

Important Numbers:

Dr. Michael W. Blaney 706-738-3359

Trinity Bariatric and Weight Loss Center 706-481-7298 • 706-481-7681 FAX

My medical doctor's number: _____

My appointment dates for:

Surgeon Consultation _____

Group Session _____

EGD _____

Nutritional Evaluation _____

Psychological Evaluation _____

Pre-operative testing date _____

Surgery date _____

Websites to contact for more information:

- Dr. Michael Blaney's office website: http://augustasurgery.com/weight_loss_surgery.html
- Online support group and a variety of weight loss information: www.obesityhelp.com
- Augusta online support group: <http://health.groups.yahoo.com/group/augustawls>



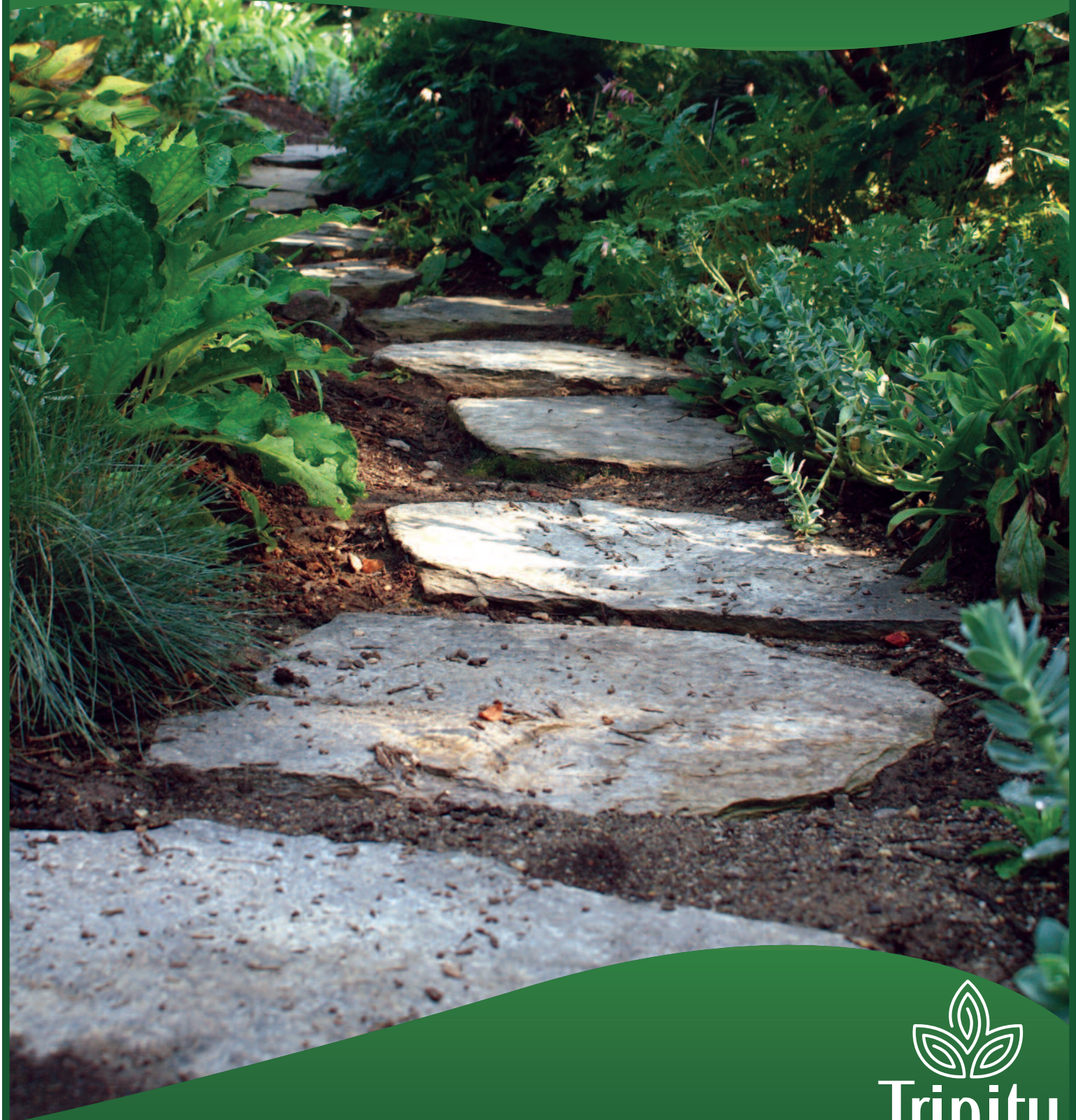
Trinity
HOSPITAL of AUGUSTA
BARIATRIC AND
WEIGHT LOSS CENTER

For more information about our Bariatric and Weight Loss Center,
call Trinity Hospital of Augusta at 706-481-7298 or visit
www.trinityofaugusta.com

1500 Johns Road, Suites 2&3
Augusta, GA 30904

A Step in the Right Direction

Options • Information • Knowledge • Support



A guide to your weight loss choices



Trinity
HOSPITAL of AUGUSTA
BARIATRIC AND
WEIGHT LOSS CENTER

Introduction

Welcome to the Trinity Hospital Bariatric and Weight Loss Program. Our staff is committed to providing a comprehensive program within a compassionate and caring environment to help you achieve your weight loss goals. We offer a multidisciplinary team dedicated to helping you meet the requirements of the surgical weight loss program.

Our team:

- Surgeon
- Bariatric Coordinator
- Bariatric Patient Advocate
- Registered Dietitian
- Psychologist

We encourage you to learn as much as you can about bariatric surgery and its effects on your weight, health and emotional well being. The proper education can help you decide if a weight loss operation is right for you. The decision should be entered into with great care. It should be made with a complete understanding of the risks and benefits associated with the surgery. You need to have the knowledge and willingness to accept the dietary and lifestyle changes imposed by the procedure. You need to understand that regular exercise and healthy food choices are important to long-term success. It also requires a commitment to life-long follow up with our bariatric team. It is essential to remember that weight loss surgery is not a “quick fix.”



When Determining if Surgery is an Option for You, the Answer to the Following Questions May Help:

- Am I determined to lose weight?
- Am I aware of how my life will change after surgery?
- Am I aware of the dietary restrictions and possible surgical complications?
- Am I aware of possible surgical complications?
- Am I committed to life-long medical checkups?
- Am I willing to maintain an exercise program?
- Am I willing to adhere to dietary guidelines?

If the answer to these questions are yes,

AND

You have a BMI of 40 or greater or are more than 100 pounds overweight

Or

You have a BMI of 35 or greater and severe obesity related health problems

You may be a candidate for weight loss surgery.

Trinity Hospital Bariatric and Weight Loss Center Program Steps

The first step is to contact our office to determine if surgery is a covered benefit in your insurance plan. If not, self-pay may be an option. Some insurance providers require a physician-supervised diet prior to approving surgery. We will discuss with you any restrictions your insurance requires and help you try to fulfill those requirements.

Once the stipulations have been established for the insurance requirements or self-pay, you may then want to schedule an initial consultation with our surgeon. You will go over your medical history and be provided information on the various surgery options.

After your first visit, our surgeon may require some pre-operative tests be completed prior to your final pre-operative visit. These will vary from person to person, depending on your health. Your insurance may require a nutritional and psychological evaluation.

Once you have completed all the necessary pre-operative appointments, our surgeon will write a “letter of medical necessity” and we will send it to the insurance provider along with any other supportive documents needed.

Most insurance companies require:

Nutritional Evaluation

The nutrition evaluation is a key aspect of our pre-operative assessment. During this evaluation, you will discuss necessary lifestyle changes following weight loss surgery. Emphasis will be placed on hydration, protein intake, appropriate portions and vitamin and mineral supplements. The dietitian will review your food record to make suggestions for sustained weight loss.

Psychological Evaluation

The psychological profile is important to evaluate and identify potential barriers to a successful outcome following weight loss surgery. It is also essential to further prepare patients for the intense lifestyle changes that accompany weight loss surgery. A negative evaluation does not mean that you will not be a candidate. The evaluation allows us to identify potential difficulties you may have after your surgery and be better able to provide the needed intervention.

Letter From Primary Care Physician

This visit is necessary in order to provide a letter of surgical clearance and also to secure your doctor’s commitment to provide long-term follow-up care after your surgery. Both the surgeon and your medical doctor will closely follow your progress after the procedure. If you do not have a medical doctor, let us know and we will help you locate one.



Surgeon’s Letter of Medical Necessity

If approved, a final pre-operative appointment will be made with our surgeon to reinforce your understanding of risks and benefits, and to review your physical exam and medical history.

Support Group

The changes in your diet and lifestyle after weight loss surgery will last a lifetime. You’ll have a greater chance of long-term success if you surround yourself with people who understand and support your goals.

Our support group is for people who have experienced weight loss surgery or are considering surgery. You are welcome to attend this group meeting to learn more about the experience from those who have gone through the process. Our support group meets monthly. For location and times, call us at 706-481-7298 or visit www.trinityofaugusta.com or www.augustasurgery.com.

Center Location

We are located in the Medical Village adjacent to the hospital, off Wrightsboro Road. The address is: 1500 Johns Road, Suites 2 and 3. You may reach a member of our bariatric team by calling 706-481-7298.