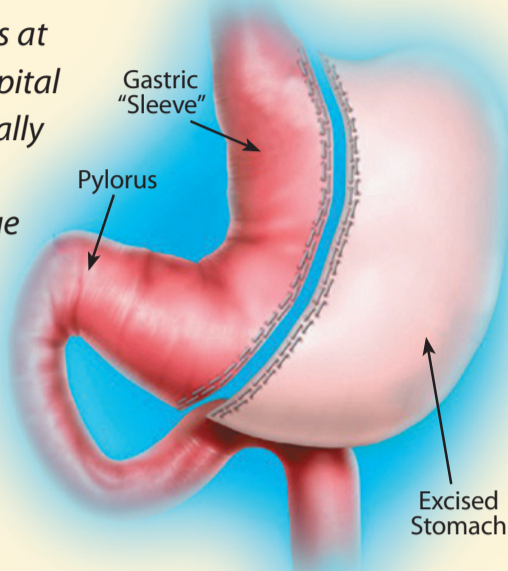


Explore Health

WITH  SENTARA®

Medical Breakthroughs at Sentara Innovative Gastric Sleeve for Surgical Weight-Loss For Patients With Severe Obesity

Weight loss surgeons at Sentara Potomac Hospital are offering a minimally invasive surgical weight loss technique that alters the size of the stomach down to the size of a banana to help lose unhealthy pounds.



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With an estimated one in every three adults in the United States weighing in as obese* (defined as body mass index over 30), surgical weight loss has become an effective way to shed those extra pounds. The sleeve gastrectomy procedure is the latest procedure for effective weight loss for people with severe or morbid obesity. Weight loss surgeons at Sentara Potomac Hospital have performed more than 100

Weight loss surgery is considered an effective option for people with obesity and complications including Type II diabetes, sleep apnea and/or high blood pressure.

procedures with low rates of complication and short (1 to 2 day) hospital stays.

The gastric sleeve procedure has been used in the past as a step toward a full gastric bypass. Now, this procedure is being offered by itself as an effective weight loss alternative to gastric bypass surgery and the laparoscopic adjustable lap band option.

Under general anesthesia, weight loss surgeons use laparoscopic instruments inserted through 2-5 small openings in the

With a smaller stomach, the amount of food that can be eaten is reduced, the patient feels "full" sooner and the body can burn calories instead of storing them as fat.

abdomen to permanently remove a large section of the stomach. Different from the gastric bypass, the gastric sleeve leaves the stomach's attachments to the esophagus and the intestines undisturbed. The result is a long, banana-shaped smaller stomach. This restricts eating ability, controls hunger and allows food to move through the digestive tract in a normal pattern.

The sleeve gastrectomy procedure may also be an effective solution for people who are too severely obese to undergo a gastric bypass surgery.

As with any surgical procedure, there are benefits and potential complications that must be evaluated. If you are considering a weight loss surgical procedure, talk to your physician or register for an informational session at sentara.com/weightlossurgery.

*Source: <http://www.cdc.gov/obesity/data/index.html>

What Is This? It's called a **QR (Quick Response) Code** and it's a new type of barcode that can be scanned by smart phones that have a QR reader application download. A QR Code speeds your access directly to text, a website or video.



What's Your BMI? Find out your Body Mass Index with a quick visit to sentara.com/weightlossurgery or scan this QR code with your smart phone equipped with a QR app reader for direct access.

Sentara Healthcare Ranked The #1 Most Integrated Healthcare System In The Nation For Second Year In a Row


according to *Modern Healthcare* magazine and SDI (www.sdihealth.com)

Visit sentara.com to find out more about this recognition and Sentara eCare®, the electronic medical record system instrumental in integrating Sentara.



**Now Available:
Online Scheduling
For Your Digital Mammogram
At sentara.com/mammogram**

We wanted to find a urology expert using the latest minimally invasive procedures. We chose Sentara Urology Center.



To find experienced general practice and fellowship-trained urologists, call the **Health Connection at 703-221-2500**

Free Men's Health Seminar at Sentara Potomac Hospital

Permanent Solutions for ED and Bladder Control Problems

**Saturday, April 9
11 am – 12:30 pm**

To register, call 703-221-2500 or online at potomachospital.com.



A board-certified, fellowship-trained urologist will discuss permanent solutions to erectile dysfunction (ED) or bladder control problems due to prostate surgery, diabetes and/or heart disease. Spouses and guests welcome to attend.

Do you have a wound that won't heal? Consider the expertise of the Sentara Wound Healing Center

- Effective care for all wounds, including foot and leg care for people with diabetes
- Treatment for patients of all ages
 - Individualized, state-of-the-art care plans
 - Education to understand disease management and recognize potential problems
 - Staff and physicians who specialize in wound care

For an appointment at the Sentara Wound Healing Center, call 703-730-4420.



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 **twitter** twitter.com/sentarahealth

 **YouTube** youtube.com/sentarahealthcare

HEALTHY HAPPENINGS

Register online at PotomacHospital.com or by calling 703-221-2500. All classes meet at Sentara Potomac Hospital, I-95 at Exit 156, unless otherwise specified.

**Cardiac Update:
Stents & Bypass Surgery**
What Heart Patients Should Know
Tuesday, March 22
7 – 8:30 pm
Free.

**Weight Loss Surgery
Information Seminars**
Thursdays, March 24
April 14 & April 28
7 – 8:30 pm
Free.

**What's New
in Treating
Heart Disease?**
Tuesday, April 26
7 – 8:30 pm
Free.

**Skin Cancer
Screening**
Saturday, April 30
9 am - 12:30 pm
Free.
By Appointment:
Call 703-221-2500.

Foot Screening
By a Board-Certified Podiatrist
Thursday, May 12
6 – 9 pm
Free.
By Appointment.

Sentara Potomac's Health Connection – PotomacsHealthConnection.com or 703-221-2500
A free resource in finding a new primary care or specialist doctor, registering for seminars and getting more health information.