

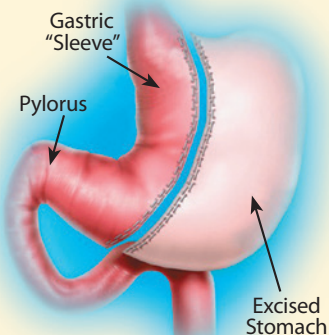
Explore Health

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

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.

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.

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

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.

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

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.



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



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

For an appointment call 703-730-4420.



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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.

Digital Mammography

At Sentara Potomac Hospital



Now Available:
Online Scheduling at sentara.com/mammogram.

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 Hospital 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.