

Patients come to the Cleveland Clinic's Bariatric and Metabolic Institute from across the county and around the world for our outstanding outcomes.

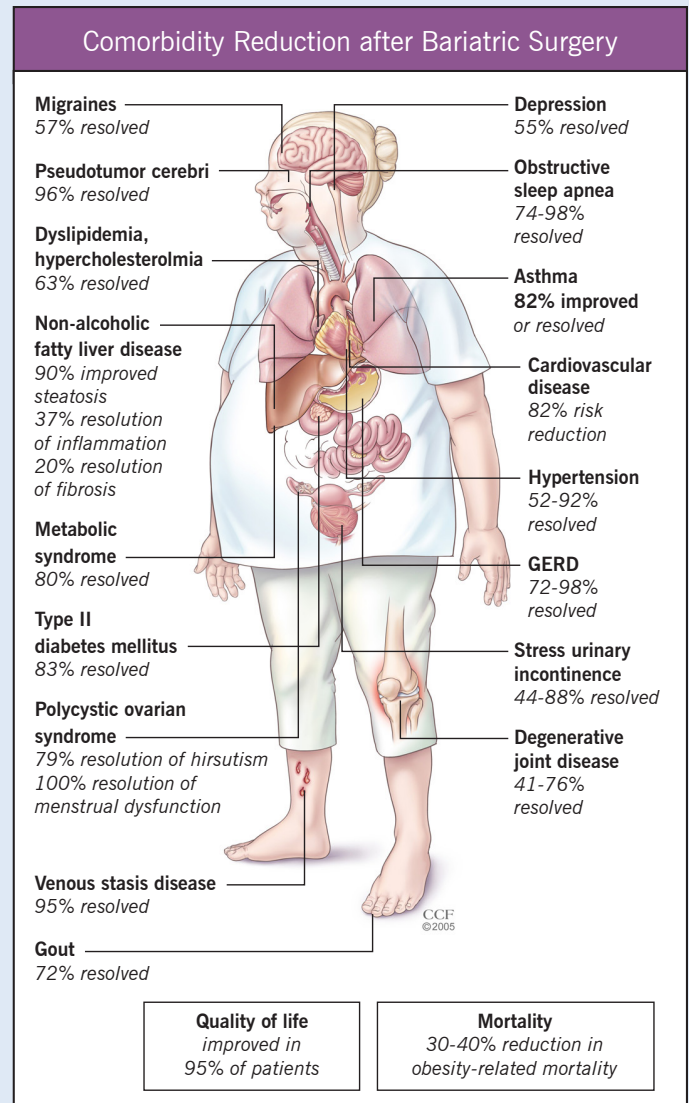
Our team of surgeons, physicians, anesthesiologists, psychologists, counselors, dietitians and specialized nurses focuses on your long-term weight loss success. Together with specialists in sleep disorders, gastroenterology, nutrition, cardiology, internal medicine and other obesity-related fields, as needed, we provide you with the support you need to permanently regain your health.

At the Bariatric and Metabolic Institute, our team will perform a thorough physical exam, which may require blood work and other diagnostic tests, to help create a weight loss plan that's right for you.

Surgical Weight Loss

Surgical weight management is typically designed for those 100 pounds or more overweight. You may also qualify with a BMI of 35 to 40 if you have another serious illnesses, such as diabetes, cardiovascular disease, hypertension or sleep apnea.

We also manage patients postoperatively to ensure adequate weight loss, adjusting medications when associated illnesses begin to improve and to prevent nutritional deficiencies.



Surgical Procedures Offered

Roux-en-Y gastric bypass — Surgically creates a small stomach pouch, bypassing the lower stomach so less food can be consumed

Sleeve gastrectomy — Reduces stomach capacity by stapling the stomach and removing two-thirds of the outer portion

Gastric banding — Places an adjustable, inflatable silicone band around the upper stomach, making the stomach smaller. Allows patients to return to work after about a week

Gastric plication — Sewing one or more large folds in your stomach, reducing stomach volume about 70 percent. This makes the stomach hold less and may help you eat less.

Medical Weight Loss

For patients who choose not to undergo surgery, or for those who are not eligible, we offer medical management options.

Dietitians review each patient's food and exercise history and psychologists address issues such as depression, eating disorders and smoking and other addictions. Exercise physiologists also can create individualized exercise programs, including stress testing. Medication, such as appetite suppressants, can be prescribed to help with weight loss.

Surgical outcomes

Six months after surgery, patients often find they no longer need medication or treatment for diabetes, high blood pressure, obstructive sleep apnea and a host of other conditions.

Cleveland Clinic's STAMPEDE (Surgical Treatment And Medications may Potentially Eradicate Diabetes Efficiently) study shows bariatric surgery is a highly effective and durable for type 2 diabetes in obese patients, enabling nearly all surgical patients to be free of insulin and many to be free of all diabetic medications three years after surgery.

Support Programs

Many behaviors, habits, thoughts and emotions can affect your weight loss. We offer ongoing support groups and classes that address preparing for surgery, binge eating, reducing the risk of substance abuse, life after surgery and other issues.

Why Choose Cleveland Clinic?

- Skilled, experienced surgeons who have performed thousands of bariatric surgical procedures and handle complex cases (people with certain liver problems or previous abdominal surgery, adolescents and reoperations)
- More than 95 percent of surgeries are performed using minimally invasive (laparoscopic) techniques
- High success rates, low complication and mortality rates
- Extensive surgical, nonsurgical and medical treatment options and thorough preparation and follow-up programs to help you succeed
- Comfortable, leading-edge facility designed specifically for the care of bariatric patients
- Convenient locations for weight loss treatment close to home

Ready to take the first step?

If you're interested in weight loss surgery or medical management, register today for our free informational seminar. You'll learn about what to expect, available options as well as receive answers to common questions.

To register, visit clevelandclinic.org/firststep. Have questions? Call Cleveland Clinic's Bariatric and Metabolic Institute at 216.445.2224 or 800.339.9829.