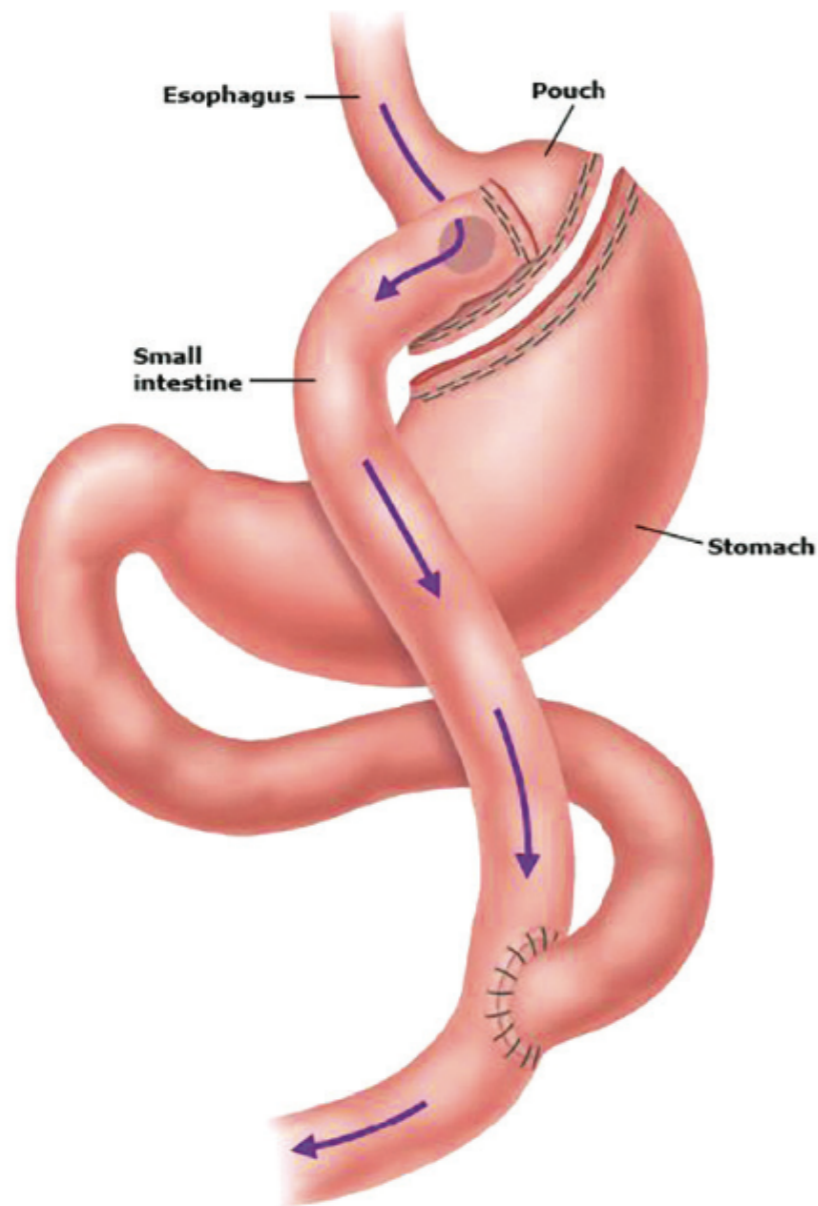
Sleeve Gastrectomy

Procedures:



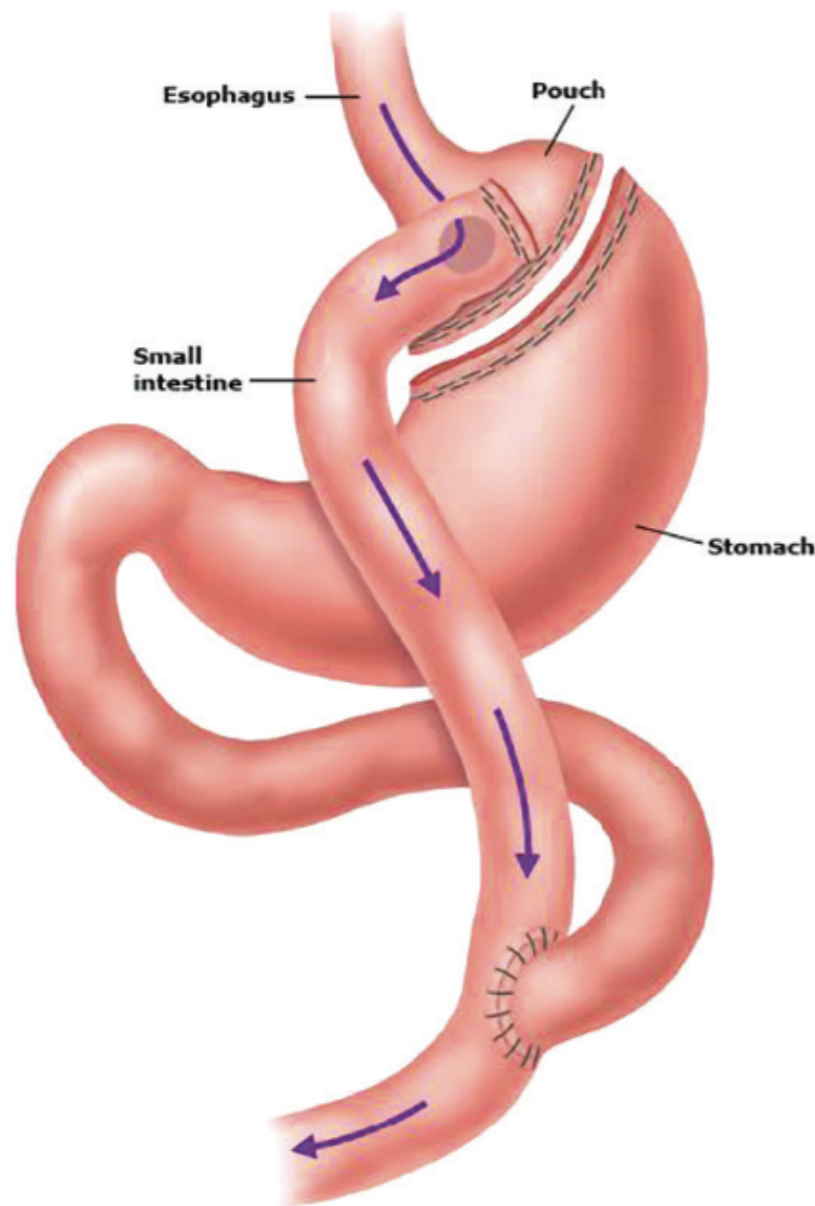
Gastric Bypass

Gastric Bypass



- General anesthesia
- 2-3 hour procedure
- 2-3 days in the hospital
- 65% - 75% excess body weight loss
- 100-150 lbs weight loss
- Maximal weight loss occurs at 1 year.

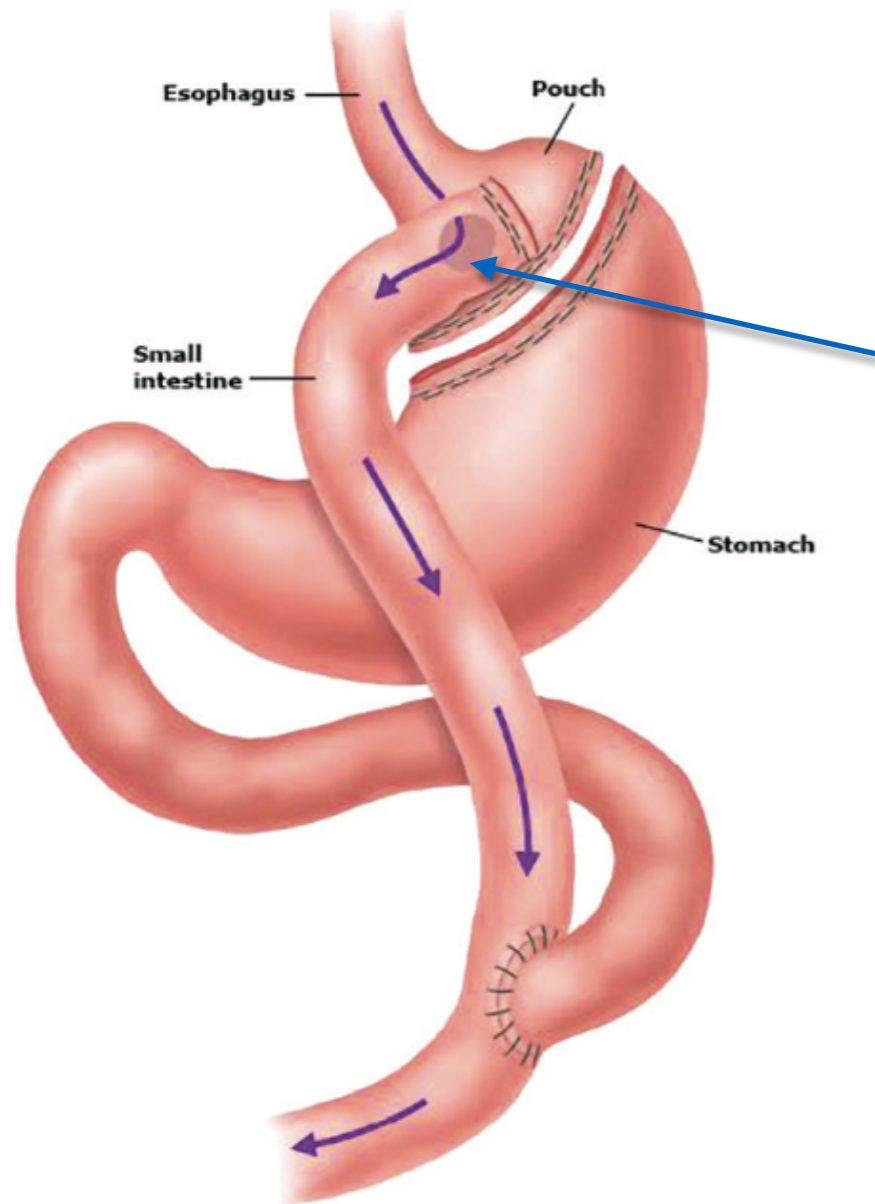
Risks and Complications



Gastric Bypass

- Overall complications <15%
- Major complications < 3%
- Ulcers
 - Highest risk with smokers and use of NSAIDs
- Dumping syndrome
- Internal hernia
- Longer operation = higher risk of blood clots and wound complications

Risks and Complications



Gastric Bypass

- Overall complications <15%
- Major complications < 3%
- Ulcers
 - Highest risk with smokers and use of NSAIDs
- Dumping syndrome
- Internal hernia
- Longer operation = higher risk of blood clots and wound complications

Why does surgery work?

Not clear but there are lots of theories:

- Limits portion size
- Decreases absorption of nutrients
- Changes body's regulation system for gaining and losing weight

When does it fail?

- Eating habits and food choices
- Physical activity
- Genetics
- Gender
- Illness
- Age
- Medications

What happens after surgery?

- **2-3 days** in the hospital
- **2 weeks** - follow up in surgery clinic
- **2 months** - follow up in surgery clinic
- **6 months** and **yearly** - follow up in the Metabolic and Endocrine Clinic

What happens after surgery?



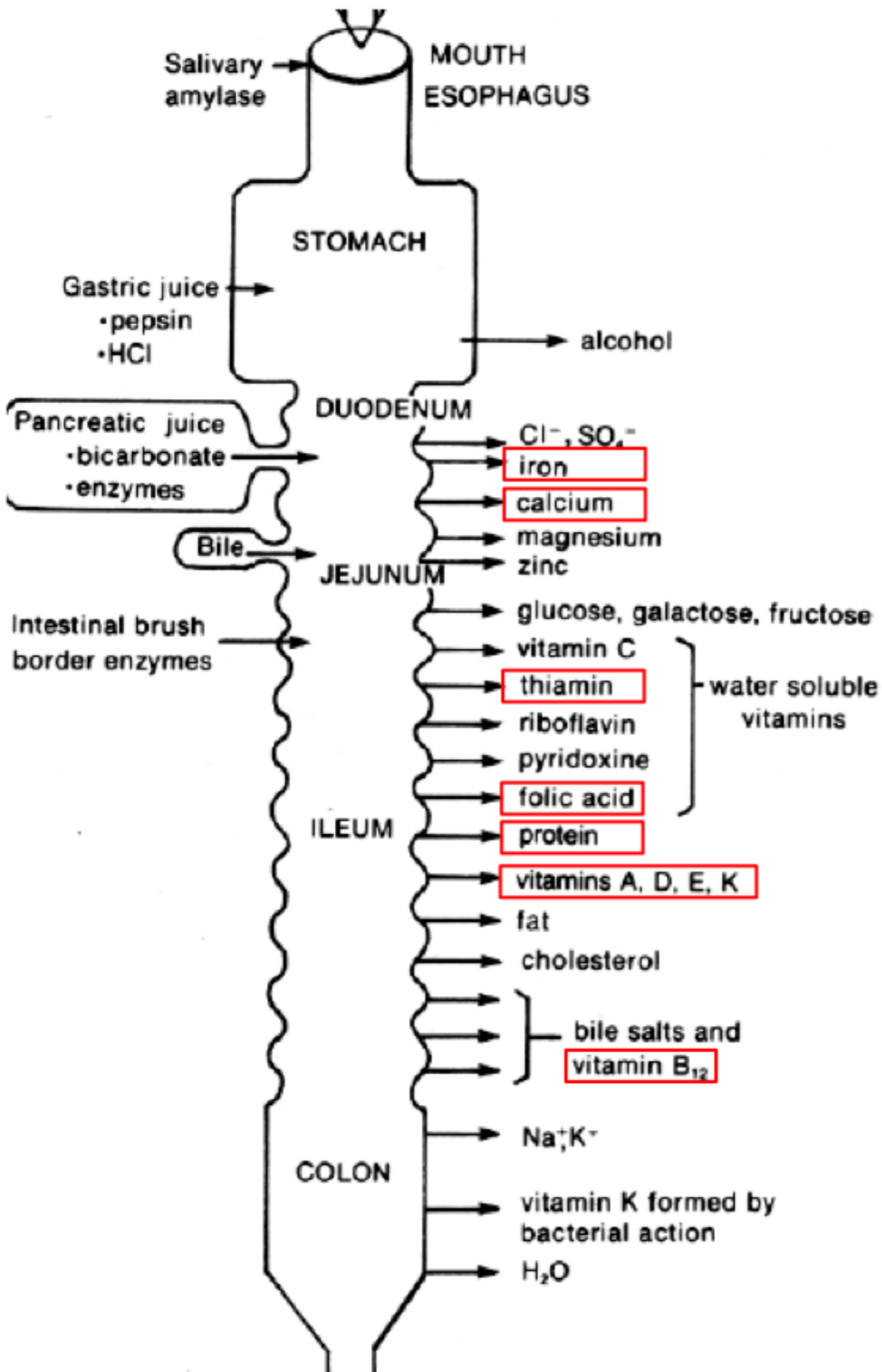
70 grams of protein/day
64 fluid ounces/day

Small portions

No concentrated sweets

No carbonated drinks

Vitamin Supplementation



Weight loss surgery reduces vitamin absorption.

Taking supplemental vitamins is **IMPORTANT!**

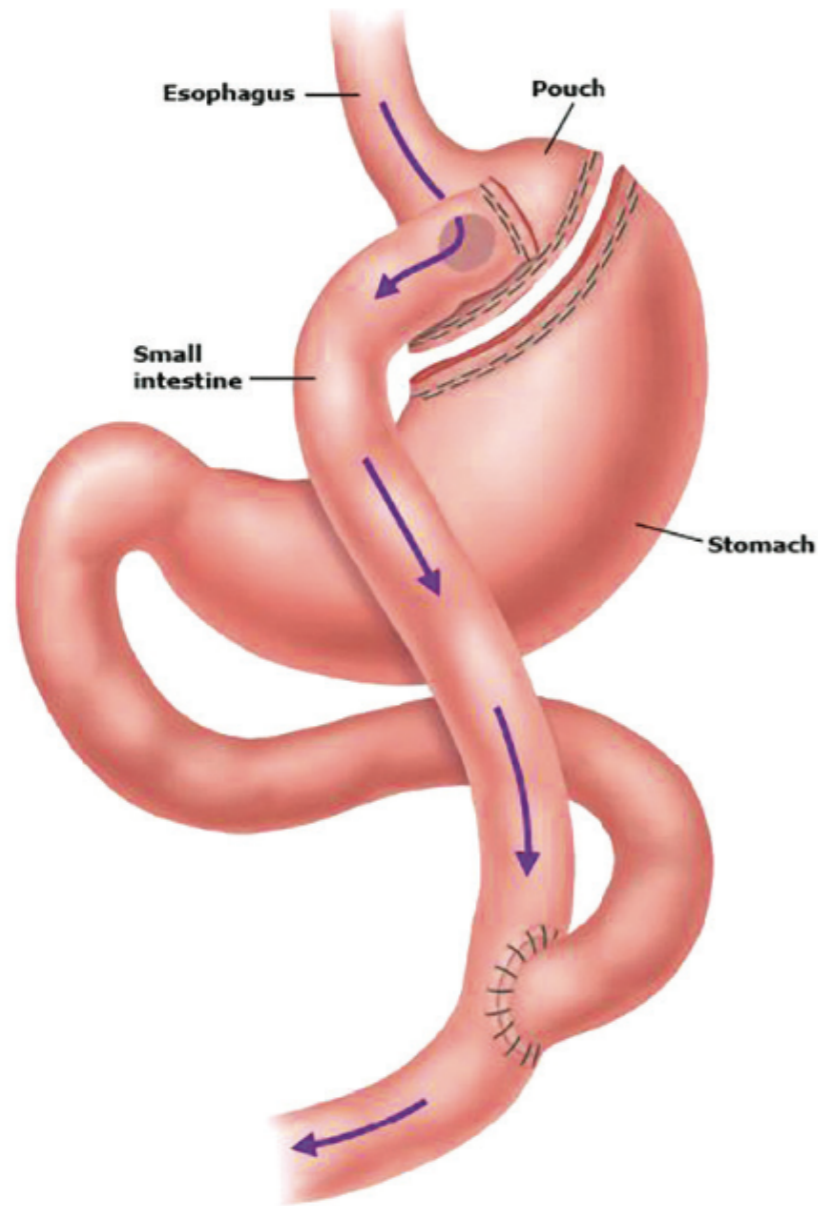
Sleeve Gastrectomy

Breakfast	1 Multivitamin 1 Sublingual Vitamin B12 (500mcg)
AM Snack	---
Lunch	Calcium Citrate (2 Tablets)
PM Snack	---
Dinner	Calcium Citrate (2 Tablets)

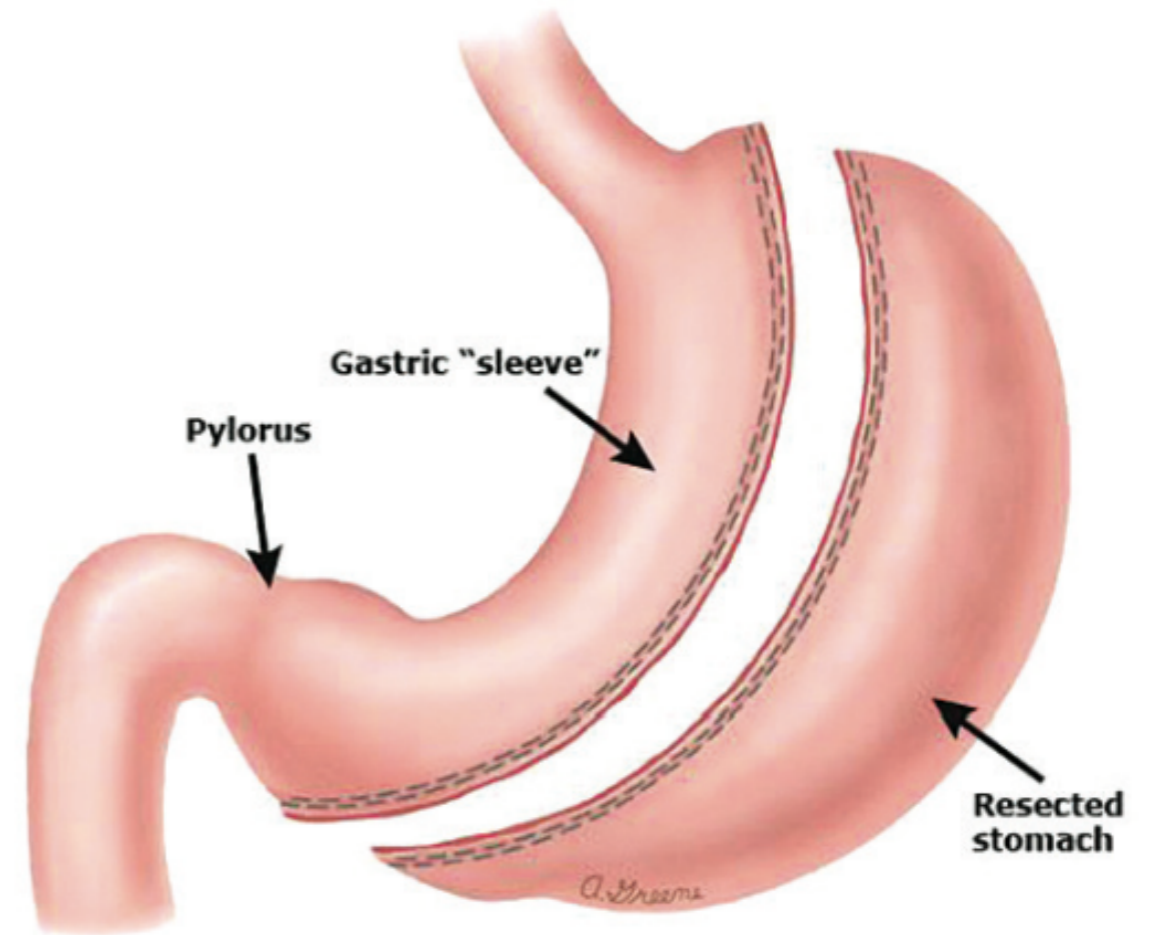
Gastric Bypass

Breakfast	1 Multivitamin 1 Sublingual Vitamin B12 (500mcg)
AM Snack	Calcium Citrate (2 Tablets= 500mg)
Lunch	Calcium Citrate (2 Tablets)
PM Snack	Calcium Citrate (2 Tablets)
Dinner	1 Multivitamin

What's the best procedure for me?

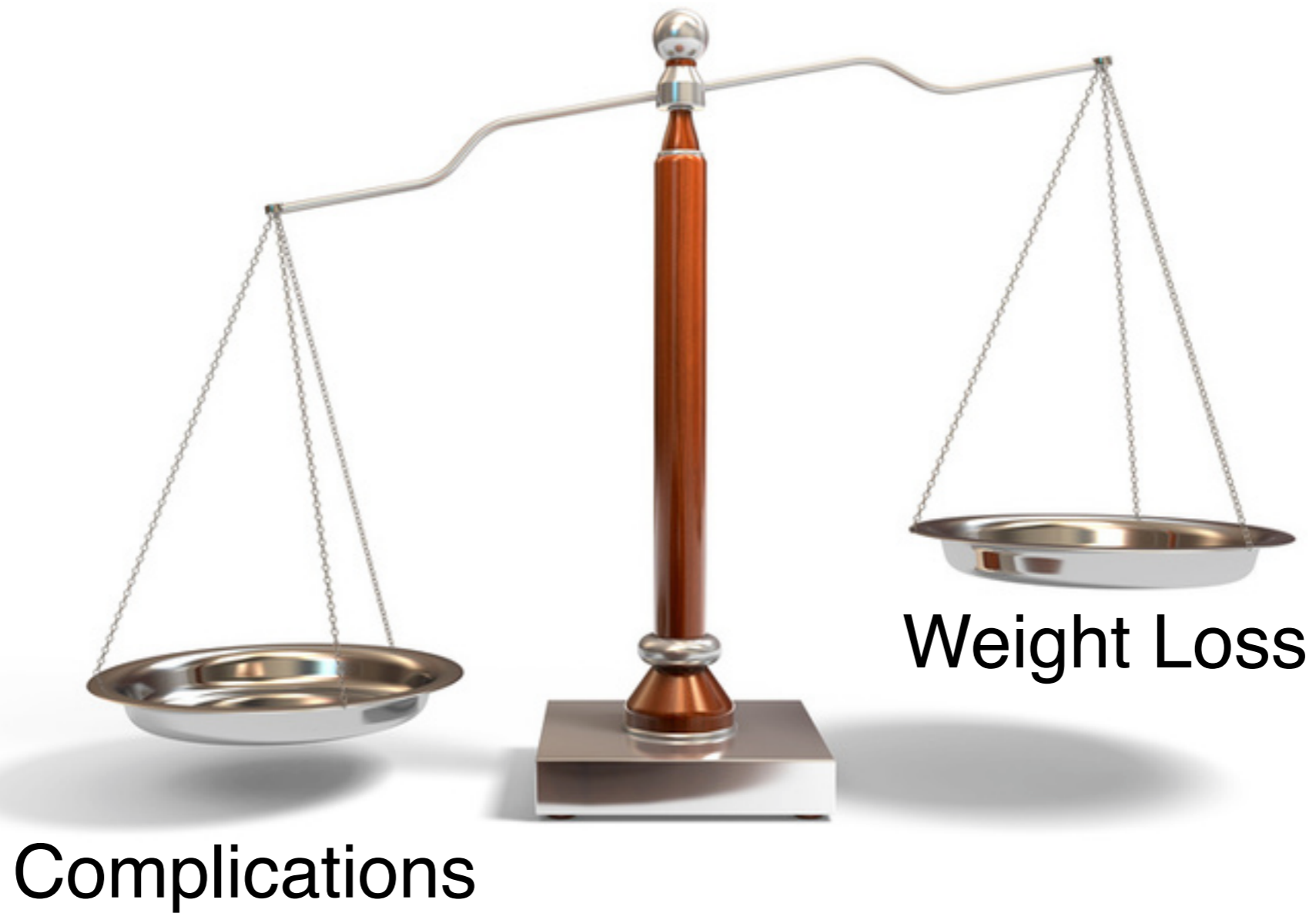


Gastric Bypass



Sleeve Gastrectomy

Balancing the risks and benefits



Outcomes Calculator

▾ Demographics

WEIGHT *

300

HEIGHT *

5

*

6

PRIVATE INSURANCE

Yes No

AGE *

45

GENDER *

Female

RACE *

White

▾ Comorbidities

GERD

Yes No

HERNIA

Yes No

LIVER DISORDER

Yes No

HYPERLIPIDEMIA (*)

Yes No

URINARY INCONTINENCE

Yes No

CHOLELITHIASIS

Yes No

PUD

Yes No

PSYCHOLOGICAL DISORDER

Yes No

SLEEP APNEA (*)

Yes No

RENAL FUNCTION DISORDER

Yes No

MUSCULOSKELETAL

Yes No

CARDIOVASCULAR DISEASE

Yes No

LUNG DISEASE

Yes No

DIABETES

Yes No

INSULIN DEPENDENT (*)

Yes No

NON-INSULIN DEPENDENT (*)

Yes No

Outcomes Calculator

WEIGHT LOSS

SLEEVE GASTRECTOMY

RYGB

WEIGHT (LOST) AT YEAR 1

217 (83)

203 (97)

COMORBIDITY RESOLUTION

SLEEVE GASTRECTOMY

RYGB

NON-INSULIN DEPENDENT

81 %

86 %

HYPERCHOLESTEROLEMIA

59 %

77 %

SLEEP APNEA

70 %

76 %

Outcomes Calculator

COMPLICATIONS		
	SLEEVE GASTRECTOMY	RYGB
ANY	4.1 %	7.06 %
SEVERE	1.33 %	2.06 %

Weight Loss = Change



Weight loss is more than just a number

- It's important to match your expectations with realistic goals:
 - Reduction of comorbid conditions
 - Reduction of prescription medications
 - Life-long lifestyle changes
 - Possible complications

Am I a candidate?

Body mass index (BMI)

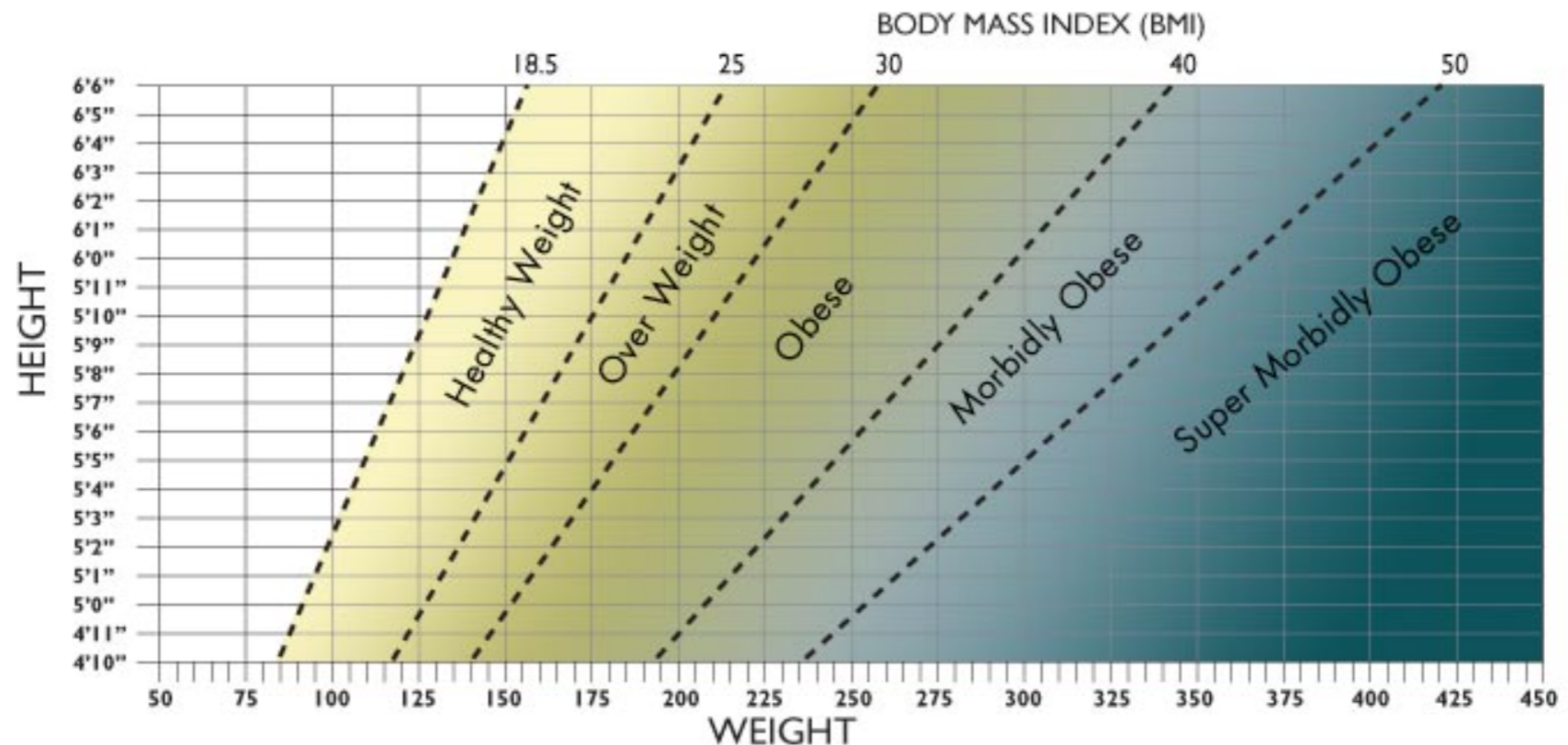
BMI > 40

or

BMI > 35

+

Weight related illnesses



Am I a candidate?

Can tolerate general anesthesia.

Able to make dietary and lifestyle changes

Able to exercise

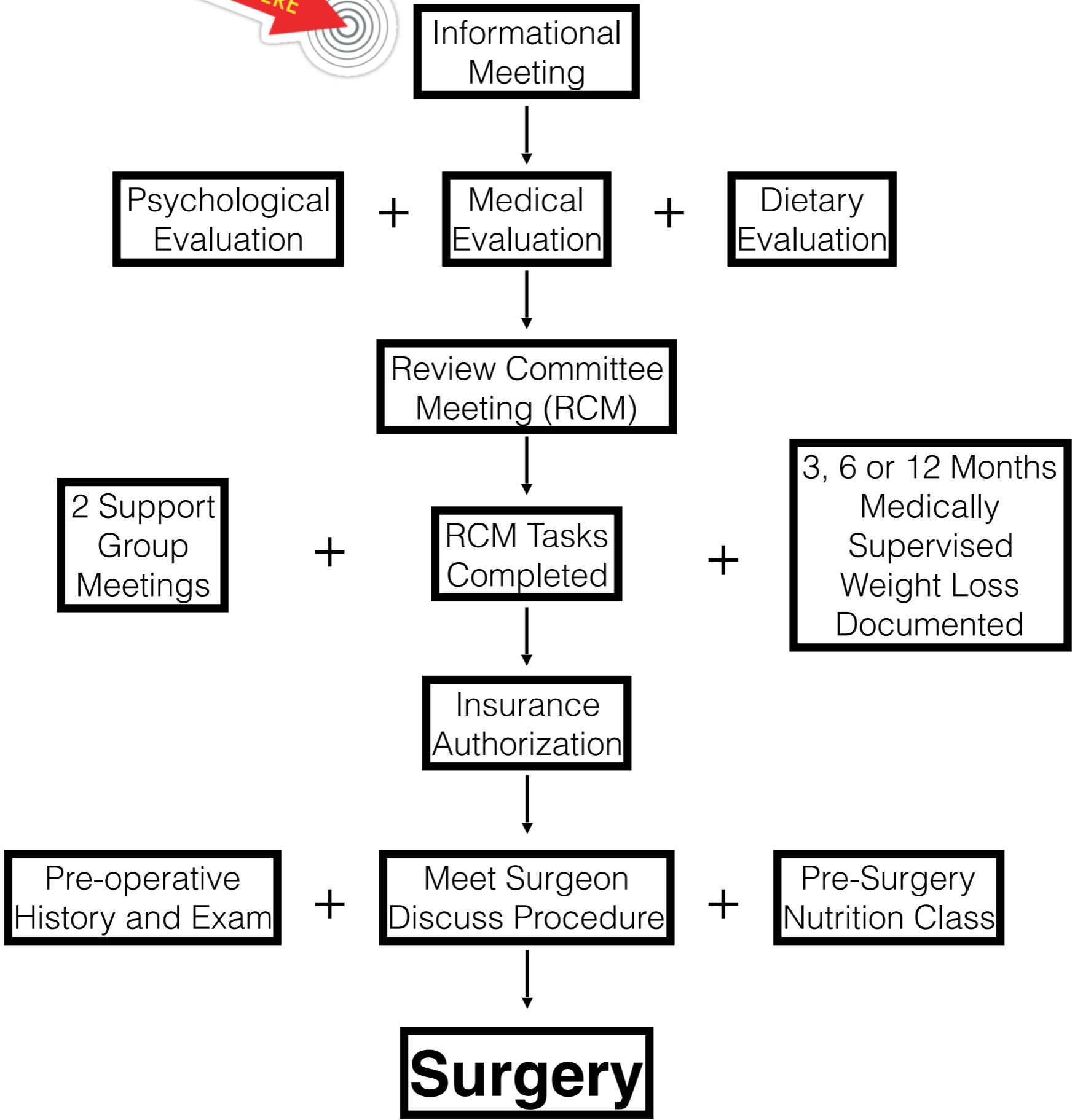
Not smoking

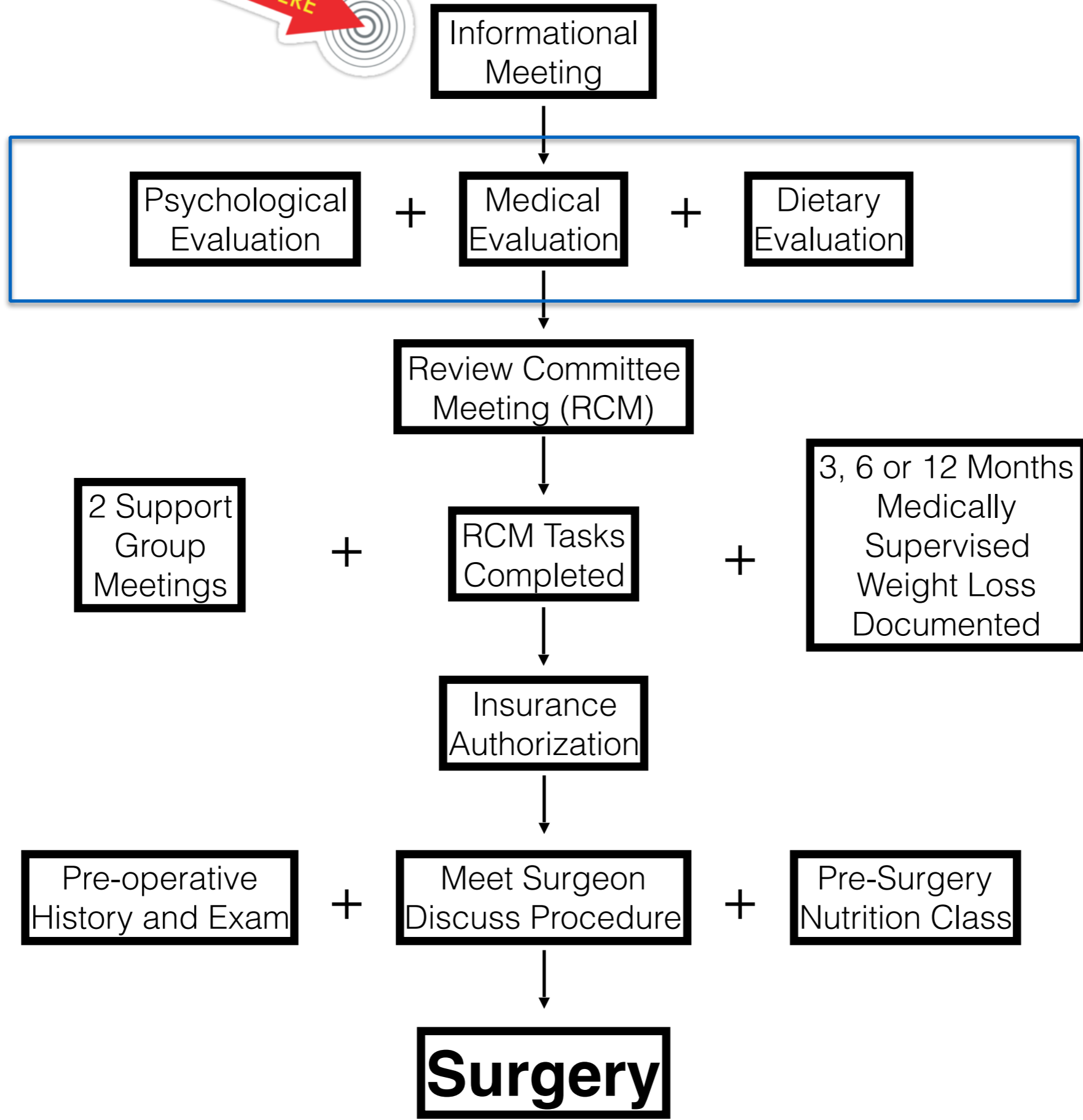
Psychological illnesses are well controlled

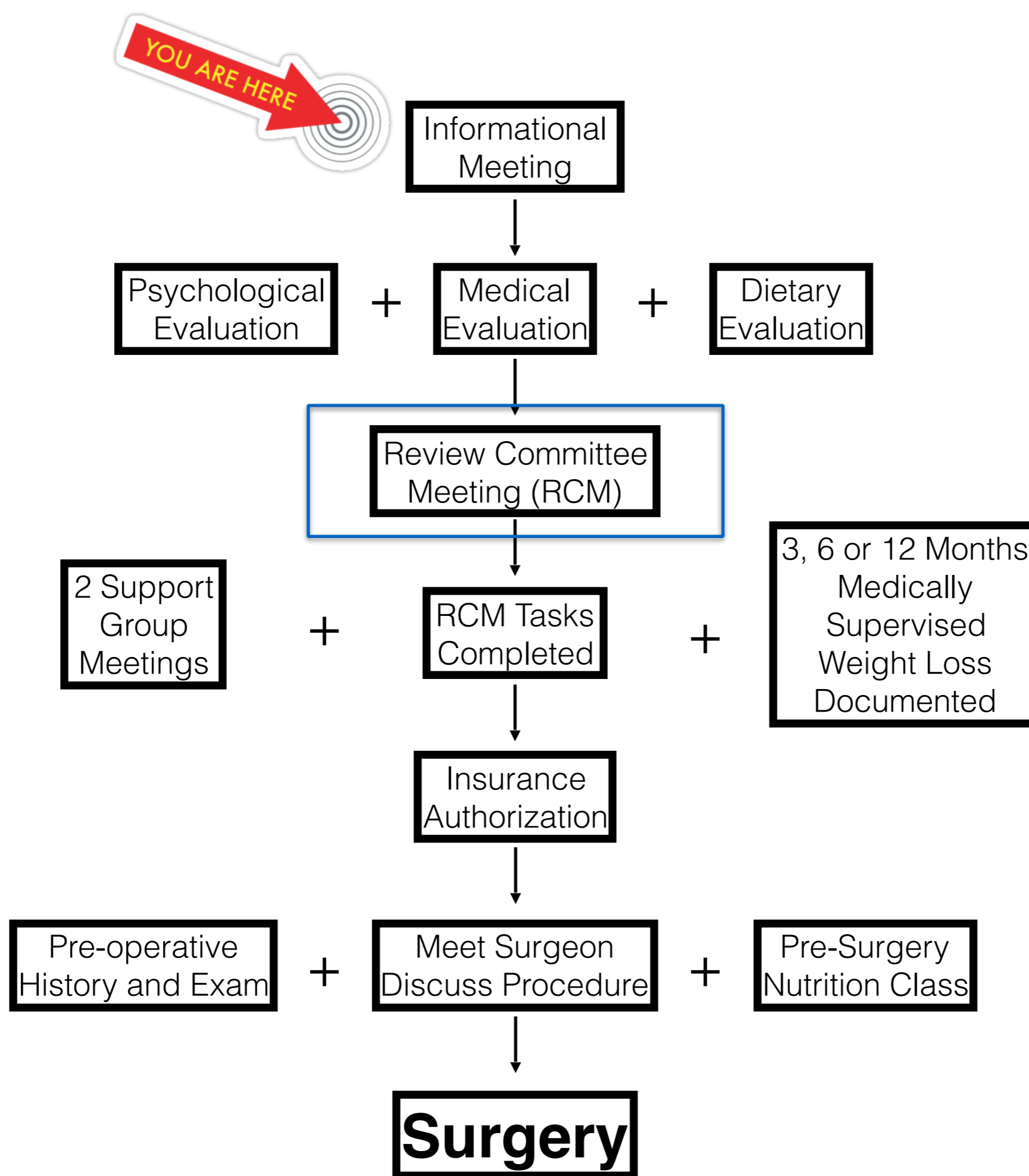
No active cancer

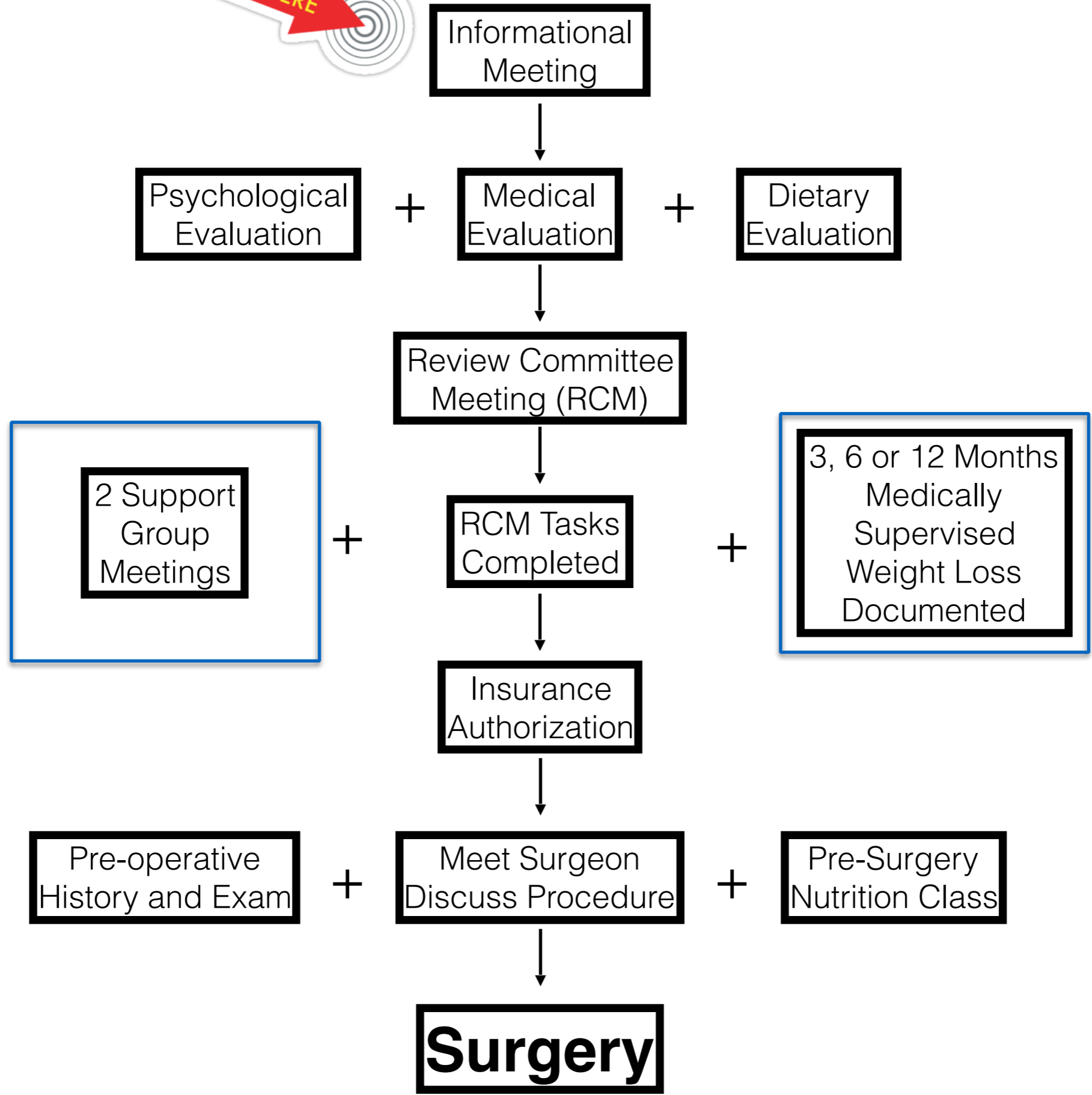
The Road to Surgery







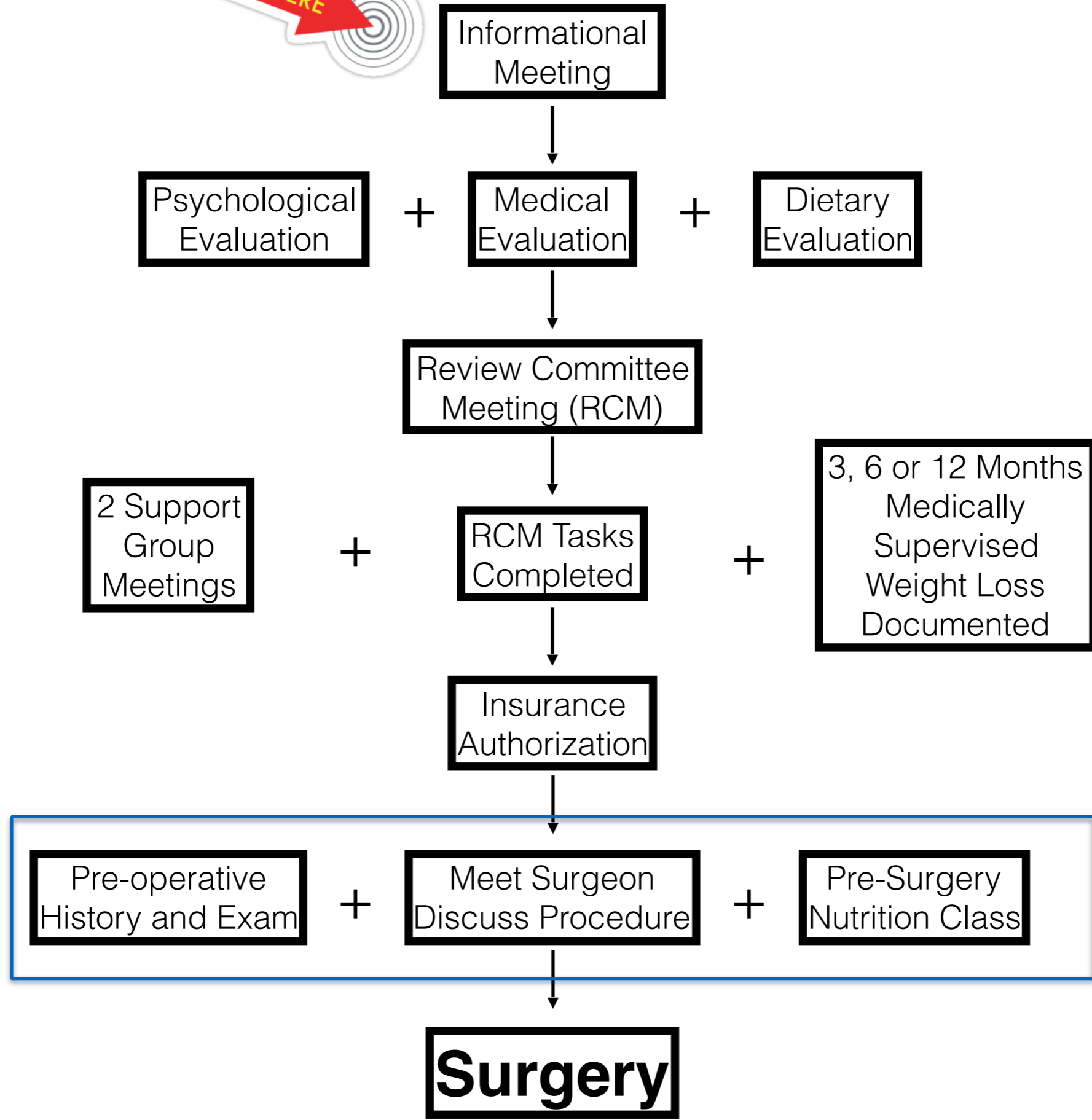




Review Committee Letter

- Risk/Benefit Profile
 - Estimated weight at 1 year
 - Estimated complication rate
- Requirements
- Recommendations





Insurance

- Coverage Varies:
 - Private Insurance
 - Veterans
 - Medicare
- You need to contact your provider for specific details
- Use our insurance questionnaire as a guide

Important questions for your insurance carrier:

1. REPRESENTATIVE AT INSURANCE COMPANY (NAME): _____
2. DO I HAVE BENEFIT COVERAGE FOR MEDICALLY NECESSARY WEIGHT LOSS SURGERY FOR MORBID OBESITY FROM MY INSURANCE COMPANY? YES NO
3. ARE ABOVE PROCEDURES (CODES LISTED ABOVE) COVERED IF I HAVE SURGERY AT THE UNIVERSITY OF MICHIGAN? YES NO
4. WHAT IS MY INSURANCE BENEFIT OR EXCLUSION? _____

5. DOES MY WEIGHT LOSS SURGERY BENEFIT REQUIRE A MEDICALLY SUPERVISED WEIGHT LOSS TRIAL PROGRAM? YES LENGTH OF PROGRAM? _____ NO SKIP TO NEXT QUESTION.
6. IS A PRIMARY CARE PHYSICIAN REQUIRED TO COMPLETE THE WEIGHT LOSS DOCUMENTATION OR CAN A SPECIALTY DOCTOR RECOMMEND AND FOLLOW THE WEIGHT LOSS TRIAL PROGRAM?

7. WHAT IS MY CO-PAY FOR A PRIMARY CARE OFFICE VISIT? \$ _____
8. WHAT IS MY CO-PAY FOR A SPECIALIST CARE OFFICE VISIT (EXAMPLE: LAP BAND ADJUSTMENT)?
\$ _____ (*ADJUSTMENTS FOR THE LAP BAND: CPT CODE: HCPCS S2083*)
9. HOW MANY NUTRITION APPOINTMENTS WILL BE COVERED WITH THE DIAGNOSIS OF MORBID OBESITY?
INDIVIDUAL _____ GROUP _____
10. WHEN IS THE EFFECTIVE DATE OF THE POLICY? _____ (MM/DD/YYYY)
11. WHEN IS THE RENEWAL DATE? _____ (MM/YYYY)
12. DO I HAVE A PRE-EXISTING CLAUSE? YES NO IF NO, SKIP TO QUESTION # 14

Medically Supervised Weight Loss Documentation

Medically Supervised Weight Loss Documentation

Assessment and Treatment Plan for Obesity

This form must be completed at each office visit for the duration specified by your insurance company.

Patient Name: _____ Date of Visit: _____

Registration Number: _____

Date of Birth: _____

Weight: _____ lbs. Height (first visit): _____ in. BMI: _____

Blood Pressure: _____ / _____ Pulse: _____

Diet (Prescribed caloric restriction, review of dietary intake and recommendations).

Notes: _____

Recommended Dietary Goal(s): _____

Physical Activity (Physical exercise program appropriate for age and physical condition. Recommend achievable goals.)

Notes: _____

Recommended Exercise Goal(s): _____

Behavioral Intervention (Specific strategies and tools for overcoming barriers and improving dietary compliance, for example log books, support groups, stress management, social support).

Notes: _____

Pharmacotherapy (This must be addressed and documented. List FDA approved weight loss drugs and strength or indicate that patient is unable to tolerate or refuses pharmacotherapy).

Notes: _____

Multidisciplinary Team

Surgeons

Endocrinologists

Physician Assistants

Psychologists

Dietitians

Certified Bariatric Nurse

Patient Service Associates

On-line Resources


CTools - Project Site


My Workspace ▾


Adult Bariatric Surg ▾


SURGERY 1CAMP.U CLN W14 ▾


Home 


Announcements 


Resources 


Polls 

Chat Room 

Bariatric Surgery Site 

Online Status Update 

Site Info 

Help 

UM Adult Bariatric Surgery Program

A community site for participants in the Adult Bariatric Surgery Program at the University of Michigan. This website does not provide specific medical advice and does not endorse any medical or professional service obtained through information provided on any links to this site. Use of this website does not replace medical advice from a qualified medical provider.

While the content of this website is frequently updated, medical information changes rapidly and therefore, some information may be out of date, and/or contain inaccuracies or typographical errors.

Please click the "resources" tab on the left side of the screen to access all the folders containing patient education documents, recipes and support group schedules! Support groups are only open to those patients in the University of Michigan Bariatric Program.

If you have questions for the staff, please contact our office during normal business hours (Monday through Friday, 9am-4:30pm) at 734-647-6685. We will not respond to inquiries left in the chat room!

The purpose of the chat room is to seek and provide support throughout your weight loss journey. Inappropriate or disrespectful comments towards patients, staff and/or the program will be removed from the chat room.

C-Tools

↻ Adult Bariatric Surg: Resources

Site Resources

Upload-Download Multiple Resources

Permissions

Options

































Check Quota

Location:  Adult Bariatric Surg Resources

Remove

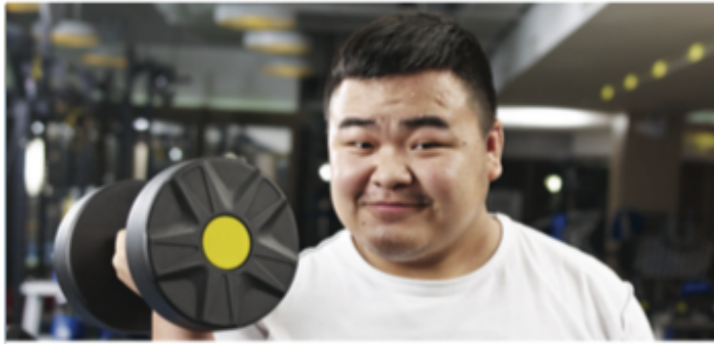
Move

Copy

	<input type="checkbox"/>	Title 	Access
		 Adult Bariatric Surg Resources	<input type="button" value="Add"/>  <input type="button" value="Actions"/> 
	<input type="checkbox"/>	 Additional Websites of Interest	<input type="button" value="Add"/>  <input type="button" value="Actions"/>  Entire site
	<input type="checkbox"/>	 Cookbooks	<input type="button" value="Add"/>  <input type="button" value="Actions"/>  Entire site
	<input type="checkbox"/>	 Exercise	<input type="button" value="Add"/>  <input type="button" value="Actions"/>  Entire site
	<input type="checkbox"/>	 Mental Health	<input type="button" value="Add"/>  <input type="button" value="Actions"/>  Entire site
	<input type="checkbox"/>	 Mentor Program	<input type="button" value="Add"/>  <input type="button" value="Actions"/>  Entire site
	<input type="checkbox"/>	 Newsletters	<input type="button" value="Add"/>  <input type="button" value="Actions"/>  Entire site
	<input type="checkbox"/>	 Patient Education Binder	<input type="button" value="Add"/>  <input type="button" value="Actions"/>  Entire site
	<input type="checkbox"/>	 Pre- & Post-op Nutrition Information	<input type="button" value="Add"/>  <input type="button" value="Actions"/>  Entire site
	<input type="checkbox"/>	 Recipes	<input type="button" value="Add"/>  <input type="button" value="Actions"/>  Entire site
	<input type="checkbox"/>	 Recording your daily intake/activity	<input type="button" value="Add"/>  <input type="button" value="Actions"/>  Entire site
	<input type="checkbox"/>	 Support Group presentations and handouts	<input type="button" value="Add"/>  <input type="button" value="Actions"/>  Entire site
	<input type="checkbox"/>	 Support Group Schedule (current)	<input type="button" value="Add"/>  <input type="button" value="Actions"/>  Entire site

▶ Show other sites

Weight-Loss Conditioning Program



Weight Management Bariatric (WMB) Conditioning Program

Transitions Training Studio

325 East Eisenhower Parkway
Garden Level, Suite 12
Ann Arbor, MI 48108



Refunds and Credit Policy

In the case of severe injury or emergency, full or partial refunds may be issued. A doctor's note must accompany a written request for refund. Credit may be given for all participants who wish to return to the program at a later date due to these circumstances.

Prices are subject to change at any time without notice.



Transitions Training Studio

325 East Eisenhower Parkway
Garden Level, Suite 12
Ann Arbor, MI 48108

734-232-1262

PMR-Transitions@med.umich.edu

pmr.med.umich.edu/transition

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Hunger Within

- Nationally recognized treatment for weight management
- 12 week program
- Explores core reasons for overeating (triggers for emotional eating)



Clinic

Domino's Farms

Lobby A, Suite 1200
4008 Ave Maria Dr.
Ann Arbor, MI 48105



Surgery

University of Michigan Health System

1500 E. Medical Center Dr
Ann Arbor, MI 48109



Next Steps

1. Provide your name and contact information.
2. Contact your insurance carrier about details of your policy