

## WHO IS ELIGIBLE FOR BARIATRIC SURGERY?

The Weight Loss Surgery Program offers an option for people who are 100 or more pounds overweight or have a Body Mass Index (BMI) of 40 or more.

## LEARN MORE

You can learn more about bariatric surgery by attending one of our free monthly seminars. We conduct seminars in both English and Spanish.



For a physician referral  
24 hours a day/7 days a week  
call 1-800-470-7422

Se habla español.

**HIALEAH**  
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*Turning Over A New Life*  
WEIGHT LOSS SURGERY PROGRAM

## THE PROBLEM OF OBESITY

1 in 3 adults in the United States are considered obese. Obesity is defined by having an abnormally high proportion of body fat or a Body Mass Index (BMI) of 30 or higher. This is a national epidemic and poses more than cosmetic problems. Obesity can lead to serious health risks such as high blood pressure, diabetes, cardiovascular disease, stroke and cancer.

## A SOLUTION...

For many, dieting and exercise alone may not be enough to lose the weight. For them our Weight Loss Surgery Program may be an option.

## WHAT IS BARIATRIC SURGERY?

"Roux-En-Y" Gastric Bypass, commonly called bariatric surgery, is a laparoscopic procedure that reduces the size of the stomach to a small pouch that can only hold minimal amounts of food. The pouch fills rapidly and empties slowly, which causes the brain to respond with a feeling of fullness. This helps reduce caloric intake, allowing the person to lose weight.

### **Lap-Band**

An alternative to gastric bypass, Lap-Band (Laparoscopic Gastric Banding) is a minimally-invasive procedure that involves placing an inflatable ring around a portion of the stomach. This creates a small pouch that helps limit the amount of food a person eats. The advantage of this procedure is that it is completely reversible.

## A TEAM APPROACH

Bariatric surgery is a life-altering decision that requires careful consideration and monitoring. That's why our Weight Loss Surgery Program employs a comprehensive approach. Every patient undergoes a thorough psychological evaluation before and after surgery. Patients are also given a personal fitness plan that includes nutritional counseling and vitamin supplementation. In addition to care from our expert surgeon, the team includes trained nurses and a program coordinator who are there to guide patients through each step of the process.



*After*



*Before*

## AN AWARD-WINNING PROGRAM

Hialeah Hospital is proud to be ranked the #1 Bariatric Surgery Program in Florida according to HealthGrades. HealthGrades is the nation's largest independent healthcare ratings organization. We have also been designated a Certified Center of Excellence by the American Society for Metabolic and Bariatric Surgery.



For information on the Weight Loss Surgery Program or to attend our next seminar, please call:

**1-800-470-7422**