

Bariatric Surgery from Gratiot Medical Center Helping Obese Patients Reverse Medical Problems

Obesity is now our country's second-leading cause of preventable death, a direct cause of 400,000¹ deaths per year and \$150 billion in economic costs.

According to the National Institutes of Health² (NIH), weight-loss surgery is the only approach that offers long-term success for patients who are severely obese (more than 100 pounds overweight). More than 140,000 bariatric procedures were performed in the United States last year.

The bariatric surgery program at Gratiot Medical Center is helping patients recover their health and quality of life. The program features specially trained surgeons supported by a team of medical consultants, nurses and expert staff focused on the needs of patients with serious weight problems. Patient outcomes are excellent with few complications.

Weight Loss Surgery Resolves Obesity-Related Problems

Up to 90 percent of patients can lose weight with nonsurgical treatment options such as diet, exercise, behavior modification and medications. About 95 percent of those who lose weight will regain it within five years, and many will ultimately gain more.

Resolution of Obesity-related Health Problems Following Surgery³

Type 2 Diabetes	95%
Hypertension	92%
Cardiac Function	95% (improvement)
Osteoarthritis	82%
Sleep Apnea	75%
Stress Incontinence	87%
Gastroesophageal Reflux Disease (GERD)	98%
Hypercholesterolemia	97%

For severely obese people who cannot lose weight, bariatric surgery can save their lives. Surgery can improve or reverse more than 96 percent of health problems related to obesity, usually within days to months.

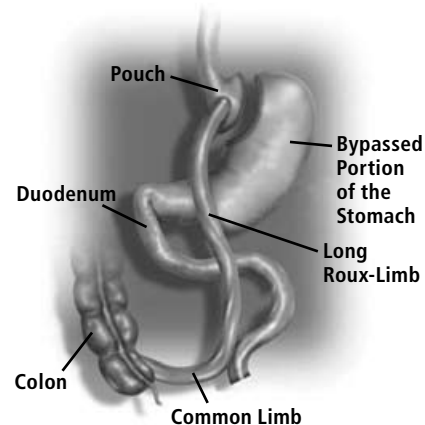
Safest and Most Effective Procedures

Gratiot Medical Center offers two types of bariatric surgery, selected for high patient safety and effectiveness. These are laparoscopic Roux-en-Y gastric bypass, which is the most frequently performed bariatric surgery in the U.S., and the Lap-Band[®] system, which was approved by the Food and Drug Administration (FDA) in 2001, and has been widely used in Europe, Asia and South America with good results.

Lap-Band is a registered trademark of Allergan, Inc.

In the Roux-en-Y gastric bypass procedure, a pouch is created at the top of the stomach using surgical staples, and connected directly to the middle part of the small intestine. The stomach and duodenum are bypassed. The procedure is usually done laparoscopically.

Roux-en-Y Gastric Bypass Procedure

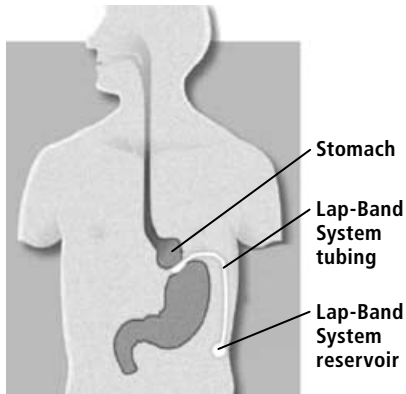


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Bariatric Surgery Offered at Gratiot Medical Center *(continued from page 1)*

In the Lap-Band procedure, a silicone band is installed around the stomach to create a small pouch near the upper end. A small opening remains for food to pass to the lower portion of the stomach. The band has an inner collar that can be inflated or deflated with saline inserted through an injection port. The technique is minimally invasive, reversible, adjustable and involves no stapling, cutting or intestinal rerouting.

Lap-Band® Procedure



About 99 percent of bariatric surgeries at Gratiot Medical Center are performed laparoscopically for quicker patient recovery, less risk of infection, less scarring and fewer downstream complications. Most patients remain in the hospital one to three days, depending on their procedure and recovery progress.

As with any surgery, there are risks, as well as advantages and disadvantages that vary according to the type of surgery performed. Anyone considering bariatric surgery needs to understand the surgical procedure and the accompanying risks. In addition, patients need to understand that success requires compliance with exercise and eating plans.

Meet the Bariatric Surgeons at Gratiot Medical Center

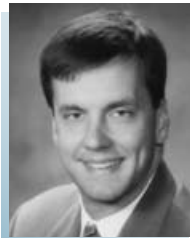
The bariatric surgery program at Gratiot Medical Center is led by Ernest Cudjoe, M.D., and Jeffrey Smith, M.D.

Dr. Cudjoe is board certified in general surgery and is a Fellow of the American College of Surgeons. He received his medical degree from East Carolina University School of Medicine in Greenville, N.C. He completed a residency at Morristown Memorial University Hospital in Morristown, N.J., and a fellowship in laparoscopic surgery at North Shore–Long Island Jewish Hospital in Manhasset, N.Y.



Ernest Cudjoe, M.D.

Dr. Smith is board certified in general and vascular surgery and is a fellow of the American College of Surgeons and a Diplomate of the American Board of Surgery. He has been in practice since 1994. He received his medical degree from the Medical College of Wisconsin and completed his residency at Saginaw Cooperative Hospitals in Saginaw.



Jeffrey Smith, M.D.

Who Is a Good Candidate?

Patients who meet the criteria for this type of surgery, according to the NIH, are:

- Age 18 to 60
- BMI ≥ 35 , with comorbidity
- BMI ≥ 40 without comorbidity
- Have failed at non-surgical (dietary) approaches

A good candidate for bariatric surgery will be able to withstand surgery and commit to a lifetime of proper nutrition and exercise afterward. Every patient receives thorough information and specialist evaluation as well as continuing support for nutrition, exercise and psychological needs.

Costs and Insurance

Most insurance policies cover this procedure for patients who meet the criteria. Some plans require patients to document that they have exhausted more conservative weight-loss methods first. The staff will help patients through the pre-qualification process to determine whether they are eligible for insurance coverage. Financing is also available.

How to Refer a Patient

Physicians may refer patients directly to the bariatric surgery coordinator, **(989) 463-6699**. Physician offices may also call the MidMichigan Access Line toll free at **(800) 395-1355** to be transferred to Dr. Cudjoe or Dr. Smith for consultation.

Patients may also want to visit www.midmichigan.org/bariatrics to research what to expect and register for an information session.

¹ Mokdad, A.H., et al., Actual Causes of Death in the United States, 2000; *J Am Med Assoc* 2004; 291:1238-1245.

² Gastrointestinal Surgery for Severe Obesity, NIH Consensus Statement Online 1991, Mar. 25-27 [cited 2006, Oct. 10]; 9(1):1-20.

³ Wittgrove, A.C., Clark, G.W., Laparoscopic Gastric Bypass Roux-en-Y, 500 patients: technique and results with 3-60 month follow-up. *Obes Surg*, 2000, Jun.; 10(3): 233-9.

Following Massive Weight Loss, Cosmetic Surgery Helps Patients Recover Inside and Out

Major weight loss can leave loose, sagging skin, especially in the arms, thighs and abdomen.

This excess skin not only detracts from the person's appearance, but may also restrict motion and be subject to infections under skin folds. Unfortunately, it can't be reduced by further exercise and diet.

Increasing numbers of formerly obese people are choosing to have excess skin removed through cosmetic surgery. According to the American Society of Plastic Surgeons, body contouring surgeries performed after massive weight loss increased an average of 22 percent between 2004 and 2005.

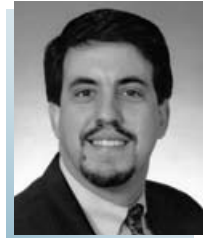
MidMichigan's Cosmetic Surgery Program

The cosmetic surgery program at MidMichigan Medical Center—Midland is ideal for local, regional and out-of-state patients to receive post-weight-reduction surgery. A new unit with a hotel-like atmosphere provides the utmost in privacy and personal attention, with the safety and quality only a hospital location can provide.

The dedicated nursing staff is specially selected and trained to meet the unique needs of patients experiencing plastic surgery. The combination of capabilities and amenities is unmatched at any other medical facility in the area.

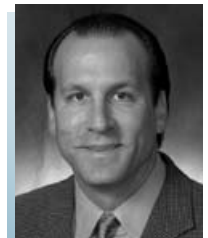
The program is led by two experienced, board-certified plastic surgeons:

Mark C. Komorowski, M.D., completed a residency in general surgery at Providence Hospital in Southfield, Mich., a fellowship in plastic and reconstructive surgery at the University of Oklahoma, Oklahoma City, and a fellowship in trauma surgery at Allegheny General Hospital in Pittsburgh, Pa. He is board certified in plastic and reconstructive surgery and has been in practice since 1993.



Mark C. Komorowski, M.D.

Steven M. Morris, M.D., completed a residency in general surgery and a fellowship in plastic surgery at The Mayo Clinic in Rochester, Minn. He is board certified in plastic and reconstructive surgery and has been in practice since 1992.



Steven M. Morris, M.D.

Cosmetic Surgery Procedures For Weight-loss Patients

Cosmetic surgery procedures for weight-loss patients are described in the accompanying tables. Surgeries are generally outpatient, unless they are lengthy, involve muscle repair or include multiple procedures. General anesthesia is used for most surgeries.

Outpatients go home with antibiotics and medication for pain and nausea, as well as instructions for managing drains, binders and compression garments that are commonly used with body contouring surgeries. An appointment with the surgeon is scheduled for six to 10 days later.

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2005 Body Contouring after Massive Weight Loss*

	2005	% Change 2005 vs. 2004	2004
Extended abdominoplasty/ lower body lift	20,630	22%	16,945
Thigh lift	7,486	20%	6,245
Upper arm lift	8,741	16%	7,547
Breast lift/reduction	31,277	24%	25,190
TOTAL BODY CONTOURING PROCEDURES AFTER MASSIVE WEIGHT LOSS	68,134	22%	55,927

*© American Society of Plastic Surgeons, 2006. Represents procedures performed by ASPS Member Surgeons certified by The American Board of Plastic Surgery as well as other physicians certified by American Board of Medical Specialties-recognized boards.

Cosmetic Surgery Helps Patients Recover Inside and Out *(continued from page 3)*

Common Procedures for Body Contouring after Massive Weight Loss	
Panniculectomy	Removes the “apron” of hanging skin and fat from the abdomen. In a once extremely obese person this “apron” can extend to the knees, hips and back, causing skin problems that make even walking, standing and sitting difficult. The procedure is sometimes combined with abdominoplasty to tighten the abdominal muscles.
Tummy tuck (abdominoplasty)	Removes excess fat and skin and tightens abdominal muscles to make the abdomen appear flatter.
Thigh lift	Tightens the loose skin of the thigh and buttock.
Upper arm lift (brachioplasty)	Removes loose skin and excess fat deposits in the upper arm.
Breast lift (mastopexy)	Corrects pendulous breasts by surgical fixation and plastic surgery. Sometimes combined with breast augmentation.
Breast augmentation	Uses breast implants to enhance the breasts.

Except for abdominoplasty, which is major surgery and takes six weeks of recovery, most procedures require two to three weeks away from work, with a further one to two weeks of restricted movement before returning to normal activity.

Who Is a Good Candidate?

Good candidates for body contouring have stabilized at their ideal weight and follow a program of healthy nutrition and exercise. Bariatric surgery patients are usually advised to wait six to 12 months before having cosmetic surgery. This pause allows full recovery from bariatric surgery and resolution of health problems caused by obesity.

Prior to surgery, the patient receives a thorough orientation in the surgeon’s office, including conversations with the surgeon to ensure a clear understanding of what will take place and realistic expectations concerning results. The staff also makes discharge arrangements, including hotel reservations for patients traveling from out of town.

Costs and Insurance

Panniculectomy often is covered by insurance; patients should verify coverage with their plan provider. Other skin resection procedures are typically not covered by insurance unless certain conditions exist, such as skin infection or mobility problems. MidMichigan offers package pricing

and financing and works with patients to make body contouring surgery surprisingly affordable.

How to Refer a Patient

Doctors may refer patients directly to Dr. Komorowski by calling Enhanced Images of Greater Michigan at **(888) 892-9393**. For more information, visit www.enhancedimages.org.

Doctors may refer patients directly to Dr. Morris by calling the Plastic Surgery Institute of MidMichigan at **(989) 832-5055**. For more information, visit www.michiganmakeover.com.

Doctors may also call the MidMichigan Access Line toll free at **(800) 395-1355** to be transferred to a surgeon for consultation.

Education and Self-Management Programs For Your Prediabetic or Diabetic Patients

Physicians who have diagnosed overweight patients as prediabetic or diabetic will find excellent diabetes education programs and management resources at six MidMichigan locations: Alma, Clare, Gladwin, Houghton Lake, Midland and Mount Pleasant.

MidMichigan's diabetes education programs have been recognized by the American Diabetes Association for Quality Self-Management Education and have also earned state certification by the Michigan Department of Community Health. Many of the programs are led by certified diabetes educators (CDEs) who have met specific requirements of the National Certification Board of Diabetes Educators.

When to Refer a Patient

To refer a patient to any of the diabetes education and self-management programs listed below, download the referral form at www.midmichigan.org/diabetes/professionals and send the patient to any of our six locations. (See Locations and Services for details.)

- **If your patient is at a higher risk for developing diabetes or needs help managing an overweight condition,** MidMichigan offers prediabetes classes, weight management and fitness classes.
- **When you first diagnose your patient with diabetes,** MidMichigan offers patient education and training to help newly diagnosed patients learn to manage their disease.

- **If your patient has been living with diabetes for years,** they may benefit from returning to diabetes patient education, to get updates on the latest developments in medication, meters and other new tools to help them better manage their condition.
- **If you suspect your patient has diabetes,** MidMichigan laboratories offer blood glucose testing at all locations.
- If your patient is having difficulty **maintaining normal glucose levels,** MidMichigan offers individual consults with the diabetes nurses and dietitians at all locations. Yearly individual updates help patients fine-tune their care. The

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Locations and Services

Gratiot Medical Center

- Group instruction or individual counseling for diabetes management—includes blood glucose meter training, insulin administration and medication management, meal planning and decreasing the risk of long-term complications
- Gestational diabetes counseling
- Resource information on all aspects of diabetes
- Insulin pump clinic
- Continuous glucose monitoring system

MidMichigan Medical Center—Clare

- Group instruction or individual counseling for diabetes management—includes blood glucose meter training, insulin administration and medication management, meal planning and decreasing the risk of long-term complications
- Resource information on all aspects of diabetes
- Diabetes support group
- Water exercise program

MidMichigan Medical Center—Gladwin

- Group instruction or individual counseling for diabetes management—includes blood glucose meter training, insulin administration and medication management, meal planning and decreasing the risk of long-term complications
- Resource information on all aspects of diabetes
- Diabetes support group

MidMichigan Medical Center—Midland

- Group instruction or individual counseling for diabetes management—includes blood glucose meter training, insulin administration and medication management, meal planning and decreasing the risk of long-term complications
- Gestational diabetes counseling
- Staged diabetes management, practice guidelines for insulin administration
- Foot clinic
- Insulin pump clinic
- Continuous glucose monitoring system
- Prediabetes class: Reduce Your Diabetes Risk

- Support groups for adults, youth and those on insulin pumps
- Diabetes screenings

MidMichigan Health Park—Houghton Lake and MidMichigan Medical Offices—Roscommon

- Individual counseling for diabetes management—includes blood glucose meter training, insulin administration and medication management, meal planning and decreasing the risk of long-term complications
- Training in pattern interpretation and carb counting
- Resource information on all aspects of diabetes

MidMichigan Health Park—Mt. Pleasant

- Individual counseling for diabetes management—includes blood glucose meter training, insulin administration and medication management, meal planning and decreasing the risk of long-term complications
- Resource information on all aspects of diabetes

Education and Self-Management Programs For Your Prediabetic or Diabetic Patients *(continued from page 5)*

continuous glucose monitoring system is a tool to help you assess and adjust your patient's therapy. For more information about the continuous glucose monitoring system, call the Diabetes Center at **(989) 839-3123** or toll free at **(800) 727-3123**.

- If your patient would benefit from an **endocrinology referral**, referrals may be made directly to our specialists, Lavinia Boboc, M.D. (Mt. Pleasant and Midland), Michael Miller, M.D. (Midland), and Fatema Omran, M.D. (Mt. Pleasant).
- For patients with **gestational diabetes**, the Medical Centers in Alma and Midland have special education programs available.
- Patients who are good **candidates for the insulin pump** can be referred to programs at the Medical Centers in Alma and Midland.

Insurance and Reimbursement

With physician referral, diabetes education programs and specialist visits are typically covered by insurance, but patients should always check with their insurance provider.

For patients who have not been diagnosed with diabetes, nutrition counseling and weight management/fitness classes typically are not covered by insurance, although patients should check to see if reimbursement is available.



Counseling for diabetes management is available at six MidMichigan Health affiliate locations. The programs are state-certified and recognized by the American Diabetes Association, and many are led by certified diabetes educators (CDEs).

Beaumont Weight Control Center Medical Director To Speak at February Grand Rounds

The medical director for William Beaumont Hospital's Weight Control Center will be the speaker for grand rounds in February.

Wendy Miller, M.D., has been with Beaumont's Division of Nutrition and Preventive Medicine since 2000. Dr. Miller has been recognized by Michigan's Surgeon General for outstanding performance in disease prevention. She serves on the Michigan Department of Community Health and Michigan Quality Improvement



Wendy Miller, M.D.

Consortium Childhood Obesity Expert Committee and the Michigan Cardiovascular Health Advisory Committee. She is board certified in internal medicine and bariatric medicine.

The program will take place February 12, from 12:30 to 1:30 p.m., in Towsley Auditorium at MidMichigan Medical Offices—Midland. All medical staff are invited to attend, including non-Midland staff. A maximum of 1 AMA PRA Category 1 Credit™ is available for this program. For more information, please contact Julie Hart, CME coordinator at **(989) 839-3330**.

Community Presentation

Also on February 12, Dr. Miller will be joined by Mary Jane Hofelich, R.D., from MidMichigan Medical Center—Midland, in presenting "Family Weight Matters," a program for the community addressing medical concerns for the overweight child and what can be done to achieve a healthy weight for everyone in the family. The program will be held from 10-11:30 a.m. in Towsley Auditorium at MidMichigan Medical Offices—Midland. Your patients or the public may call the MidMichigan Health Line at **(989) 837-9090** or toll free at **(800) 999-3199** for more information or to register.

New Open MRI in Midland Will Accommodate Larger Patients

Many obese patients who require an MRI cannot be accommodated with a closed-bore machine. Either they are over the machine's weight limit, or are too uncomfortable in the enclosed magnet.

A new open MRI at MidMichigan Medical Center—Midland, expected to be operational in November, will accommodate larger patients, clinically claustrophobic patients and those who would be more comfortable in the open machine. The Philips Panorama Open MRI has a field strength of 1.0 Tesla,

the strongest traditional-style open MRI available, for high-quality images.

MidMichigan is also installing a closed Philips 3.0 Tesla MRI in Midland, the highest power MRI available commercially. It is expected to be operational in February 2007.

Operated by MidMichigan Regional Imaging, both MRI units will provide your patients with convenient options for high-quality images close to home.

To schedule a patient, call (989) 662-2111 or toll free (800) 727-6186.



Classes Make 'Trying Harder' a Little Easier

Food, Fitness and Weight Management

How many doctors, on recommending that a patient lose weight and get more exercise, have heard the response, "Okay," or "I'll try harder," and then have seen no change or follow-up?

More structure could make the difference. MidMichigan offers many programs focused on food, fitness and weight management at convenient locations throughout the region.

Here's a small sampling of the fitness classes MidMichigan has to offer:

- **Intervent:Forever Fit** – An individual wellness program focused on prevention and disease management.
- **Kids' Fitness** – Exercise and education designed individually for each child and supervised by exercise physiologists.
- **Senior fitness testing** – Determines levels of strength, flexibility and endurance as a foundation for a personalized fitness plan.

- **Pilates** – Stretching and strengthening core muscles through isometric body positions.
- **Body Shapers** – A class for people at least 100 pounds overweight, taught by a registered dietitian, exercise physiologist, athletic trainer and recreational therapist trained in aquatics.
- **Circuit training** – A mid- to high-intensity comprehensive exercise program that mixes machine, free weight and functional exercise.
- **Stretch and Stroll** – A MidMichigan-sponsored fitness program for new moms with strollers, held at the Midland Mall.
- **Steps for Healthy Living** – A four-week program of weight management and exercise for people at increased risk for diabetes.

To view a current list of classes, go to www.midmichigan.org/classes and click on "Food, Exercise and Weight Management," or have patients call the MidMichigan Health Line directly at (989) 837-9090 or toll free at (800) 999-3199. Health Line counselors provide personal assistance to help patients find the class that suits their needs, register them for the class, and get maps or driving directions.



How to Refer a Patient or Request Information for Services Described in this Issue

<p>Bariatric Surgery Refer patients to coordinator or call the MidMichigan Access Line for consultation.</p>	<p>Bariatric surgery coordinator, (989) 463-6699. MidMichigan Access Line, toll free (800) 395-1355. Patient Information Session registration: www.midmichigan.org/bariatrics.</p>
<p>Cosmetic Surgery Refer patients to physicians or call the MidMichigan Access Line for consultation.</p>	<p>Mark C. Komorowski, M.D., Enhanced Images of Greater Michigan, (888) 892-9393. Steven M. Morris, M.D., Plastic Surgery Institute of MidMichigan, (989) 832-5055. MidMichigan Access Line, toll free (800) 395-1355.</p>
<p>Diabetes Education and Self-Management</p>	<p>Download referral form at www.midmichigan.org/diabetes/professionals.</p>
<p>Grand Rounds</p>	<p>Julie Hart, CME coordinator, at (989) 839-3330.</p>
<p>Family Weight Matters Community presentation with Wendy Miller, M.D., and Mary Jane Hofelich, R.D.</p>	<p>MidMichigan Health Line at (989) 837-9090 or toll free at (800) 999-3199.</p>
<p>Open MRI</p>	<p>(989) 662-2111 or toll free (800) 727-6186.</p>
<p>Food, Exercise and Weight Management Download information or have patients call Health Line</p>	<p>Visit www.midmichigan.org/classes, click on <i>Food, Exercise and Weight Management</i>. MidMichigan Health Line at (989) 837-9090 or toll free at (800) 999-3199.</p>

Physicians may reach MidMichigan services or medical staff through the MidMichigan Access Line toll free at (800) 395-1355.

Profiles is a regular publication of MidMichigan Health, offering medical news and information of interest to physicians throughout Michigan.

**MidMichigan
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