

BARIATRIC SURGERY for Adolescents



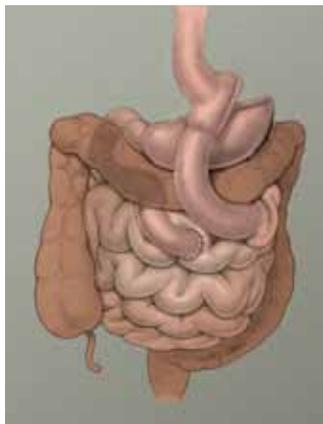
Who qualifies? Not everyone is a candidate.

Weight loss surgery is not for all overweight people. It offers an option for people who have not been able to maintain weight loss and control their health through dieting alone. To qualify for weight loss surgery, patients must:

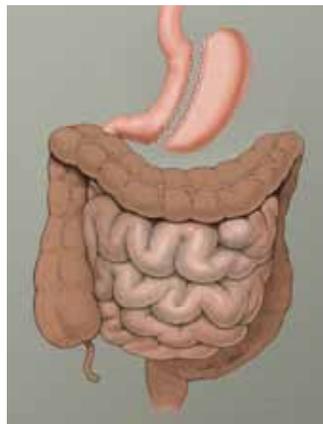
- ∴ Be at least 100 pounds over their ideal body weight (BMI greater than 40 kg/M² or BMI greater than 35 kg/M² with a medical problem)
- ∴ Have documented attempts to lose weight by following a medically-supervised diet for at least six months
- ∴ Have a complete medical and psychological evaluation in our clinic at Nationwide Children's Hospital

What options are available at Nationwide Children's?

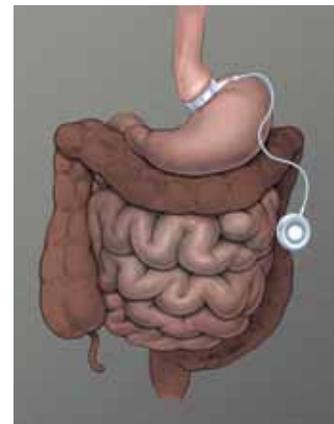
At Nationwide Children's Hospital, three types of bariatric surgery are offered: Gastric Bypass, Gastric Sleeve, and Laparoscopic Adjustable Band (currently, based on FDA regulations, patients must be at least 18 years old to have laparoscopic adjustable band surgery). All of these surgeries cause a restriction in the amount of food that can be eaten at one time, so patients feel full faster. The weight loss for any surgery depends on how well patients follow the recommended nutrition and exercise program.



Gastric Bypass



Gastric Sleeve



Laparoscopic Adjustable Band

Surgery requires major lifestyle changes

To maintain weight loss after surgery, patients will still have to exercise and limit food amounts. They will also need to change the types of food that they eat every day.

Laparoscopic surgery vs. open surgery

Most patients are candidates for laparoscopic bariatric surgery. In this type of surgery, small incisions are made in the stomach, through which small, thin instruments, including a telescope and camera, are inserted. The camera and telescope send pictures of the internal organs and surgical instruments onto a TV screen. Laparoscopic surgery reduces the pain and complications after surgery since the incisions are so small.



Marc Michalsky, MD
Surgical Director



Steven Teich, MD
Surgeon

For medical reasons, though, some patients may need an open surgery. If this is needed, the surgeon makes one larger incision in the stomach to access the organs. The surgeon will explain each type of surgery and determine which type of surgery is best for each patient.

Insurance coverage

Each health insurance carrier will determine whether weight loss surgery is covered, and if it is, what the requirements are. Our staff works with patients and insurance companies to make sure all the required documentation is submitted to get approval for the surgery.

It's a big step

Bariatric surgery is a big step, and the process can have many ups and downs along the way. But for some people, this is a step in the right direction. It gives them a chance to take control of their weight and improve their overall health.

For more information, contact the Center for Healthy Weight and Nutrition at (614) 722-4824 or visit www.NationwideChildrens.org/HealthyWeight.