WEIGHT LOSS SURGERY PROGRAM
WEIGHT LOSS SURGERY PROGRAM
at Beth Israel Deaconess Medical Center

Accreditations

Highest-level accreditation Level 1A from the American College of Surgeons (ACS). **BIDMC was the first in the country to receive an ACS accreditation.**

Certified Center for Excellence by multiple insurance plans

Team Approach

Highly experienced team of specially-trained doctors, nurses, dietitians, social worker, and clinical exercise physiologists

Treatment & Facilities

State-of-the-art open, laparoscopic and robotic surgical procedures, and treatments including Laparoscopic Adjustable Gastric Band, Gastric Bypass and Gastric Sleeve

Safe and comfortable weight loss surgery inpatient unit

Post-operative support and guidance for a new, healthy lifestyle

Weight Loss Surgery Program
Beth Israel Deaconess Medical Center
Shapiro Building, 348
330 Brookline Avenue
Boston, MA 02215
Telephone: 617.667.2845
Fax: 617.667.2866
Website: bidmc.org/wls
Email: wls@bidmc.harvard.edu

bidmc.org/wls

Learn more about us at our Information Sessions

WHEN: Thursdays, 2nd & 4th Thursday of the month 6:00pm – 7:30pm
WHERE: Carl J. Shapiro Simulation and Skills Center
Beth Israel Deaconess Medical Center
1 Binney Street, Ground Floor Level
Parking will be validated.
ONLINE: You can also attend one online information session at bidmc.org/wls

Cover photo: The “Now I Can” quilt was created by patients of the Weight Loss Surgery program at BIDMC to highlight their personal triumphs and inspire the future success of others. It is currently hanging in the Weight Loss Surgery clinic in the Shapiro building.
Joining our Program is Easy!

Welcome!

You have come to the right place for weight loss surgery (WLS). We are proud to be the first in the country to achieve the highest-level accreditation from the American College of Surgeons and are a certified Center for Excellence by multiple insurance companies. As one of Boston’s oldest and most experienced centers, we perform well over 300 surgeries per year. Our team of specially trained doctors, nurses, dietitians, social worker, and clinical exercise physiologists provides the full range of state-of-the-art open, robotic and laparoscopic surgical procedures and treatments in a safe and comfortable environment.

At Beth Israel Deaconess Medical Center (BIDMC), we work with you to determine the best procedure for you. Our team works hard to make sure all your questions and concerns are addressed and your individual needs are met. Our caring doesn’t stop after surgery, as we provide support and guidance as you develop your new healthy lifestyle.

Weight loss surgery is a serious procedure and is only performed on patients with extreme obesity. Some of the criteria used to determine if patients are candidates for weight loss surgery:

- a BMI (body mass index) of 40 or higher, or 35 or higher if it is also associated with serious health conditions such as sleep apnea or diabetes
- are between the ages of 18-65 (patients 65 and older will be evaluated on an individual basis)
- have at least two failed attempts to lose weight through other means (documentation may be required)
- are otherwise healthy enough for surgery
- have realistic expectations of weight loss goals
- are motivated and committed to maintain a healthy lifestyle after surgery

We look forward to working with you to improve your overall health!

A snapshot of the quilt features 10 patient accomplishments.
One of the first things that impressed me about the weight loss surgery team at BIDMC was that they were completely non-judgemental and that I could be comfortable and relaxed with them and not self conscious about my size.

By putting me at ease they enabled me to learn about my surgical options and make an informed decision as to how to deal with my 25 year struggle with my weight. While it is indeed a scary journey to embark upon, this compassionate, dedicated and highly skilled team has been there for me every step of the way. They have provided me with the tools, support and education that has guided me through my journey of losing 230 pounds. Now, instead of watching life slip by and desperately wishing that I could join in and participate, I am embracing life and enjoying it to the fullest. I have learned how to use what they have given me and make it work for me and how to successfully sustain my weight loss. I eat healthier, am more active and look and feel better than I ever have before. My new life, outlook and healthy active lifestyle would not have been possible without the intervention and involvement of the BIDMC weight loss surgery team. I will be forever grateful for all that they have done for me, supported me through and taught me. They are truly the best and have helped me achieve what I had always believed was impossible!

Robin Lee Cyr
Surgery Type: Gastric Bypass
Getting Started With Your Evaluation

1. Contact your insurance company to ensure weight loss surgery is covered under your insurance plan. You may want to request a copy of your coverage plan regarding weight loss surgery.

2. Please call our office to set up a series of appointments in which you will meet with members of our team, including a nurse, doctor, dietitian and social worker. We may also require that you see an exercise physiologist or physical therapist to receive an exercise plan that is safe and effective for you.

3. You may undergo some medical tests that will help us determine if surgery is appropriate for you.

4. You must attend at least two information sessions on WLS. One of these sessions can be viewed online at bidmc.org/wls. You must attend the other in person at BIDMC.

5. Once you have completed the above steps, members of our team will review the findings and determine whether WLS is right for you. If you are a good candidate for surgery, you will meet with one of our surgeons to discuss the surgery, review the risks and benefits and schedule a surgery date.

Please note that if you are accepted into the WLS program, all patients are asked to exercise daily and lose some weight before the operation to better prepare for safe surgery.

The quilt was adorned by more than 60 patients of the Weight Loss Surgery program.
Your Surgical Options

Weight loss surgery changes the way your digestive system works by closing off parts of the stomach. Shrinking the stomach means that you feel full after eating a small amount of food.

Our experienced weight loss surgeons perform a variety of surgical procedures. If you are eligible for weight loss surgery, our staff will work with you to choose the procedure that is best for you.

Laparoscopic Adjustable Gastric Band

During this procedure, several small incisions are made in the patient’s abdomen. Using a laparoscope for guidance, the surgeon places an adjustable band around the upper portion of the stomach. The band is connected to a reservoir, which the surgeon can tighten or loosen. Weight loss occurs because the newly created upper pouch will only allow the patient to consume small amounts of food at a time.

Laparoscopic Adjustable Gastric Band has been shown to produce short-term weight loss. Since the procedure has only been available since 2001, the effects on long-term weight loss will continue to be monitored. Because it is laparoscopic, this procedure is less invasive than a traditional “open” surgery and has fewer complications. Patients generally experience an improvement in obesity related health issues, such as type 2 diabetes or cardiovascular disease.

Gastric Bypass

The most common gastrointestinal weight loss surgery performed in the U.S. is the Roux-en Y Gastric Bypass (RYGB). In a traditional or “open” RYGB, a large incision is made into the abdomen. Or, with the laparoscopic technique, several small incisions are made. A laparoscope is connected to a video camera and is inserted through the incisions. The physician is then able to perform the procedure viewing the internal organs on a television monitor.

In both open and laparoscopic Roux-en-Y bypass, the stomach is divided by creating a small pouch, which is closed by several rows of staples. The remaining portion of the stomach is not removed but is “bypassed” and plays a diminished role in the digestive process. A Y-shaped portion of the small intestine is then attached to the pouch. The pouch is capable of holding approximately one ounce. Weight loss occurs as a result of reduction of calories, alteration in gut appetite hormones, and decreased nutrient absorption.

In addition to its safety benefits, proven advantages include significant weight loss, improvement in obesity related health issues and a quicker recovery time.

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On September 30, 2008, I entered Beth Israel Deaconess Medical Center for one of my most life-changing events. That was the day Dr. Daniel Jones performed bariatric surgery on me. I chose to have LAP-BAND® surgery. At over 280 lbs and a frame of 5'10", I was severely obese and suffering from a multitude of diseases that was brought on by this condition.

My health started to change almost immediately after surgery. Within three months, I was off all diabetes and cholesterol medications.

Now, at my two year anniversary, I am in the best health of my life. I am down about 100 pounds and I walk about one hour everyday at about a 15 minute per mile pace. I will be forever grateful to Dr. Jones and the whole bariatric team. From the doctors to the nurses to the dietitians and the secretaries, they all work together to make this journey a wonderful experience.

David Donchek

Surgery type: Laparoscopic Adjustable Gastric Band
The Weight Loss Surgery Program at Beth Israel Deaconess Medical Center is one of a kind. A dedicated medical staff provides long-term support to both their post and pre-op patients. As a bariatric patient and losing over 200 pounds, BIDMC has provided me with a solid understanding of the weight loss surgery process that not only eased my fears of having surgery, but supplied me with the knowledge necessary for long-term success.

I have had the luxury of experiencing many different clinical areas of BIDMC. I am confident to say that without their expertise on this topic, I would have failed in my weight loss endeavors. Now four years out, I am free of high blood pressure, arthritis, excess weight, sleep apnea and high cholesterol. I am living a healthier and happier life, and I owe BIDMC many, many thanks!

Bonnie Badore
Surgery Type: Gastric Bypass
The laparoscopic sleeve procedure may be recommended for patients considered high risk for surgery either because of their weight or underlying medical conditions.

Using a laparoscope, the surgeon removes approximately 60% of the stomach so that it takes the shape of a tube or sleeve. Weight loss occurs because the remaining size of the stomach restricts the amount of food that a person can eat. This procedure may be the first part of a two stage operation.

Early reports indicate that it is safe and effective in reducing weight and decreasing obesity-related medical conditions, such as diabetes and high blood pressure. Since no long-term data on the safety and effectiveness of the procedure exists, it is deemed investigational, but it may be considered if other WLS options are ruled out. When looking at the risks associated with WLS, it is important to remember that obesity itself carries a high risk of mortality due to obesity-related illnesses. For many patients, the potential risks from not having the surgery may be greater than the risks from possible complications of having the procedure.

*Note: the gastric sleeve procedure is not yet covered by all health insurance plans. Please ask your health insurance provider about coverage for this procedure.*
Support Services

Support groups
For patients who have weight loss surgery, BIDMC offers post-operative support groups. This opportunity allows patients to share their experiences with each other, and receive and offer support from their peers.

Support group schedule and registration instructions are available on our web site at bidmc.org/wls.

Bari-Buddy Program
The Bari-Buddy Program is a way to connect on a more personal level with another WLS patient at BIDMC. If you would like to be matched with a Bari-Buddy, we will provide you with a list of participating patients. You will have the opportunity to sift through patient profiles so that you can select the partner who is right for you.

If you would like to become a Bari-Buddy, please contact us to learn about the requirements.

“Weight Loss and Well Being” e-Letter
Our free, quarterly e-newsletter contains information to keep you on the right path to good health. Features include nutrition tips, patient stories, informative and entertaining articles, and information on seminars and publications.

To sign up for the e-letter, visit bidmc.org/wls. You do not have to be a BIDMC patient to receive the “Weight Loss and Well Being” e-Letter.

bidmc.org/wls The Weight Loss Surgery section on the BIDMC web site provides more detailed information about obesity, our program, procedures, the WLS team, quality and safety measures, patient testimonial videos and much more!
Life post LAP-BAND® has been extraordinary. I had my surgery in September 2007 and my only regret is I should have done it sooner. My surgery was a laparoscopic procedure performed by Dr. Schneider. From my first meeting with BIDMC’s weight loss surgery team, I knew that I was in good hands. The entire process was a success. I followed the steps of the program, gradually increased my workout activities and three years later, I am 130 pounds lighter. I have been heavy my entire adult life and forgot what it is like to be close to a healthy weight. My biggest physical accomplishment post-surgery is I ran and finished the 2009 Boston Marathon, something I could not even have dreamed of doing three years ago. BIDMC’s bariatric program literally saved my life.

Nils Ahlin
Surgery type: Laparoscopic Adjustable Gastric Band
Daniel B. Jones, MD, MS, FACS

Professor, Harvard Medical School
Vice Chairman, BIDMC Department of Surgery
Director, Bariatric Program
Chief, Minimally Invasive Surgical Services, BIDMC

EDUCATION:
Dr. Jones received his medical degree from Cornell University Medical College. He completed his surgical residency at Barnes-Jewish Hospital and a Minimally Invasive Surgery Research Fellowship at Washington University School of Medicine.

Dr. Jones is board certified in General Surgery and specializes in advanced laparoscopy, including incisional hernia; inguinal and umbilical hernia; heartburn and reflux; and operations for large and small bowel and gallbladder. He also performs abdominoplasty (removal of skin after weight loss).

AWARDS AND HONORS:
- Recipient of the SAGES Gold Laparoscope Award
- Selected to Boston magazine’s “Top Doctors” list (2010-2013)
- Selected to America’s Top Surgeons and “Best Doctors in America”
- Recipient of the SAGES Excellence in Medical Leadership Award
- Recipient of the Association for Surgical Education Distinguished Educator Award

LATEST BOOKS BY DR. JONES:
LAP-BAND Companion Handbook
Weight Loss Surgery: A Multidisciplinary Approach
Obesity Surgery: Patient Safety and Best Practices
Master Techniques in Surgery - Hernia Atlas of Minimally Invasive Surgery
Atlas of Metabolic and Weight Loss Surgery
Atlas of Body Contouring after Weight Loss
The SAGES Manual of Quality, Outcomes and Patient Safety

RECENT PUBLICATION:

PROFESSIONAL MEMBERSHIPS:
- President, Association for Surgical Education (ASE)
- Vice President, Society of American Gastrointestinal and Endoscopic Surgeons (SAGES)
- Chair, Patient Safety Committee, American Society of Metabolic and Bariatric Surgery (ASMBS)
- Co-Chair, MBSAQIP Verification Committee for Accreditation Bariatric Centers
- Vice Chair, Bariatric Surgery Advisory Committee, American College of Surgeons (ACS)
Benjamin E. Schneider, MD, FACS

Bariatric Surgeon,
Section of Minimally Invasive Surgery, BIDMC
Bariatric Surgery Fellowship Director, BIDMC
Weight Loss Surgery Director, BID-Milton
Assistant Professor, Harvard Medical School

EDUCATION:
Dr. Schneider received his medical degree from the University of Colorado’s School of Medicine. He completed his surgical residency at University of Iowa and a Minimally Invasive Surgery Fellowship at Texas Southwestern and Beth Israel Deaconess Medical Center.

Dr. Schneider is board certified in General Surgery and specializes in advanced laparoscopy, including incisional hernia; inguinal and umbilical hernia; heartburn and reflux; and operations for large and small bowel, gallbladder, and spleen.

AWARDS AND HONORS:
- Selected to the Academy at Harvard Medical School (2005)
- Society of American Gastrointestinal & Endoscopic Surgeons (SAGES) research grant (2003)
- Outstanding Laparoendoscopic Resident Surgeon, Society of Laparoendoscopic Surgeons (2002)
- Performed first single incision robotic cholecystectomy in Boston, MA
- Selected to Boston magazine’s “Top Doctors” list (2010-2013)

PROFESSIONAL MEMBERSHIPS:
- Expert Panel on Weight Loss Surgery for Betsy Lehman Center
- Boston Surgical Society
- Society of American Gastrointestinal and Endoscopic Surgeons (SAGES) Bariatric; Educational Resources; and Quality, Outcomes and Safety Committees
- Fellow, American College of Surgeons (ACS)
- Society for Surgery of the Alimentary Tract (SSAT)
- American Society for Metabolic and Bariatric Surgery
- International Federation for the Surgery of Obesity
EDUCATION:
Dr. Hatchigian received his medical training at Harvard Medical School, completing internship and residency in Medicine at the New England Deaconess Hospital in Boston and fellowship training on the Nutrition Support Service/Surgical Nutrition of the Departments of Medicine and Surgery at the Deaconess Hospital. Dr. Hatchigian received his medical degree from Boston University School of Medicine and holds a Master of Science degree in the area of public and environmental health from Tufts University. Dr. Hatchigian has worked and taught in the field of nutrition for 20 years, including research in the area of nutrition immunology with the Nutrition Pathology Unit at Boston City Hospital.

AWARDS AND HONORS:
Customer/Patient Service Excellence Award Brockton/West Roxbury VA Medical Center in 1997 and numerous teaching awards/citations

PROFESSIONAL MEMBERSHIPS:
- American Medical Association
- Massachusetts Medical Society
- American Society for Metabolic and Bariatric Surgery
- American Society of Bariatric Physicians
- American Society for Parenteral and Enteral Nutrition
- Benjamin Waterhouse Medical History Society