



**LONG-TERM WEIGHT LOSS,  
FOR A NEW WAY OF LIFE**





*You didn't intend to become seriously overweight, but it happened. Now your health is at risk and it's hard to enjoy your family and your life. There are so many things you cannot do when you are 100 pounds or more overweight. Places you can't go, careers you can't consider - because your weight gets in the way.*

*You've tried - and failed repeatedly - with diet and exercise. Now you need a real solution for what has become a very real problem. If you are ready to make lifestyle changes that may change your life, the Surgical Weight Loss Program at Cooper Clinic has the answer.*

*Performed laparoscopically by Cooper Clinic's specially trained surgeons, Roux-en-Y Gastric Bypass Surgery provides an effective long-term solution for obesity - and could provide a healthier, more active life for you.*

### **Understanding Severe Obesity**

Obesity is at epidemic proportions in the United States. Over 50% of our adult population is overweight and 5%, roughly 15 million people, are 100 pounds or more overweight. Severe obesity is much more than a cosmetic predicament. It dramatically affects health and the quality of life.

### **Severe Obesity-Related Health Problems**

Persons with clinically severe obesity have an increased medical risk for many life-threatening diseases. In fact, more than 300,000 Americans die prematurely each year due to obesity-related complications. These conditions include adult-onset diabetes and high blood pressure that may contribute to heart attacks, congestive heart failure, and stroke.

### **Dramatic Changes**

With Roux-en-Y Gastric Bypass Surgery, dramatic changes take place soon after surgery and last for a lifetime when accompanied by appropriate lifestyle changes. Patients generally lose 2/3 to 3/4 of their excess weight within 18 months. As patients start to lose weight, they also experience a reduction or elimination of obesity-related health problems such as diabetes, hypertension, sleep apnea, urinary stress incontinence, severe acid reflux, and osteoarthritis. A healthier, more active life becomes possible.

### **Gastric Bypass Roux-en-Y Procedure**

This surgical procedure is the gold standard for inducing significant long-term weight loss in clinically obese patients. It involves partitioning the stomach into a small pouch, thereby reducing the stomach's functional capacity to only a few ounces. As a result, patients are severely restricted in the amount of food that can be consumed at any one time. The procedure also bypasses part of the small bowel, so that calories and nutrients from foods eaten are not completely digested and absorbed. Vitamin and mineral supplements and a high protein intake will be required on a daily basis for life to prevent nutritional deficiencies.

### **Weight Loss Expectations**

Most patients lose up to ten pounds a month during the first year after surgery, and usually continue to lose weight, at a slower rate, after that point. Although most patients do regain some of their lost weight, very few regain it all. There is no guaranteed amount of weight loss, as weight control is the personal responsibility of the patient and depends greatly on how closely the recommended diet is followed.

### **Laparoscopic Vs. Open Gastric Bypass Surgery**

The Laparoscopic Roux-en-Y Gastric Bypass procedure is technically demanding and requires special training for your surgeon, but offers significant benefits over the open procedure. The laparoscopic technique reduces pre-operative side effects, particularly those that are pulmonary or cardiac; lowers the risk of wound infections and hernias; reduces post-surgical pain; and leads to a faster return to normal living. The gastric bypass procedure itself and the long-term outcomes are the same with the open and laparoscopic procedures.

### **Insurance Benefits**

Severe obesity significantly increases the likelihood of some life-threatening health conditions. Because those conditions will likely be improved or eliminated as significant weight is lost, many insurance companies provide coverage for gastric bypass surgery. For those patients without insurance, private payment can be arranged.

### **Patient Selection**

This procedure is not designed to be a cosmetic solution. It is intended to reduce health consequences related to clinically severe obesity. Patients must understand the seriousness of the surgery and its risks, and be willing to make a lifelong commitment to exercise and a restricted diet. The procedure is not for everyone who is severely overweight. Careful patient selection is crucial. A psychological consultation and several appointments with your Cooper Clinic gastric bypass surgeon may be required before surgery can be scheduled.

**Are you considering gastric bypass surgery as the solution for your serious weight problem?**

**Then consider these important facts about the Surgical Weight Loss Program at Cooper Clinic:**

- **Surgery performed laparoscopically**
- **Surgeons trained to perform the highly effective Roux-en-Y procedure**
- **Comprehensive program before, during, and after the surgery includes careful medical screening, counseling, and nutritional guidance to ensure your long-term success**
- **Assistance with insurance pre-approval**
- **Access to more than 120 Cooper Clinic physicians in 25 specialties/subspecialties should additional medical services be required**

### **Risks of Laparoscopic Roux-en-Y Surgery**

10-20% of patients who have weight loss operations require follow-up surgeries to correct complications. Abdominal hernias are the most common complication. More than one-third of gastric surgery patients develop gallstones. Nearly 30% of patients develop nutritional deficiencies such as anemia, osteoporosis, and metabolic bone disease. These deficiencies can be avoided with the appropriate intake of vitamins and minerals. Women of childbearing age should avoid pregnancy until their weight becomes stable, because rapid weight loss and nutritional deficiencies may harm a developing fetus. Be certain that you fully understand these and other risks before choosing Laparoscopic Roux-en-Y Surgery.



### **A Life-Changing Event**

Keep in mind that weight loss surgery is not a quick fix. It is, however, a life-changing event. With your commitment to lifelong behavior modification, the Cooper Clinic Surgical Weight Loss Program may help you regain your health and your enjoyment of living. To learn more about our program and gastric bypass surgery, go to [www.cooperclinic.com](http://www.cooperclinic.com) or call our office. If gastric bypass surgery is right for you, you're about to discover a new way of life.

## **Are you a candidate for gastric bypass surgery?**

**You may qualify for the Surgical Weight Loss Program at Cooper Clinic if you:**

- **Are more than 100 pounds above ideal body weight; have a Body Mass Index (BMI) of 40 or greater; or a BMI of 35 or greater with two or more co-morbidities (i.e. diabetes, hypertension, cardiovascular disease, sleep apnea, degenerative joint disease)**
- **Have a history of unsuccessful weight loss management**
- **Have a lifelong commitment to follow-up care and dietary, exercise, medical guidelines**
- **Are psychologically able to handle lifestyle changes**
- **Have caring support from friends and family**

**To calculate your BMI go to: [www.cooperclinic.com/bmi](http://www.cooperclinic.com/bmi)**

**To speak with a  
Program Representative  
or schedule a consultation, call  
(479) 484-4770 or  
1-800-333-1305.**

**Questions may also be addressed by emailing  
[weightlossurgery@cooperclinic.com](mailto:weightlossurgery@cooperclinic.com).**

### **Christopher M. Coleman, MD**

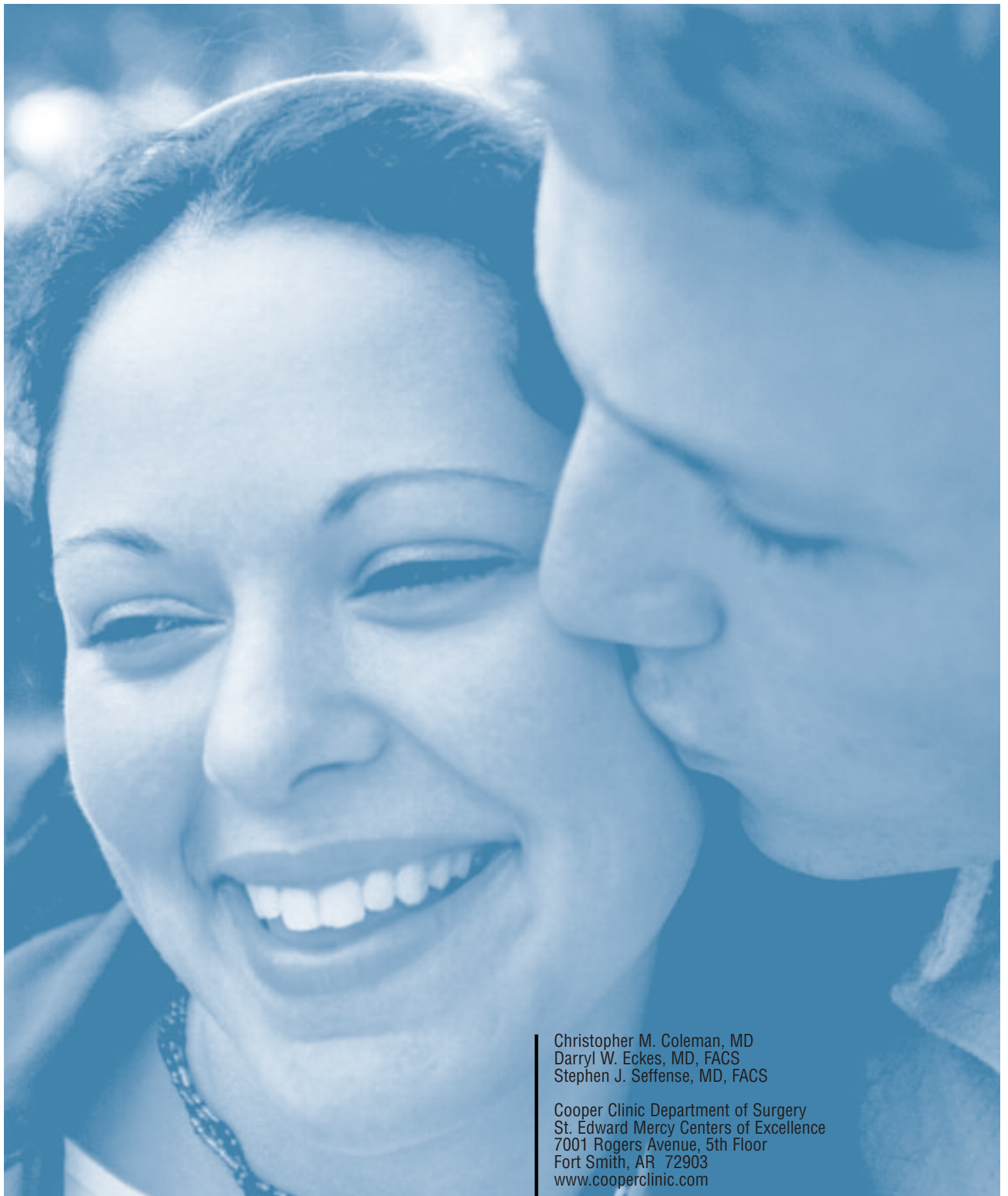
- **Tyco Fellowship in Laparoscopic Surgery**
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