

## Roux-en-Y Gastric Bypass

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### What is the procedure?

The Roux-en-Y gastric bypass is designed to create a small pouch of stomach that restricts food intake. A Y-shaped section of the small intestine is then attached to the pouch to bypass the first and second segments of the small intestine. This causes a decrease in the amount of food and calories that are absorbed by the body, thus resulting in weight loss.

### Benefits of the procedure

Weight loss tends to be quick after surgery and you can continue to lose weight for 18 to 24 months after surgery. Weight loss results from a restricted diet due to the size of your new pouch. Weight loss surgery also contributes to improvements in obesity-related conditions such as diabetes, hypertension, and other medical conditions. The average excess weight loss after a gastric bypass procedure is generally higher than with a purely restrictive procedure.

### Risks of the procedure

As with any surgery there are risks involved. Risks related specifically to weight loss surgery include the possibility of nutritional deficits, hernia development, and gallstone development due to rapid weight loss. Proper consumption of foods and following your doctors' orders may help reduce your chance of an unwanted complication.

### Am I a candidate for surgery?

Candidates for gastric bypass surgery must have a Body Mass Index (BMI) of 40 or more or be at least 100 pounds overweight. You may also be considered for gastric bypass if you have a BMI of 35 or more and have two or more of the following obesity-related health problems: hypertension, heart disease, diabetes, or severe sleep apnea.

### What is required prior to surgery?

We have developed a multi-faceted program designed to provide you with quality medical care and support, utilizing a wide variety of resources. By following this program, we are convinced that you will be successful in reaching your long-term, permanent weight loss goals.

Prior to getting your gastric bypass surgery approved and scheduled, we require you to schedule an appointment with a dietician and a behavioral health specialist. The dietician will educate you about the diet changes that will be necessary after your surgery. The behavioral health specialist will do an evaluation to ensure that you are aware of what lies ahead. Our staff would be happy to assist you in the scheduling of these appointments.

### Insurance Process

We will assist you in obtaining a prior authorization and a determination of the level of insurance benefits available from your insurance company for this procedure. Insurance companies generally require copies of the office notes from your visits with the doctor, the dietician, and the behavioral health specialist before they will issue a prior authorization. It is important to complete these appointments in a timely fashion, as this is generally the most time-consuming portion of the process.

We are also available to arrange payment plans for those of you who are self-insured.

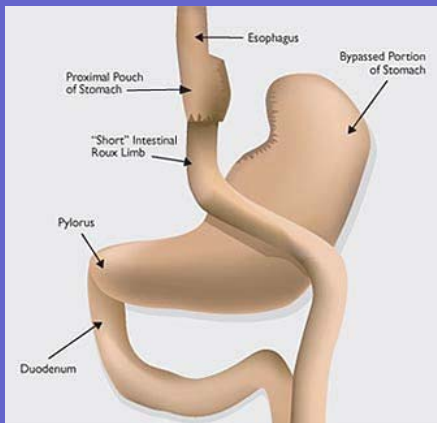
### What do I do first?

Your first step closer to weight loss is scheduling an appointment with the surgeon of your choice. We will provide you with paperwork; it is very important that you fill out all sections completely and bring it with you to your appointment. Remember to research the procedure and make sure that you are committed to making the lifelong change to weight loss. We look forward to meeting you.

# What is Gastric Bypass Surgery?

There are many types of weight loss surgery being performed today.

Surgical Institute of South Dakota offers the procedure known as the Roux-en-Y gastric bypass. This is a malabsorptive and restrictive operation and is the most popular weight reduction surgery performed in the United States. Patients who make the commitment to the lifestyle change after surgery generally lose two-thirds of their excess weight within 2 years. To make sure you fully understand the lifestyle change, please read on to find out more about our program.



## David A. Strand, MD, FACS

Dr. Strand received his medical degree from the University of North Dakota School of Medicine and completed a residency in General Surgery at the North Carolina Baptist Hospital. He is board certified in General Surgery and has special interest in laparoscopic procedures, sclerotherapy, trauma care, peripheral vascular surgery, general thoracic surgery, general surgery, obesity surgery and cancer related surgeries/biopsies.

Dr. Strand has received specialized training in bariatric surgery to include the Roux-en-Y Gastric Bypass and the Laparoscopic Adjustable Band procedures.

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Dr. Thaemert received his medical degree from the University of Minnesota and completed a residency in General Surgery at the Gunderson Medical Foundation Lutheran Hospital in LaCrosse, Wisconsin. He is board certified in General Surgery and has special interest in laparoscopic procedures, sclerotherapy, trauma care, peripheral vascular surgery, general thoracic surgery, general surgery, obesity surgery and cancer related surgeries/biopsies. Dr. Thaemert has received specialized training in bariatric surgery to include the Roux-en-Y Gastric Bypass and the Laparoscopic Adjustable Band procedures.



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## A Patient's Guide to Roux-en-Y Gastric Bypass

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*Hearing you, helping you, healing you.*