YOUR GUIDE TO WEIGHT LOSS SURGERY
It’s about gaining life.

At MU Health Care, bariatric surgery isn’t about dropping pounds or pant sizes. It’s about finding a long-term solution to help you regain your health and live a life unhindered by weight.

With multiple weight loss options, we work with you to find what best meets your goals and give you an entire team of support before, during and long after your procedure.

Our comprehensive, collaborative approach to care means no matter where you’re at in your weight loss journey, our team is committed to making sure you have everything you need to be successful. It means we don’t just get you in and out for surgery or short-term results; rather, we work together to foster a lasting, healthy lifestyle through nutrition counseling, health evaluations, educational classes, support groups, treatment of weight-related issues and regularly scheduled check-ins.

To us, bariatric surgery isn’t about losing weight; it’s about gaining life, and we’re here to help make it happen. In this guide, you’ll find all of the bariatric procedures we offer, as well as some information about our non-surgical medical weight loss program.
Body Mass Index (BMI) Eligibility

To qualify for weight loss surgery, candidates typically need a BMI of **40 or more**, which translates to about 100 pounds over ideal body weight for men and 80 pounds for women.

Those with a BMI of **35 or greater** may also qualify for surgery if they have other conditions related to their weight, including:

- **DIABETES**
- **SLEEP APNEA**
- **HEART DISEASE**
- **HYPERTENSION**
- **JOINT PROBLEMS**
Procedures

As a designated American Society for Metabolic and Bariatric Surgery Center of Excellence (MBSAQIP), our board-certified physicians offer a range of surgical and non-surgical options to meet the needs of those struggling with weight loss. All of our procedures improve obesity-related medical conditions and are almost always performed laparoscopically to improve recovery, reduce time off work and decrease the rates of complications.

GASTRIC BYPASS

During gastric bypass, the surgeon creates a small stomach pouch and attaches it directly to the small intestine, bypassing the rest of the stomach and upper part of the intestine. The smaller stomach reduces food intake by helping you feel fuller faster, while bypassing the intestine helps control hunger between meals.

- Limits food intake and reduces caloric absorption
- Patients typically lose 30 pounds in the first month, and one to two pounds per week afterward
- Helps control hunger through hormonal changes

This procedure is not well-suited for someone with severe medical illnesses or extensive abdominal surgery.
GASTRIC SLEEVE

For the gastric sleeve procedure, the surgeon creates a small stomach sleeve in the shape of a banana that is about half an inch wide and removes the rest of the stomach. The limited stomach space restricts the amount of food that can be eaten, while hunger hormones decrease to help control hunger between meals.

- Limits food intake and controls hunger
- Stomach size is reduced by 80 percent
- The majority of weight loss comes in the first 18 months
- Fewer long-term side effects compared to procedures with intestinal modifications
- Not reversible, but can be transformed into other weight loss options if necessary

Unique to bariatric options, the sleeve can be performed in patients with severe medical illnesses, as well as in someone with extensive abdominal surgery.

BILIOPANCREATIC DIVERSION WITH DUODENAL SWITCH

Our biliopancreatic diversion with duodenal switch procedure creates a stomach sleeve similar to the gastric sleeve procedure, however, with this procedure, the surgeon also bypasses a significant portion of the intestine, thereby limiting absorption and improving weight loss.

- Limits food intake, reduces caloric absorption and controls hunger
- Leads to the most significant weight loss
- Patients generally lose 70 to 80 percent of excess weight within two years

Like the gastric bypass, this procedure isn’t recommended for someone with severe medical illnesses or extensive abdominal surgery.
**LAP BAND**

During lap band surgery, the surgeon places an adjustable silicon band around the upper portion of your stomach to create a small pouch. The pouch helps limit food intake by creating a sense of fullness. Based on your nutritional needs and goals, the band can be adjusted to allow more or less food after the initial surgery.

- Limits food intake
- Adjustable depending on nutritional needs
- Designed for those who don’t have much weight to lose

**WEIGHT LOSS REVISIONAL SURGERY**

If you are struggling with weight loss after bariatric surgery or are dealing with long-term side effects, it might be possible to try another method or modify your current procedure. While it poses a higher risk as a second stomach operation, it may be a good option if you’re facing weight regain or negative side effects.
NON-SURGICAL OPTIONS

GASTRIC BALLOON

Our gastric balloon procedure offers modest weight loss results in a non-invasive way. During the procedure, an inflatable balloon is placed in the stomach via the esophagus with the ability to adjust the amount of space available for food.

With coaching from our staff, patients work on healthier meals and exercise options to lose weight. Most patients who choose this method lose the most weight within the first six months and then have to rely on a healthy lifestyle to keep the pounds off.

- Limits food intake
- No surgical incision
- Balloon is removed after six months
- Adjustable depending on nutritional needs

MEDICAL WEIGHT LOSS PROGRAM

MU Health Care also offers a comprehensive non-surgical weight loss program using medications to help control hunger. This program can also be paired with a surgical procedure to maximize your weight loss and keep it off.
Insurance

When it comes to insurance, every policy is different, though most tend to cover bariatric services. Our team can assist in determining if your insurance covers weight loss surgery and will be glad to help you meet any pre-surgery diet and weight loss requirements.

READY TO START LOSING WEIGHT AND GAINING LIFE?

Call (573) 882-LOSE
or request an appointment at muhealth.org/weightloss/appointment