Comprehensive Care and Obesity Management

“Bariatric surgery has been shown to be the most effective and durable treatment for morbid obesity.”

US National Library of Medicine, 2010

Kettering Weight Loss Solutions offers a comprehensive program incorporating surgical, behavioral, and nutritional options as well as support groups to achieve safe and effective weight loss.

Our bariatric team of board certified general surgeons at Grandview and Sycamore medical centers care for patients dealing with obesity.

A study published in the Journal of the American Medical Association in 2004 of 22,000 bariatric surgery patients showed:

• Type II diabetes was eliminated or improved in 86% of patients
• High blood pressure resolved or improved in 78.5% of patients
• Obstructive sleep apnea or sleep disordered breathing eliminated in 83.6% of patients
• High cholesterol levels or hyperlipidemia decreased in more than 78% of patients

For more information or to make a referral, call (937) 433-5957.
Gastric Sleeve

**Surgical risk:** Low to Moderate  
**Hospital stay:** Two-day average  
**Results:** 50-70% of excess weight loss  
**Benefits:**  
- No intestinal rerouting  
- No foreign devices in the body  
- Faster and more total weight loss than gastric banding  
**Nutritional:**  
- Multivitamins  
- Iron  
- Calcium  
- B12  
- Vitamin D & B-complex

Gastric Bypass

**Surgical risk:** Moderate  
**Hospital stay:** Two to three-day average  
**Results:** 60-80% of excess weight loss  
**Benefits:**  
- Most common and studied procedure  
- 76.8% remission of type II diabetes  
**Nutritional:**  
- Multivitamins  
- Iron  
- Calcium  
- B12  
- Vitamin D & B-complex

BPD-DS

**Surgical risk:** High  
**Hospital stay:** Three-day average  
**Results:** 70-90% of excess weight loss  
**Benefits:**  
- Improvement of diabetes  
- Improvement in blood pressure by 90% or greater  
**Nutritional:**  
- Multivitamins  
- Iron  
- Calcium  
- B12  
- B-Complex  
- Vitamin A & D

**Nutrition Options**  
In addition to surgical options, medical nutrition therapy is also available.

**Medical nutrition therapy is a therapeutic approach**  
to treating obesity with the use of a tailored diet and counseling services devised and monitored by a registered dietitian.  
**Physician referral is required. Medical nutrition therapy offers:**

- Individual assessment with a licensed and registered dietitian  
- Individual monthly counseling and follow-up with a licensed and registered dietitian (up to six months)  
- Tools and personalized tips for meal planning, calorie regulation, and behavior modification

**Support Services**

- Individual counseling by a psychologist, dietitian, or exercise physiologist is available after surgery as appropriate  
- Free monthly surgeon seminars and support group meetings are open to anyone considering bariatric surgery or as a follow-up after surgery

**Dayton Bariatric Center**  
7740 Washington Village Dr.  
Suite 110  
Dayton, OH 45459

**Kettering Bariatrics**  
4000 Miamisburg-Centerville Rd.  
Suite 210  
Miamisburg, OH 45342

**Kettering Diabetes and Nutrition Center**  
1989 Miamisburg-Centerville Rd.  
Suite 201  
Centerville, OH 45459

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