



# OhioHealth Weight Management

MEDICAL AND SURGICAL WEIGHT LOSS



**OhioHealth**

BELIEVE IN WE™



## Losing weight isn't easy — but **WE** can help.

At OhioHealth, our weight management program offers medical and surgical options to help you lose weight effectively and safely. We take a holistic approach to weight loss, giving you the support you need before, during and after your treatment to help you maintain a healthy weight for life.

We guide you toward better health with medical expertise and emotional understanding. We take the time to learn about your life, so we can provide the personalized resources, knowledge and encouragement you need for success.

Both our surgical and medical weight-management programs include physicians, dietitians and psychologists who meet individually with you throughout your weight-loss journey.

## MEET OUR Weight Management Physicians

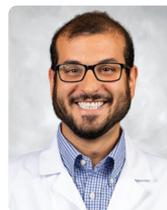
Our team of providers will perform an assessment and any testing or intake services required to gain a full understanding of your condition and prepare you for your weight loss journey.



**Julie S. Cantrell, MD**  
*Family Medicine*



**Jennifer W. Ellis, MD**  
*Family Medicine*



**Shadi R. Jurdi, MD**  
*Internal Medicine*



**Bruce A. Barker, MD**  
*Family Medicine*

## MEET OUR Fellowship-Trained Surgeons



**Thomas E. Sonnanstine, MD,  
FACS, FASMBS**

*Medical Director  
Bariatric Surgeon*

Dr. Sonnanstine specializes in laparoscopic bariatric surgeries with a special interest in high-risk patients and revisions. Dr. Sonnanstine has performed more than 4,000 bariatric operations, including laparoscopic Roux-en-Y gastric bypass, adjustable gastric banding, laparoscopic sleeve gastrectomy and laparoscopic revisional bariatric surgery. He is an internationally recognized educator, having performed or taught weight-loss procedures in eight countries and 26 states. Dr. Sonnanstine completed his residency at OhioHealth Riverside Methodist Hospital and completed fellowship training in minimally invasive bariatric surgery at Tufts Medical Center in Boston.



**Nirav R. Rana, MD,  
FACS, FASMBS**

*Bariatric Surgeon*

Dr. Rana specializes in minimally invasive weight loss surgery, including laparoscopic Roux-en-Y gastric bypass and laparoscopic sleeve gastrectomy, with a special interest in high-risk patients and revisions. He completed his fellowship in minimally invasive bariatric surgery at Cedars-Sinai Medical Center in Los Angeles. Dr. Rana is a member of several professional organizations, including the American College of Surgeons, American Society of Metabolic and Bariatric Surgery, and the Society of American Gastrointestinal and Endoscopic Surgeons.



**T. Calloway Robertson, MD**

*Bariatric Surgeon*

Dr. Robertson completed his fellowship in minimally invasive bariatric surgery at Carolinas Medical Center in Charlotte, North Carolina, and his general surgery residency at OhioHealth Riverside Methodist Hospital. He specializes in laparoscopic Roux-en-Y gastric bypass, laparoscopic sleeve gastrectomy and laparoscopic revisional bariatric surgery. He is a member of the American Society of Metabolic and Bariatric Surgery and the American College of Surgeons.

# Medical Weight Management

## PERSONALIZED PLANS AND ONE-ON-ONE SUPPORT

Our nonsurgical weight-loss program comprises physicians, psychologists, nurse practitioners, dietitians and exercise physiologists. The team will work with you to develop a personalized diet and exercise plan.

Diet plan options include calorie and carbohydrate restrictions, as well as a very low-calorie diet option, and we offer meal replacements to help you stick to your plan. We will review any medications you may be using that can contribute to weight gain, and may prescribe medications to support weight loss. Our clinical team provides support and accountability through regular follow-up appointments. The program also features weekly educational sessions that focus on nutrition, exercise and your relationship with food.

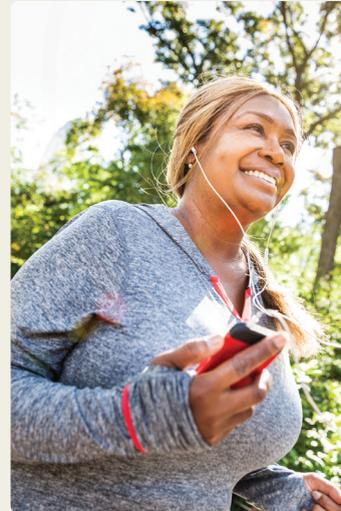
Once you've achieved your goals, the same clinical staff that supported you during your weight loss offers a weight maintenance program that can help you learn how to make your new lifestyle changes permanent.

### TO SCHEDULE AN APPOINTMENT

Call (614) 566.2700

### TO LEARN MORE

Visit [OhioHealth.com/WeightManagement](https://OhioHealth.com/WeightManagement)



# Surgical Weight Management

## ADVANCED MINIMALLY INVASIVE TECHNIQUES



Our surgical weight-loss program offers laparoscopic bariatric surgery, including Roux-en-Y gastric bypass, the gastric sleeve procedure and revisional bariatric surgery.

To give our patients the best opportunity for weight-loss success, our surgical weight management program provides:

- + Thorough presurgical medical review.
- + Presurgery preparation.
- + Emotional and relational support.
- + Insurance and financial support.
- + Fellowship-trained bariatric surgeons.
- + Specialty-trained nursing team.
- + Nutritional counseling.
- + Postsurgical follow-up visits.
- + Exercise guidance to increase activity level and promote long-term weight management.
- + Experienced team members who have a passion for working with bariatric surgery patients.

### Laparoscopic Roux-en-Y Gastric Bypass Surgery

*78.1 percent of patients experienced reduction of one or more comorbidities.*

788 Patients Surgeries Performed from January 2014 to December 2017			
Comorbidity	Before surgery	One year Postoperative — patients with follow-up visits	Two years postoperative — patients with follow-up visits
	Percent of patients with comorbidity	Percent of patients with comorbidity	Percent of patients with comorbidity
Sleep Apnea	71.6%	20.7%	10.4%
GERD	40.7%	6.2%	1.2%
Hyperlipidemia	36.3%	18.1%	9.4%
Hypertension	63.6%	14.3%	7.3%
Diabetes	41.1%	21.9%	12.9%

#### Bariatric Surgery Postoperative Outcomes

##### Reduction in Comorbidities

Surgeries performed by Bariatric Surgeons, Thomas Sonnanstine, MD, FACS, FASMBS or Nirav Rana, MD, FACS, FASMBS

(continue)

# Surgical Weight Management

ADVANCED MINIMALLY INVASIVE TECHNIQUES

(continued)

## Sleeve Gastrectomy Surgery

80.2 percent of patients experienced reduction of one or more comorbidities.

839 Patients

Surgeries Performed from

January 2014 to December 2017

Comorbidity	Before surgery	One year Postoperative — patients with follow-up visits	Two years postoperative — patients with follow-up visits
	Percent of patients with comorbidity	Percent of patients with comorbidity	Percent of patients with comorbidity
Sleep Apnea	62.5%	16.4%	7.8%
Hyperlipidemia	26.8%	15.1%	4.8%
Hypertension	56.4%	12.6%	6.3%
Diabetes	22.3%	21.5%	9.0%

### Source of data:

Full laboratory testing, abdominal ultrasound (within two years) and EGD (within two years) are required for all patients. A sleep study, cardiac and pulmonary clearance are done according to individual patient needs and insurance requirements within 12 months. Testing is usually performed within one year or as soon as patients enter the program. Lab tests are required at the one- and two-year- post-surgical follow-up visits. Other testing may be done as needed.



## ATTEND A SURGICAL SEMINAR

Our seminars are designed to help you understand our program and determine whether bariatric surgery is right for you.

### OPTION 1:

Attend a seminar in-person. Meet one of our surgeons and ask questions.

### TO REGISTER

Call 1 (800) 837.7555 or (614) 4-HEALTH (443.2548).

### TO LEARN MORE

Visit [OhioHealth.com/BariatricSeminar](http://OhioHealth.com/BariatricSeminar)

### OPTION 2:

View the seminar video online. Hear from all our surgeons, anytime, at your convenience.

- + View our online video seminar at [OhioHealth.com/BariatricSeminar](http://OhioHealth.com/BariatricSeminar).
- + After you complete the online seminar, email your name and address to [OHWeightMgmt@OhioHealth.com](mailto:OHWeightMgmt@OhioHealth.com) or call (614) 566.2700 and ask for the weight management insurance coordinator.



## Get Started Today

FOR MORE  
INFO!

Please visit us at  
[OhioHealth.com/WeightManagement](https://OhioHealth.com/WeightManagement)  
or call (614) 566.2700.

**OhioHealth Weight Management  
McConnell Heart Health Center**

3773 Olentangy River Road  
Columbus, Ohio 43214  
**(614) 566.2700**  
**Fax: (614) 566.6776**

**Pickerington Medical Campus**

1030 Refugee Road  
Pickerington, Ohio 43147  
**(614) 788.4300**  
**Fax: (614) 533.0191**

**OhioHealth Delaware Health Center**

801 OhioHealth Boulevard, Suite 160  
Delaware, Ohio 43015  
**(740) 615.0112**  
**Fax: (740) 615.0253**



**OhioHealth**

BELIEVE IN WE™