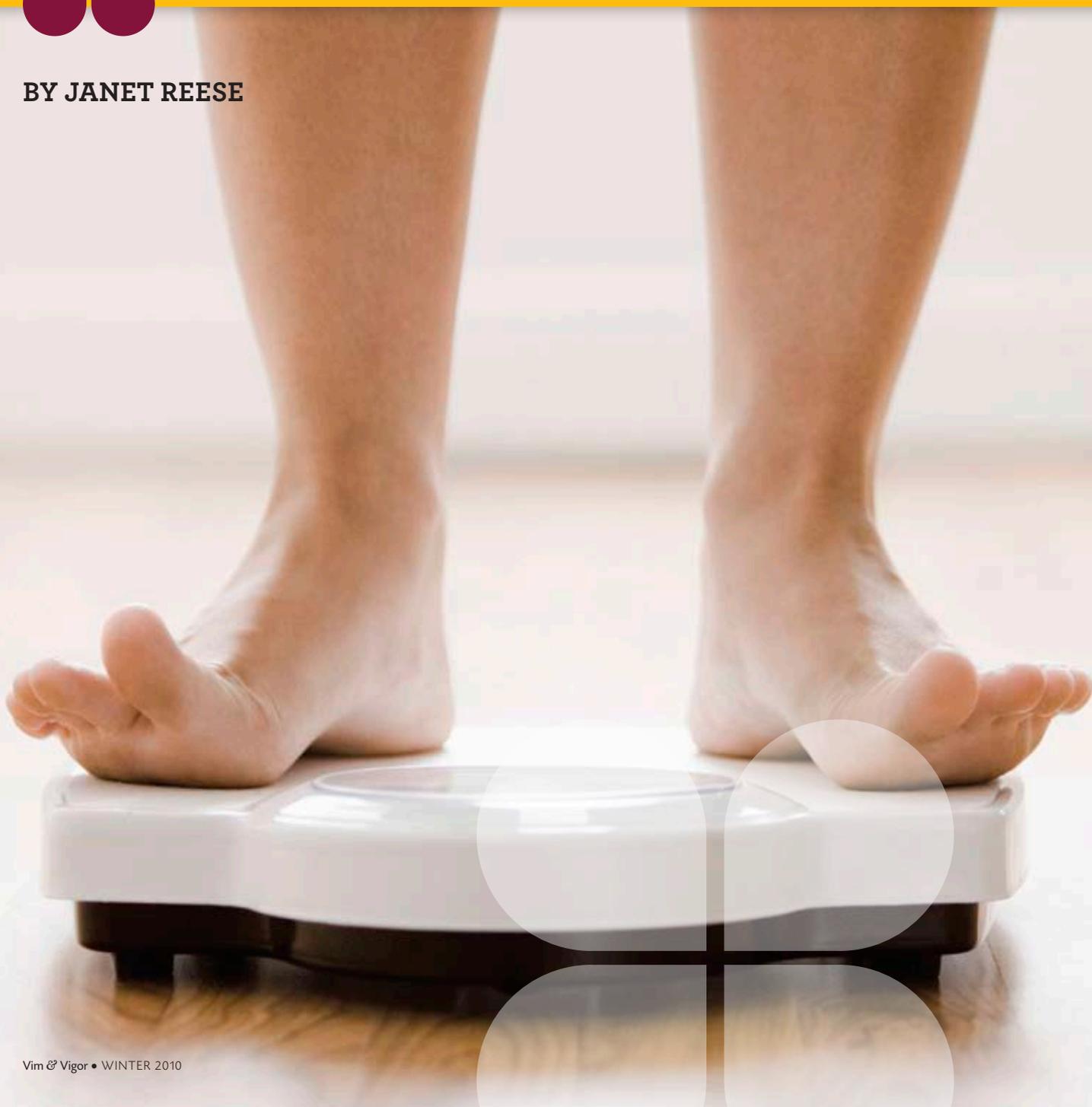


LOSE IT-FOR



Bariatric program gives patients a new lease on life

BY JANET REESE



GOOD!

If you are more than 100 pounds overweight and have been unsuccessful at shedding weight with diets, exercise and other strategies, you have another option. With the help of bariatric (weight-loss) surgery, many people are able to safely lose weight, keep it off and lead active, healthy lives.

Parker Adventist Hospital opened its new Bariatric Center of Colorado on June 2, 2010. The center provides qualified patients with all the care and services necessary for effective and healthy weight loss. In one convenient location, you'll find a skilled and caring multispecialty team to guide you throughout the entire process and provide follow-up support for lasting success.

DOWNSIZING

Bariatric surgery reduces the size of the stomach to promote weight loss. In most cases, the surgery is reserved for people who are more than 100 pounds overweight and have a body mass index (BMI) of 40 or more, or a BMI of 35 or more with an obesity-related disease, such as type 2 diabetes, high blood pressure or sleep apnea.

Procedures performed at the center are gastric bypass, gastric banding (Lap-Band®), sleeve gastrectomy, single-incision laparoscopic surgery and endoscopic and laparoscopic revisions. The center serves Parker and metro Denver, and has outreach programs in the eastern Colorado towns of Cheyenne, Wells and Hugo.

Matthew Metz, M.D., a certified bariatric surgeon and director of bariatric surgery at Parker Adventist, developed the program. Metz has performed more than 1,000 advanced laparoscopic and endoscopic procedures. He completed his specialist training at the well-known Cleveland Clinic Bariatric and Metabolic Institute.

CHANGE FOR THE BETTER

"New advances in laparoscopy and surgical techniques have made the procedure safe and effective, with lower risks and complications," Metz says. "Surgery can improve or resolve many obesity-related conditions, including type 2 diabetes, heart disease, sleep apnea, hypertension and high cholesterol."

Metz specializes in high-risk, complex cases. "He is not an ordinary surgeon," says Allison Galloway, bariatric coordinator, nurse practitioner and surgical assistant, who has worked with him for three years. "He is highly skilled as well as friendly and accessible. He is dedicated to helping patients make positive life changes."

The center's on-site, multispecialty team includes a registered dietitian, a licensed clinical social worker and a psychologist. The team provides patients with coordinated long-term support, which includes mental health, dietary and exercise counseling. A patient support group meets regularly in person and online.

A HANDS-ON, TEAM APPROACH

"Bariatric surgery is a big decision and lifestyle change," Galloway says. "The procedure is not an easy way out, as some may perceive. It involves surgery, dietary and lifestyle changes, and working out insurance or payment options.

"Bariatric surgery works as a permanent tool for patients to lose weight and maintain the loss," Galloway says. "One hundred percent of patients lose weight. But they still have to exercise, eat the right portions and types of food, and follow certain guidelines. We educate patients before, during and after the procedure and help them to make healthy changes. We get to know our patients and establish a relationship with them."

"We have a hands-on, team approach and we try to create a comfortable, warm environment for our patients," Metz says. "We're passionate, meticulous and approachable."

WHERE TO START

The process begins with a phone call to the center. "We help patients figure out their insurance and payment options," Galloway says. "Qualifying patients then come to the center for a three-hour assessment, which includes a mental and physical screening. We evaluate their needs and discuss the best options for each individual before proceeding." 

ONLINE

Ready for a Change?

For more information on the bariatric program at Parker Adventist Hospital, visit parkerhospital.org/bariatrics.

