

Individuals don't have to

There is help for people to lose excess weight and improve

The specialists of Summa's Bariatric Care Center discuss the root causes of obesity and how individuals can lose weight and improve their health.

thrive: What are some common approaches to weight loss that people try before seeking help?

Shannon Perkins, Ph.D., Summa Physicians Inc. – Psychology: They try fad diets, medications, protein shakes, meal replacement plans and commercial programs. They may lose a lot of weight over a short period of time but don't have the tools to maintain their weight loss. Sometimes, people have underlying issues that cause them to overeat and which have not been addressed.

thrive: What are some of those underlying issues?

Dr. Perkins: A traumatic event (such as physical or sexual abuse), a physical injury, untreated depression or other mental health issues. These issues can trigger emotional eating (when experiencing particular emotions or in certain situations) or binge eating (an unusually large amount of food in a short period of time). We help patients develop coping mechanisms and assertiveness skills that keep them from overeating when faced with these triggers.

thrive: When is weight loss surgery necessary?

John G. Zografakis, M.D., Summa Physicians Inc. – Bariatric

Surgery: According to the National Institutes of Health, the guidelines are:

- A body mass index (BMI) of 40 kg/m² and above
- A BMI of between 35 and 39.9 kg/m², with comorbid conditions (i.e., hypertension, obstructive sleep apnea, gastroesophageal reflux disease, type 2 diabetes and metabolic syndrome)
- Multiple efforts at conservative weight loss without success

thrive: How long does it take before an individual decides to seek help?

Dr. Zografakis: On average, it takes about four years to make the decision to do weight loss surgery and another two years before making first contact with a provider. This gap has to

narrow. It's proven that the nearer to a diagnosis of diabetes that a person has surgery, the higher the likelihood of resolution.

thrive: Can individuals lose weight non-surgically?

Dr. Kenneth W. Wells, M.D., Summa Physicians Inc. – Medical Weight

Loss Management: People with a BMI in the range of 35 and 39.9 kg/m² (10 to 50/60 pounds overweight) may benefit from medical weight loss management. These individuals have done little or nothing over a period of years in terms of exercise or nutrition. We give patients nutritional and exercise tools to help them achieve and maintain a healthy weight – tools they can use for the rest of their life.

thrive: What are the patient's responsibilities to maintain weight reduction?



John G. Zografakis, M.D.

Kenneth Wells, M.D.

Shannon Perkins, Ph.D.

live with obesity

their health

Dr. Zografakis: On average, it takes about six months for patients to undergo surgery. That time is spent preparing them about what to expect afterward, including their responsibilities – proper diet, taking vitamins, exercising and follow-up visits.

Dr. Perkins: Regardless of whether a person is seeking weight loss surgery or a non-surgical program, he or she has to be ready to make a commitment to – and sticking with – permanent lifestyle changes.

Summa Bariatric Care Center's comprehensive approach to weight loss management is focused on the needs of each individual patient. Our three-pronged approach – surgical, medical and behavioral – provides patients with the tools to achieve their weight loss goals.

Learn more by calling (330) 375-6590 or visiting summahealth.org/weightloss.



To view patient stories, visit summahealth.org/PatientSuccess. ■



What is BMI?

Body Mass Index (BMI) is the relationship between a person's weight and height (kg/m^2). It is useful in determining the degree to which a person's body weight may impact the risk for disease or death.

Calculate your BMI by visiting summahealth.org/BMI.

A healthy BMI is defined as below $30 \text{ kg}/\text{m}^2$. Below this, the risk for cardiovascular disease, stroke and cancer drops dramatically.

Individuals with a BMI below $40 \text{ kg}/\text{m}^2$ can live an average of 15 years longer than those with a BMI above $40 \text{ kg}/\text{m}^2$.

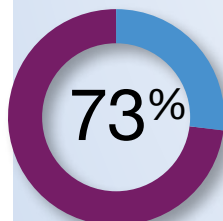


Comorbid conditions associated with being overweight or obese

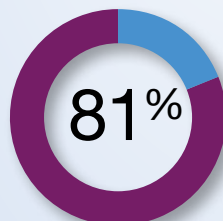
- ✓ Hypertension (high blood pressure)
- ✓ Obstructive Sleep Apnea
- ✓ GERD (gastroesophageal reflux disease)
- ✓ Type 2 Diabetes
- ✓ Metabolic Syndrome (a condition that includes the presence of a cluster of risk factors specific for cardiovascular disease)

Proven Results

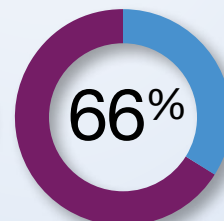
Following minimally invasive weight loss surgery at Summa's Bariatric Care Center, patients experience improvement in the following comorbid (associated) conditions at five years:



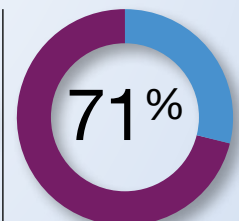
have resolution and/or improvement of their hypertension



have resolution of their obstructive sleep apnea



have resolution of their gastroesophageal reflux disease (GERD)



have resolution and/or improvement of type 2 diabetes

See the positive results of weight loss surgery at Summa by reading our Outcomes brochure. Visit summahealth.org/outcomes.