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Bariatric Center of the Rockies | Poudre Valley Hospital
UCHealth Surgical Clinic - Northern Colorado

Learn more at uchealth.org.

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Bariatric Center of the Rockies | Poudre Valley Hospital
UCHealth Surgical Clinic - Northern Colorado

Moving Forward, Feeling Good

Your guide to weight-loss surgery.



Learn more at [uchealth.org](https://www.uchealth.org).

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Finding Your Freedom

Weight-loss surgery can give you a new sense of freedom. Discover what's possible from here on out.



Wendy lost 94 lbs. following weight-loss surgery.



Luis lost over 200 lbs. following weight-loss surgery.

Is weight-loss surgery right for you?

Do any of these sound like you? If you have more than one of these conditions, you may qualify for weight-loss surgery.

- When I look at a chart that shows “normal” weight, I am 100 pounds over what I should be for a person of my age and height.
- My body mass index (BMI) is over 35.
- I have trouble sleeping and/or I wake up gasping for air.
- People look at me and point or say things about my weight.
- I find it hard to move around.
- I don’t fit into furniture that most people do.
- I have diabetes.
- My joints hurt and/or my joints need to be replaced.
- I can’t breathe well and/or I have asthma.
- I get depressed.
- I can’t have children.
- My blood work shows problems with my cholesterol.
- My doctor says my heart is in danger of failing.
- I have cancer.
- I can’t drive a car or fit in an airplane seat.
- I have heartburn and/or reflux.
- My arms/legs swell and cause pain.
- I have high blood pressure.
- I have heart disease and/or need a heart transplant.
- I have kidney disease and/or kidney failure.

You are not alone. Many people of weight report conditions such as the ones listed above. They struggle each day. They are told their lives may be shortened because of the extra stress placed on their bodies. And, they keep looking for an answer.

Fortunately, here at the Bariatric Center of the Rockies, we may have the answer you’re looking for.

Jason lost 230 lbs. following weight-loss surgery.



A healthy option for slimming down.

You've been through diet plan after diet plan, exercise program after exercise program. Your weight has gone down and gone right back up. **Nothing has worked.**

When we look at weight-loss surgery, diet and exercise, and prescription weight-loss medications, the success rates are quite different.

Prescription weight-loss medicine

0%

People experience permanent weight loss.

Once people stop taking the medication, they gain weight again.

Diet and exercise

2-5%

People experience permanent weight loss when using diet and exercise as their program.

Weight-loss surgery

50-70%

People experience permanent weight loss following bariatric surgery.

As you can see, when compared to the two most common approaches to losing weight, bariatric surgery is more effective.

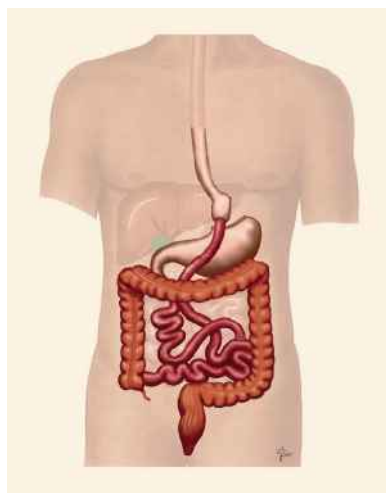
How does weight-loss surgery work?

In a nutshell, weight-loss surgery works by limiting the amount of food that a body can take in at one time. By limiting the amount of food that the body can take in, it reduces the amount of calories someone consumes. Calories are the fuel the body uses to function, so in order to function properly, the body begins looking for other fuel sources. The other fuel source in this case is stored fat which it begins to use up. As the body consistently burns this stored fuel, it begins to lose weight.

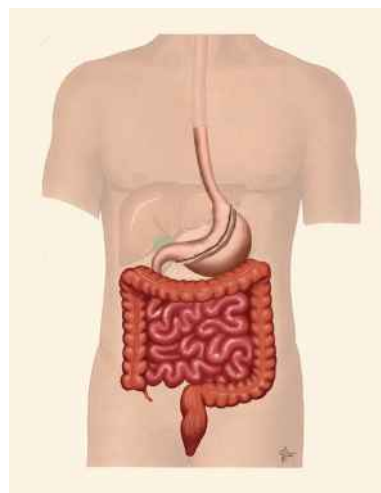
Why is it effective?

Weight-loss surgery becomes a tool that people use in order to lose weight and keep it off. It not only becomes a physical tool but also a psychological tool. Where other tools (diet and exercise, medication, etc.) fail, weight-loss surgery works. By following the plan laid out by the physician which limits the amount of food you eat and also requires you to choose food that benefits your body, a person can rely on its effectiveness.

That being said, when you undergo weight-loss surgery, you make a lifetime commitment to yourself. A lifetime commitment to choose foods that will keep you healthy and allow you to become more active. But please understand, you are also making a commitment to live and enjoy life.



Gastric bypass

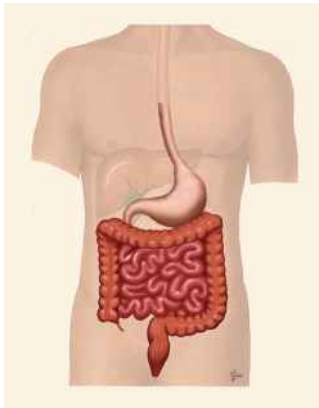


Sleeve gastrectomy

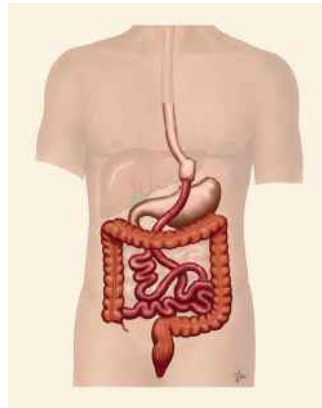
Types of weight-loss surgery.

At the Bariatric Center of the Rockies, we perform three different types of weight-loss surgery.

- **Gastric bypass** – Considered the “gold standard” in weight-loss surgery for many years.
- **Laparoscopic adjustable gastric banding** (also known as LAP-BAND®) – Our surgeons will perform any needed revisional surgery of existing adjustable gastric banding.
- **Sleeve gastrectomy.**



Before



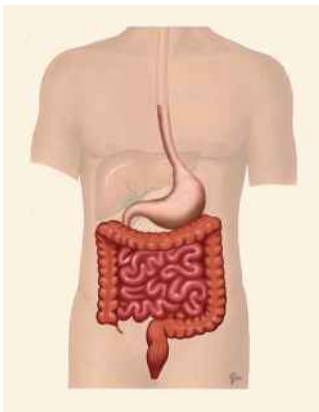
After

Gastric bypass:

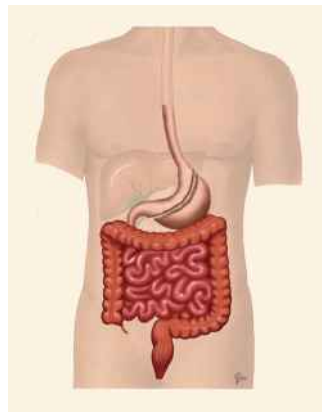
Developed over 50 years ago, gastric bypass surgery has proven its effectiveness time and time again. Considered the gold standard for weight-loss surgery, studies show that gastric bypass surgery reduces a person's weight along with other comorbid conditions like diabetes, heart conditions, etc.

The gastric bypass:

- Reduces the size of the stomach from the size of a cantaloupe to the size of an egg.
- The smaller stomach is then connected to the middle of the small intestine, bypassing a part of the intestine called the duodenum (doo-ah-dee-num).
- People eat less because the stomach is smaller and they feel full more quickly. Essentially, they don't feel hungry all the time.



Before



After

Sleeve gastrectomy:

Developed in Australia in the early 1990s, the sleeve gastrectomy has become an effective alternative to other types of bariatric surgeries and has been performed in the United States since 2001.

The sleeve gastrectomy:

- Removes about 85% of the greater curvature of the stomach.
- Reduces stomach size from the size of a cantaloupe to the size of a slim banana.
- Controls appetite and food cravings because the portion of the stomach that secretes the hunger hormone, ghrelin, is removed.
- Ensures patients eat less and feel more full because the stomach is smaller.
- Helps patients lose approximately 60% of their excess weight within 1-2 years. (Limited data is available for excess weight loss at 5 years.)

Weight-loss surgery questions answered by a former patient.

Ruth lost 175 pounds following gastric bypass surgery. She now competes in triathlons, teaches aerobics and has given birth. She gets asked questions all the time and would like to share some of the most popular ones.

Would I have the surgery again?

I would have the surgery every day for the rest of my life if it meant feeling like I do now!

Can you ever eat "real" food again?

Every day I eat "real" food, just less of it and I chew it really well and actually enjoy it. I used to just gulp my meals down. It's so much more fun to taste and enjoy it.

What was the biggest "surprise" post-surgery?

I became lactose intolerant for the first six months post-op and that was hard for me as I was counting on milk-based products for many of my liquid and soft food meals. I just learned to use other forms of proteins and modified my diet until the lactose intolerance went away.

Is it difficult to order meals at a restaurant after surgery?

I was intimidated by going out at first but have turned it around to something I look forward to now. Whenever we choose a restaurant, I will go online and look at the menu and have a good idea of what I am going to order before I go. This allows me to be confident that there is an item that I can have, as well as allows more time to chat because I don't have to make a decision from a large menu.

Are you able to have a baby after surgery?

Absolutely, I have the proof! And I am so much healthier and have had such a positive experience with the pregnancy and birth of my baby after surgery.

Is it difficult to take all the supplements that you need after surgery?

It was never really "difficult" but it does take some planning to make sure you get the right supplements in. I needed to make sure that taking them became a habit, and just a part of my day-to-day activities. The key is the planning so you don't get overwhelmed.

How do you overcome the cravings for foods that you loved before surgery?

Honestly, my tastes have changed quite a bit since my surgery and I find that I do not crave the same foods that I did before my surgery. I am more sensitive to flavors so a little of something will go a long way. I find that I spend a little more time determining what I'm really craving instead of just grabbing anything. There is "mental" hunger and there is "physical" hunger. As someone who has fought food addiction, I find that when I am craving something I really need to determine if it is mental or physical hunger. The mental hunger is what craves the salt and sugar, and if I give into it I become physically ill, which is not appealing at all. I know that it is a typical answer, but I do drink a glass of water and wait a few minutes before eating anything that I am craving, as nine times out of 10 it will go away once my mind is focused on something else.

Ruth lost
175 lbs.
following
weight-loss
surgery.



A guide for you.

It's a big decision to move forward with weight-loss surgery. That's why, at Bariatric Center of the Rockies, we provide patients with a guide. A person who understands your needs, your fears, and your hopes. A person who is there to answer your questions and walk you through the whole process. A person who cares about your success.

Our bariatric patient navigator, takes part in the journey with each individual and works to make sure each and every person understands what it takes to be successful. If you, or someone you know, is considering weight-loss surgery, we are here for you.

Request an appointment: call 970.482.6456.



Todd lost 223 lbs. following weight-loss surgery.

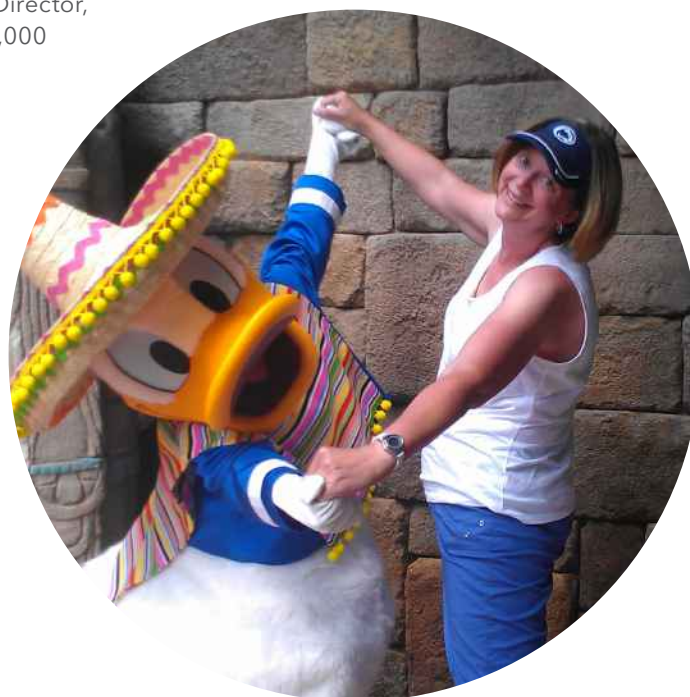
About the Bariatric Center of the Rockies.

Bariatric Center of the Rockies, a leader in weight-loss surgery in Colorado, is a shared program between UCHealth Poudre Valley Hospital and UCHealth Surgical Clinic - Northern Colorado. It is our philosophy and goal to provide weight-loss surgery to all patients who need it and meet the program qualifications, including the Medicare/Medicaid patient population. Due to the level of skill and expertise of our four bariatric surgeons, we provide surgery and care to patients who are considered high-risk. In fact, high-risk patients are oftentimes referred to us for treatment. We also provide gastric bypass, LAP-BAND® and sleeve gastrectomy surgeries for adolescent patients.

Our program has been designated as a Center of Excellence by the American Society for Metabolic and Bariatric Surgery, Aetna, Anthem Blue Cross and Blue Shield (national and Colorado), CIGNA Healthcare of Colorado and UnitedHealthcare. It is the only program for bariatric surgery in Colorado to be recognized collectively by these programs.

Since 1995, our board-certified surgeons, under the direction of Bariatric Center of the Rockies Medical Director, Robert Quaid, MD, have performed over 4,000 bariatric surgeries.

Lisa lost 100 lbs. following weight-loss surgery.



Notes:

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

