

Start living again.



Surgical
weight-loss
program



Obesity is a chronic disease that affects over 25% of adults and 14% of children and adolescents in the United States. It's the second leading cause of preventable death after smoking, responsible for at least 300,000 deaths a year. Don't become a statistic. Explore your options, get your weight under control, and reclaim your life.



You don't have to *fight obesity alone*...

It's easy to feel overwhelmed when you're trying to overcome obesity. But today, you have more options than ever to help you lead a healthier and more satisfying life—including weight-loss surgery. Good Samaritan Hospital's Surgical Weight-loss Program can help you...

- Lose a substantial amount of weight
- Reduce or eliminate obesity-related health problems, such as hypertension, diabetes, acid reflux, osteoarthritis of weight-bearing joints, and others
- Feel better, be more active and improve your quality of life

Beyond image... *an in-depth approach to your weight-loss*

Here, a team of specialists—including the region's leading bariatric surgeons, physicians, psychologists and dietitians—will guide you through a comprehensive process that includes...

Personal consultation. Our medical team and extensive screening process will help determine if you're a good candidate for weight-loss surgery. The screening process includes a one-on-one meeting with your bariatric surgeon, dietitian, and a licensed therapist.

Weight-loss surgery. Good Samaritan offers two surgical approaches to weight loss—both of which are performed as minimally invasive procedures.

- **Roux-en-Y** - Also known as gastric bypass, this is the most common weight-loss procedure in the United States. It prevents overeating by bypassing a large portion of the stomach and leaving a tiny pouch that can only accommodate a few ounces of food at a time. As a result, you'll feel full sooner and eat less.
- **Lap Banding** - This procedure reduces the capacity of the stomach by placing a band around the upper stomach, giving it an hourglass shape. Like Roux-en-Y, the Lap Band creates a feeling of fullness sooner, so you'll eat less. The band can be adjusted over time, as needed, to meet your weight-loss needs.

Support before and after surgery. Every step of the way you'll be guided by our team of specialists dedicated to your pre, peri and post operative care. You'll be encouraged to attend educational support group sessions led by a licensed professional with topics ranging from nutrition to behavior modification techniques. Our bariatric coordinator schedules and facilitates at monthly support groups in Rockland and Orange County to fuel your long-term success.

Is weight-loss surgery right for you? *Take this quick assessment...*

- You are more than 100 lbs. overweight or have a Body Mass Index (BMI) of 40 or greater (use the chart in this brochure to learn your BMI)
- You have a BMI of 35 to 40, but suffer from serious diseases related to obesity
- You are healthy enough to have surgery
- All previous efforts to lose the weight have failed
- You are committed to lifestyle changes

Are you ready to reclaim your life? *Call:*

1-800-HELP-IN-5 (800-435-7465)

More obesity facts:

- *It's expensive* – Obesity carries annual healthcare costs of about \$100 billion.
- *It's serious* – Obesity affects all the body's major systems, including heart, lung, muscle and bones.
- *It's getting worse* – Obesity's prevalence has steadily increased over the years among both genders, all ages, all racial/ethnic groups and all educational levels.

Height (feet/inch)	Normal										Overweight										obese										Extreme Obesity									
	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54				
58	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	172	177	181	186	191	196	201	205	210	215	220	224	229	234	239	244	248	253	258					
59	97	101	106	111	116	120	125	130	135	140	145	150	155	160	165	170	175	180	185	190	195	200	205	210	215	220	225	230	235	240	245	250	255	260	265					
60	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	173	178	183	188	193	198	203	208	213	218	223	228	233	238	243	248	253	258	263	268					
61	100	105	110	116	122	127	132	137	143	148	153	158	164	169	174	180	185	190	195	200	205	211	217	222	227	232	238	243	248	254	259	264	269	275	280	285				
62	104	109	115	120	126	131	136	141	147	152	158	164	169	175	180	185	191	196	202	207	213	218	224	229	235	240	246	251	256	262	267	273	278	284	289	295				
63	107	113	119	124	130	135	141	146	152	157	163	169	175	180	186	191	197	203	208	214	220	225	231	237	242	248	254	259	265	271	276	282	287	293	299	304				
64	110	116	122	128	134	140	146	151	157	163	169	174	180	186	192	197	203	209	215	221	227	232	238	244	250	256	262	267	273	279	285	291	296	302	308	314				
65	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	216	222	228	234	240	246	252	258	264	270	276	282	288	294	300	306	312	318	324				
66	118	124	130	136	142	148	154	160	166	172	178	184	190	196	202	208	214	220	226	232	238	244	250	256	262	268	274	280	286	292	298	304	310	316	322	328				
67	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223	230	236	242	249	255	261	268	274	280	287	293	299	306	312	319	325	331	338	344				
68	125	131	138	144	151	158	164	171	177	184	190	197	204	211	218	224	231	238	244	251	258	264	271	278	284	291	298	305	312	319	326	333	340	347	354	361				
69	130	135	142	149	156	163	169	176	182	189	196	203	210	217	224	231	238	245	252	259	266	273	280	287	294	301	308	315	322	329	336	343	350	357	364	371				
70	132	139	146	153	160	167	174	181	188	195	202	210	217	224	231	238	245	252	259	266	273	280	287	294	301	308	315	322	329	336	343	350	357	364	371	378				
71	136	143	150	157	164	171	178	185	192	199	206	213	220	227	234	241	248	255	262	269	276	283	290	297	304	311	318	325	332	339	346	353	360	367	374	381				
72	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	249	256	263	270	277	284	291	298	305	312	319	326	333	340	347	354	361	368	375	382	389				
73	144	151	159	166	174	182	190	197	204	212	219	227	235	242	250	257	265	272	280	288	295	302	310	318	325	333	340	348	355	363	371	378	386	393	401	408				
74	148	156	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	280	288	296	303	311	319	327	335	343	351	359	367	375	383	391	399	407	415	423				
75	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	280	288	296	305	313	321	329	337	345	353	361	369	377	385	393	401	409	417	425	433				
76	156	164	172	180	188	197	205	213	221	229	237	245	254	262	270	278	287	295	304	312	320	328	336	344	353	361	369	377	385	394	402	410	418	426	434	442				

To use the table, find the appropriate height in the left-hand column labeled Height. Move across to a given weight in pounds. The number at the top of the column is the BMI at that height and weight. Numbers have been rounded off.

Start living again.



When does weight-loss surgery make sense?

Use this chart to find out when weight-loss surgery makes sense. Find your height and follow it across to your weight. If you have a BMI of 40 or greater, you are a more likely candidate for surgery. If your BMI falls between 35 and 40, you may also qualify for surgery, but only if you suffer from serious diseases related to obesity.