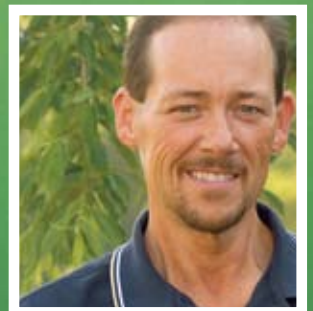
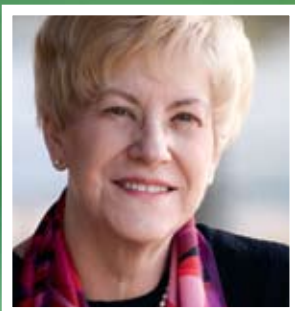


Bariatric and Metabolic Institute



Dear Friend,



Obesity has become the #1 public health problem in our country today — more than half of Americans are overweight and roughly 12 million Americans have severe obesity (defined as being 100 pounds or more overweight). Obesity is a major cause of premature death and many other medical conditions, including diabetes, cardiovascular disease, hypertension, sleep apnea and degenerative joint disease.

At Cleveland Clinic, our program is focused on addressing obesity with modern treatment strategies, research and education, because losing weight often is not as simple as it sounds.

So even if you have tried and failed every diet program in existence, you can still find a real solution to your weight problem and be able to reclaim your life and health. Cleveland Clinic offers a variety of services to meet your needs, including bariatric surgery (also known as gastric bypass, or weight-loss surgery) — a proven safe and effective treatment option for many, many people — medical weight-loss management and treatment for obesity-related diseases.

Carefully researching your options is an important step in your search for the best weight management program. We are confident that you will discover how the Cleveland Clinic Bariatric and Metabolic Institute excels in so many ways and how the program is right for you.

A common thread throughout our program, and the entire Cleveland Clinic, is an unwavering commitment to quality and excellence. At every step, the staff of the Bariatric and Metabolic Institute focuses on your safety and comfort. We believe you should be thoroughly educated about what you are going through, each of your questions should be answered and you should receive all the support you need to succeed.

Because excessive weight often is associated with serious medical conditions, you want a program where you'll have easy access to many of the nation's best physicians in such specialties as cardiac care, orthopaedics, endocrinology and gastroenterology, to name but a few. Cleveland Clinic is an ideal setting for bariatric surgery. When you come to Cleveland Clinic, ranked among the nation's top hospitals for the last 16 years by *U.S. News & World Report*, you are assured that all of your medical care will be of the highest quality available anywhere.

Please call us with any questions. We look forward to serving you.

Sincerely,

A handwritten signature in blue ink, appearing to read 'Philip R. Schauer, M.D.'.

Philip Schauer, M.D.

Director of the Bariatric and Metabolic Institute | Cleveland Clinic

find out the advantages

The Bariatric and Metabolic Institute is a comprehensive program providing you with personalized attention as you work toward your weight-loss goal. An entire team of professionals, led by board-certified surgeons, works to provide superior care for our patients. The team comprises professionals from many disciplines: surgeons, physicians, anesthesiologists, psychologists and counselors, specialized nurses, special surgical fellows (surgeons receiving advanced training in bariatric surgery), dietitians, coordinators and more.

Our specialists will work with your primary care physician to learn about you and any medical conditions you have that will require special attention. They will communicate with your physician about your course of surgery and recovery, including any special needs or medication changes as a result of weight-loss surgery.



A Life and Death Situation



SHARON PHILLIPS — *Red Springs, North Carolina*

In early 2005, Sharon Phillips was scheduled for bariatric surgery at a hospital near her home in Red Springs, N.C., a small town about 90 miles from Raleigh. Her surgeon was set to perform the procedure until he discovered that Mrs. Phillips had serious liver disease. He declined to perform the surgery, explaining that the best surgeon to do so was Dr. Philip Schauer at Cleveland Clinic.

Mrs. Phillips discovered that she had a liver disease called nonalcoholic steatohepatitis, also referred to as NASH. Most often, people with NASH have no symptoms until the disease progresses into cirrhosis. At that point, the liver is permanently damaged and nonfunctional.

Her surgeon told her, “If it were me, I would go to a doctor who has had success with cirrhosis patients, and they all lived,” recalls Mrs. Phillips, a fourth-grade teacher. “He told me this was a life-and-death situation, and I needed to see Dr. Schauer as soon as possible.”

Expert Help for High-Risk Patients

Patients come to our program from across the country and from around the world because of our excellent outcomes and the skill level of our surgeons and supporting departments. Because of our skill and resources, we specialize in treating patients considered high risk.

Experience with Revisional Surgery

Patients having undergone previous bariatric operations that weren't successful can find renewed hope at Cleveland Clinic. If you are experiencing complications from a bariatric surgery, or aren't experiencing the weight loss you anticipated, we can help. Through various tests, we can learn why your weight loss has not been adequate, or why you have regained weight or are experiencing problems. Older procedures sometimes require modification as techniques have advanced. It's important you seek out an experienced center when considering a revisional operation. The Cleveland Clinic Bariatric and Metabolic Institute has helped hundreds of patients with their revisional needs.

Resolution of Diabetes

Obesity is one of the most important factors for the development of type 2 diabetes. Studies have shown that gastric bypass surgery is not only an effective tool for treating obesity, but also for resolving diabetes. The Bariatric and Metabolic Institute works closely with Cleveland Clinic endocrinologists to treat bariatric patients with diabetes and develop a program tailored to suit your needs. In some cases, patients suffering from diabetes may be eligible for bariatric surgery even if they have a Body Mass Index (BMI) of less than 35, the traditional requirement for weight-loss surgery. Please see the BMI chart on page 8.

Minimally Invasive Techniques

More than 95 percent of all procedures performed at the Bariatric and Metabolic Institute are performed using minimally invasive (laparoscopic) techniques. In fact, our surgeons are pioneers in advanced laparoscopic techniques. Minimally invasive surgery means faster operations, less anesthesia, much smaller incisions and less scarring, all of which contribute to faster healing and recovery.

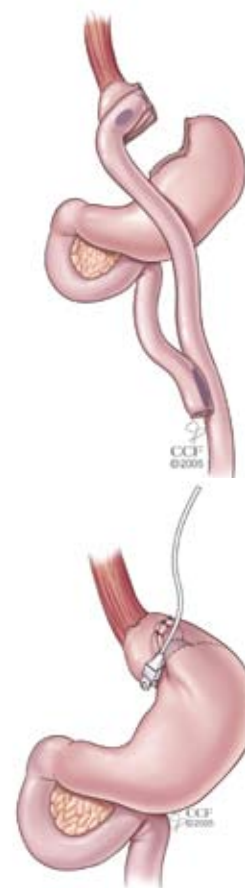
Proven Procedures

Roux-en-Y Gastric Bypass

How it works: This procedure involves creating a small stomach pouch, so less food can be consumed. The intestine is connected to the pouch and rerouted. Food bypasses the lower stomach, the first segment of the small intestine (duodenum) and part of the second segment (jejunum). A direct connection is created from the stomach to the lower segment of the small intestine, literally bypassing portions of the digestive tract that absorb calories and nutrients. This is considered a combined restrictive and malabsorptive procedure.

Laparoscopic Adjustable Gastric Banding

How it works: The laparoscopic adjustable gastric banding procedure involves placing an adjustable, inflatable silicone band around the upper part of the stomach. The technique makes the stomach smaller, thereby restricting the amount of food that can be eaten. Patients generally can return to work after about one week. In addition, the gastric band can be adjusted later to enhance weight loss.



Fix for a Failed Surgery



EDITH GUFFEY — *Solon, Ohio*

Edith Guffey was ready to do something about her weight. “I knew that health problems were on the horizon if I didn’t do something,” the Solon, Ohio, resident says. She also had a knee replacement due to an injury playing tennis in college that was aggravated by her excess weight. She called one bariatric surgery program. “Because I’d had previous surgery, they wouldn’t even talk to me, wouldn’t even let me in the door. I was at the point that I really wanted to have surgery, so I was just devastated,” she recalls.

“I saw Dr. (Bipan) Chand, and he was so kind, and so thorough,” recalls the busy executive. “He did an endoscopy to see what happened with the first surgery. He determined that it indeed had failed. That was great news for me. He said, ‘We can do this, we can fix it,’” she recalls. “Plus, the endocrinologist I saw told me I was pre-diabetic. That immediately wiped out any doubts I’d had about surgery.”

High Risk, High Reward



FRANK ZAYAS — *New Middletown, Ohio*

Juggling the demands of a full-time job and being a full-time student and volunteer EMT, Frank Zayas has always been an active individual. And being overweight never seemed to slow him down.

But when Frank's weight hit a high of 595 pounds, he knew he needed to make a change. Suffering from hypertension and sleep apnea, Frank also struggled with continual fatigue. He wanted to pursue bariatric surgery, but had a hard time finding a center that would treat him, due to his size. Finally, both personal research and a recommendation from his insurance company led him to Cleveland Clinic.

Dr. Schauer handled Frank's high-risk situation by performing the surgery in two separate procedures, spaced nine months apart. This approach made the risks of surgery safer — and helped Frank lose more than 250 pounds and gain a new take on life. "It's easier to do things now," he says. "I'm more willing to get out there and do a lot more things than I did in the past."

Cleveland Clinic is a leader in developing the staged approach for surgical weight loss and one of only a few centers offering it.

Return to Health

There is scientific evidence that excessive weight leads to many health problems, not to mention darkening your outlook on life. After 10 to 30 years of being obese, a person who is 40 percent overweight is twice as likely to die prematurely as an average-weight person.

Obesity is a risk factor for life-threatening diseases, including:

- Diabetes
- High blood pressure (hypertension)
- Heart disease
- Obstructive sleep apnea
- Stroke
- Heartburn or acid reflux disease
- Cancer (in women: endometrial, gallbladder, cervical and uterine; in men: colorectal and prostate)

Studies show that the risk of death from these conditions drops significantly after weight loss.

In addition, obesity contributes to numerous other medical conditions, including:

- Osteoarthritis and gout
- Gallbladder disease and gallstones
- High-risk pregnancy
- Hypoventilation (breathing disorders)
- Infertility
- Psychological disorders/social impairments
- Incontinence
- Polycystic ovary syndrome
- Low back pain, degenerative disc disease

Six months after surgery, patients often find they no longer need medications for many of these conditions. Also, many women struggling with infertility before surgery find that conception is possible after weight loss.

What You Can Expect to Lose...and Gain

Most of our patients lose between 50 and 80 percent of their excess body weight during the 18 to 24 months following surgery. But bariatric surgery is not a miracle cure, and you should not expect to have a “perfect” body or the one you had when you were 16. The weight loss you achieve can only be sustained with your commitment to dietary changes and regular exercise.

All facets of your life — body, mind and spirit — will potentially undergo significant positive changes as a result of bariatric surgery. Your overall quality of life will improve. Many patients are thrilled to be able to do ordinary things again, like going to the store, playing with their children, getting in and out of a car easily, riding a bike, shopping for clothes off the rack and more!

Yet some people find that old feelings related to poor self-esteem, self-worth or depression resurface. Our psychology staff will help you deal with those feelings so that you don't fall back into old habits. We pledge to provide the support and direction you need to succeed in your weight-loss journey.

You're Not Alone

Support and follow-up are essential to your success. We have built a solid support group around the needs of our patients. And we strongly encourage all our patients to attend group sessions, both before and after surgery. The group offers a safe environment where you can express your thoughts, feelings, concerns and fears with others who understand what you are going through. The support group setting also is the perfect place to learn more about weight management issues. Cleveland Clinic experts often present a variety of educational topics, some designed to prepare patients for surgery and others to help patients deal with issues after surgery.

Making a Life Choice



PAT JONES — *North Royalton, Ohio*

For Pat Jones, the turning point came in 2003, when his father was diagnosed with cancer. “That got me thinking. I wanted to be around for my children and grandchildren. You just don’t see many 400-pound 80-year-olds walking around.”

After bariatric surgery, and losing nearly 200 pounds, his life changed. “I’m doing a lot of things I couldn’t do before,” he says.

“I will never ever let that happen to me again,” Pat says. “I will never go back to the way I was. I am going to be around for my kids and grand-kids. I’m not going to die from being overweight.”

An Option at Any Age



CONNIE BENHAM — *Cleveland, Ohio*

After almost 40 years of yo-yo dieting and watching the scale, Connie Benham was more than ready for a permanent change. “I have been on so many diets,” she says, “everything from doctor-supervised diets, shots every day, over-the-counter diet pills, and I’ve probably lost over 1,000 pounds in my lifetime ... and then put it all back on.”

The first bariatric surgery center she approached said she was not eligible for the surgery because she was older than 60.

Then she looked into Cleveland Clinic. After the necessary tests and procedures, Connie was found to be an ideal candidate and she elected to have the gastric banding procedure.

In less than a year, she has lost more than 50 pounds, reduced her cholesterol by 60 points and returned her blood pressure to a healthier range.

“I wasn’t a very happy person, because my weight was always a detriment to me,” Connie says of her life before the surgery. “Now, I have more self esteem. People look at me and they say ‘Oh my God, you look so good!’ I feel wonderful.”

Are You Eligible for Surgery?

Bariatric surgery is a major operation, and should be considered only after non-surgical weight-loss methods have failed. If you’re considering weight-loss surgery, you must make a serious, lifelong commitment to lifestyle changes.

Our program follows the National Institutes of Health (NIH) guidelines for patient selection. If you have a BMI (Body Mass Index) of 40 or more, or a BMI of 35 or more with illness related to excess weight, and have not been able to sustain weight loss through diet and exercise, you probably are a candidate for weight-loss surgery. (Visit our Web site at clevelandclinic.org/bariatricsurgery to find a BMI calculator or see the chart on page 8.) Our center accepts candidates between the ages of 16 and 70, with some exceptions.

If you do not meet these guidelines, or we find that you are not eligible for surgery for health reasons, don’t despair. Through our intensive non-surgical weight management program, we can help you lose weight by helping you change your eating habits, modify your behavior and increase your physical activity.

Every Surgery Has Risks

All surgical procedures carry risks, even more so when a patient is obese. Different procedures involve different risks, and depending upon your individual circumstances, your risks may be higher or lower than average. Keep in mind that the more experience a surgeon has performing bariatric surgery, the lower the complication and mortality rates will be. Your surgeon will discuss potential risks of surgery with you so you can make an educated and informed decision.

Insurance and Financial Counseling

If you are considering surgery for weight loss, call your employer or insurance company as soon as possible to find out whether these procedures are covered by your policy. Each policy is different and varies by employer. Here are the “CPT” codes for surgery in case your insurer asks: gastric bypass, 43644; gastric band, 43770.

Our financial counselor is happy to help you work through the insurance approval process. If you do not have insurance coverage, we can help you establish self-pay arrangements. Please call 216.445.1745 or 800.223.2273, ext. 51745, for more information.

Medical Weight-Loss Management

For patients who choose not to undergo surgery and for those who are ineligible for surgery, the Bariatric and Metabolic Institute offers medical management for weight loss. Candidates for medical weight-loss management include:

- Patients who decide bariatric surgery is not for them
- Patients with a BMI not high enough to be eligible for surgery
- Patients with a medical condition that prohibits surgery
- Patients whose insurance companies require their enrollment in a medical-management program prior to receiving bariatric surgery
- Surgical patients in other departments (such as for organ transplantation or orthopaedic surgery) who need to lose weight prior to their operation
- Patients whose insurance companies don't cover bariatric surgery

Medical weight-loss management at Cleveland Clinic includes a team of specialists knowledgeable on all facets of weight loss and centers around five mainstays:

Diet

Your physician and dietician will work together to develop a personalized eating plan that meets your nutritional and weight-loss needs and fits your lifestyle. All plans encourage healthy eating habits that you can maintain for life.



Exercise

Each patient will receive a physician-designed exercise program that is customized to your needs and current fitness level. From pedometer-based programs to seated exercises, these plans will encourage you to get motivated and active. Consultations will include exercise demonstrations when needed and physical therapy sessions when necessary.

Behavior Modification

A healthy lifestyle promotes healthy behaviors. If you suffer from depression or have an eating disorder, are a smoker or have another addiction, psychologists are available to help you with important lifestyle changes that will improve your overall health and promote weight loss.

Lab and Diagnostic Evaluations

You will receive an evaluation for all obesity-related diseases and your treatment will include continual monitoring of relevant data, including liver, kidney and thyroid function; cholesterol; blood pressure; and metabolic syndrome.

Medications

A physician will review any medications you are currently taking to ensure none has any side effects that are counterproductive to your weight-loss goals. When appropriate, medications taken for other conditions will be switched to alternatives that are more conducive to weight loss.

Medications such as appetite suppressants also may be prescribed, when appropriate, to patients meeting organ-health and lifestyle requirements. All weight-loss medications are prescribed according to the National Institutes of Health (NIH) guidelines and State of Ohio guidelines.

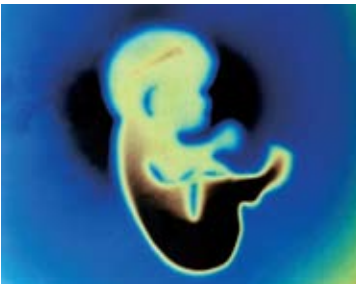




Easy Access to Medical Specialists

At Cleveland Clinic, you'll have easy access to physicians in a variety of medical specialties, if the need arises, including:

- Cardiology
- Pulmonary Medicine
- Endocrinology
- Gastroenterology
- Nutrition/Dietary
- Critical Care
- Physical Therapy/Exercise Therapy
- Psychology/Psychiatry
- Plastic and Reconstructive Surgery



Special Considerations

If you are a woman of childbearing age and are planning to become pregnant, you MUST NOT get pregnant within the first 18 months to two years following surgery. Rapid weight loss and nutritional deficiencies associated with bariatric surgery make pregnancy potentially dangerous for the mother and developing fetus.

What's Your BMI?

- 19-24 normal
- 25-29 overweight
- 30-39 obese
- 40+ severely obese

		Weight (pounds)																		
		120	130	140	150	160	170	180	190	200	210	220	230	240	250	260	270	280	290	300
Height	5'0"	23	25	27	29	31	33	35	37	39	41	43	45	47	49	51	53	55	57	59
	5'2"	22	24	26	27	29	31	33	35	37	38	40	42	44	46	48	49	51	53	55
	5'4"	21	22	24	26	28	29	31	33	34	36	38	40	41	43	45	46	48	50	52
	5'6"	19	21	23	24	26	27	29	31	32	34	36	37	39	40	42	44	45	47	49
	5'8"	18	20	21	23	24	26	27	29	30	32	34	35	37	38	40	41	43	44	46
	5'10"	17	19	20	22	23	24	26	27	29	30	32	33	35	36	37	39	40	42	43
	6'0"	16	18	19	20	22	23	24	26	27	29	30	31	33	34	35	37	38	39	41
	6'2"	15	17	18	19	21	22	23	24	26	27	28	30	31	32	33	35	36	37	39
	6'4"	15	16	17	18	20	21	22	23	24	26	27	28	29	30	32	33	34	35	37

Why Choose Cleveland Clinic?

- Skilled, experienced surgeons who have performed thousands of bariatric surgical procedures
- High success rates and low complication and mortality rates
- More than 95 percent of surgeries are performed using minimally invasive (laparoscopic) techniques
- Thorough preparation and follow-up programs to help you succeed
- Comprehensive medical weight-loss program with primary care physician
- Nurses accessible by phone during regular business hours, and physicians available 24/7 for urgent problems
- Ability to handle complex cases (for instance, people with certain liver problems or previous abdominal surgery)
- Easy access to additional medical specialists
- Comfortable, state-of-the-art facility designed specifically for the care of bariatric patients
- Team of professionals devoted to your success





See the Difference

The Bariatric and Metabolic Institute at Cleveland Clinic features a newly remodeled center that combines outpatient and inpatient rooms and services, as well as an endoscopic suite, into one integrated and convenient location. All aspects of the physical space are size-appropriate for the comfort and safety of patients, including chairs, wheelchairs, bed lifts, bathrooms and custom-sized blood-pressure cuffs. State-of-the-art operating facilities complete the offerings of the Institute.



Complete Your Weight-Loss Success Story

After massive weight loss, one problem often remains: large amounts of excess skin around the abdomen, arms, legs, breasts and face. Because the skin has lost its elasticity, it fails to shrink back to its former shape and size. The only solution is plastic surgery.

Cleveland Clinic's Department of Plastic Surgery offers body-contouring procedures designed specifically for patients who have lost substantial weight. With many years of experience, our skilled surgeons provide consistent, satisfying results for patients.

Body contouring after weight loss is like putting the finishing touches on a masterpiece — refining the new, healthier and thinner you. As a result of skin-trimming surgery, clothes will fit better, and you will be able to participate more comfortably in your favorite activities.

You can begin body contouring as soon as you have achieved your weight-loss goal. Call us for an initial consultation, and we will discuss your goals and map out a customized program to help achieve them. Please note that insurers usually do not cover the cost of skin-reduction surgery, because it is considered cosmetic.

To schedule a consultation, call **216.444.6900** or **800.223.2273, ext. 46900**.



Confidence in Our Program

Bariatric Surgery Center of Excellence Designation



The Cleveland Clinic Bariatric and Metabolic Institute has been named a Bariatric Surgery Center of Excellence by the American Society for Bariatric Surgery and the Surgical Review Corporation. The designation is awarded to programs with a proven record of favorable outcomes for weight-loss surgery.

American College of Surgeons Designation

The Cleveland Clinic Bariatric and Metabolic Institute also has been accredited as a Level 1 facility by the Bariatric Surgery Center Network (BSCN) Accreditation Program of the American College of Surgeons (ACS). This designation means that

Cleveland Clinic has met the essential criteria that ensure it is fully capable of supporting a bariatric surgery care program and that its institutional performance meets the requirements outlined by the ACS BSCN Accreditation Program.

Designations from Major Insurance Providers

Additionally, several major insurance providers have designated the Bariatric and Metabolic Institute as a distinguished program. Anthem Blue Cross Blue Shield, under their Blue Distinction Program, has named our institute a Center of Excellence for Bariatric Services. Aetna has included us in their Preferred Bariatric Center Network. Medical Mutual of Ohio has named us a Center of Excellence for Bariatric Surgery and Cigna has included us in their Center of Excellence Program for Bariatric Surgery.

Directions and Accommodations

Medical Concierge Service

Cleveland Clinic's Medical Concierge program is a special complimentary service for patients who travel to Cleveland Clinic from outside Ohio. Our patient-care representatives facilitate and coordinate the scheduling of multiple medical appointments; provide access to discounts on airline tickets and hotels, when available; make reservations for hotel or housing accommodations; and arrange leisure activities.

For more information, call **800.223.2273, ext. 55580**, visit clevelandclinic.org/services, or send an e-mail to medicalconcierge@ccf.org.

Cleveland Clinic Campus Hotels

You have the option of staying at one of three hotels conveniently located right on Cleveland Clinic's main campus:

The Cleveland Clinic Guesthouse offers apartment-like accommodations with minimal maid service. Guest rooms may be rented by the day, week or month.

The InterContinental Suites Hotel provides full-service amenities. For upscale comfort and convenience, the hotel offers 163 beautifully appointed suites and is ideal for overnight or extended stays.

The InterContinental Hotel and Conference Center adds grace and style to international lodging. It offers 300 luxury guest rooms and suites, along with fine dining, stylish lounges and a fitness center. The hotel is connected to all major Cleveland Clinic medical buildings via skyways.

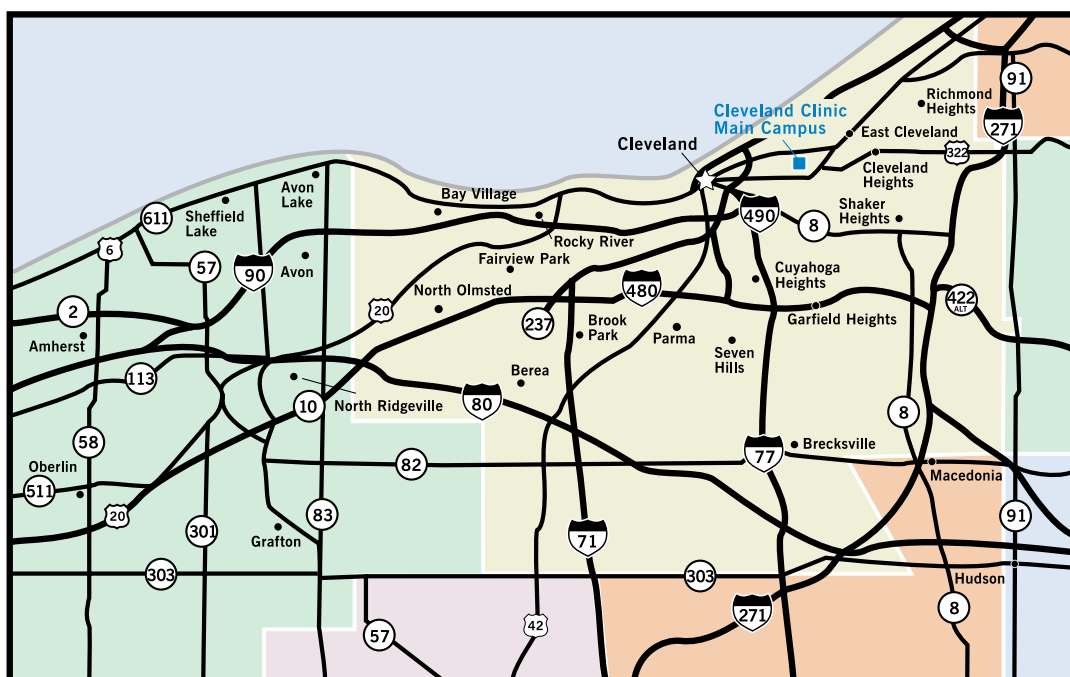
To make reservations at one of the Cleveland Clinic hotels, call toll-free **877.707.8999**.

International Center

Cleveland Clinic has a full-service department to handle the special requirements of international patients. Professionals within the International Center provide the assistance and services our international patients need to help them feel at home.

We employ a large multi-lingual staff, and interpreters are available to assist patients. Our staff helps coordinate all the details of a visit, from scheduling medical appointments and making hotel and transportation arrangements to transferring and translating medical records.

Call **216.444.6404** or **800.223.2273, ext. 46404**, or e-mail icwebmail@ccf.org.





Find Out More

For more information about the Cleveland Clinic Bariatric and Metabolic Institute, visit our Web site at clevelandclinic.org/bariatricsurgery.

You also may call **216.445.2224** or **800.CCF.CARE (223.2273)**, ext. 52224, or e-mail us at weightmanagement@ccf.org.

We look forward to you helping you lose — and gain — your life!



9500 Euclid Avenue, Cleveland, OH 44195

Cleveland Clinic is a not-for-profit multispecialty academic medical center. Founded in 1921, it is dedicated to providing quality specialized care and includes an outpatient clinic, a hospital with more than 1,000 staffed beds, an education division and a research institute.

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