



*Ready to reinvent yourself?*



CENTRAL BAPTIST HOSPITAL  
*Surgical Weight Loss Center*

## We Offer Only the Best for You

CENTRAL BAPTIST HOSPITAL

Central Baptist Hospital offers Central Kentucky's most comprehensive bariatric surgery program, including the region's most experienced bariatric surgeons. Dr. G. Derek Weiss and Dr. John S. Oldham Jr. with Bluegrass Bariatric Surgical Associates:



- Devote their practice solely to minimally invasive bariatric surgery (no “open,” large incisions)
- Are the only bariatric surgeons in Kentucky that offer BLIS (complication protection) and BLIS financing (low rates) and
- Are the region's most experienced adjustable gastric banding surgeons (3,500+ cases), Central Kentucky's leading laparoscopic sleeve gastrectomy surgeons, and have performed more than 1,800 laparoscopic Roux-en-Y gastric bypass procedures.

To learn more, call **859-263-2022** or **1-800-935-4083**  
or visit [cbhweightloss.com](http://cbhweightloss.com).

## Choosing Weight-Loss Surgery is a Personal, Life-Changing Decision

Surgical weight loss is a complex, personal decision that involves more than the surgery itself. It is a decision to reinvent yourself and change your entire lifestyle and relationship with food. When you're ready to take that step, Central Baptist Hospital has the most technologically advanced, safest and least-invasive surgical weight loss solutions in Central Kentucky.

Central Baptist has been recognized as a Bariatric Surgery Center of Excellence® by the American Society for Metabolic and Bariatric Surgery. This designation recognizes surgical programs with a demonstrated track record of favorable outcomes, including very low complication rates, in bariatric surgery.

Surgery itself is just one part of our comprehensive program. We will go with you on your entire weight loss journey, helping to make the many transitions you will experience as comfortable as possible.



Center of  
Excellence  
BARIATRIC SURGERY



## Weight Loss Surgery...

### Health and Quality of Life Benefits

Bariatric surgery is recognized by the National Institutes of Health as an effective tool to help people with morbid obesity achieve and maintain a healthier weight. In fact, the NIH states that surgery provides the longest period of sustained weight loss in patients for whom all other therapies have failed. Weight loss surgery has been shown to improve many obesity-related health conditions—type 2 diabetes, obstructive sleep apnea, hypertension and high cholesterol—so life expectancy increases. Bariatric surgery patients report more energy, less depression, improved health and quality of life, better social interactions, psychological well-being, more employment opportunities and more stability in their economic condition.

*...benefits beyond clothing size!*

### Financial Benefits

All recent studies show that bariatric surgery pays for itself in about 3 years. That's partly because weight loss surgery may help to improve or resolve many of the expensive conditions and diseases associated with obesity such as type 2 diabetes and hypertension. Following significant weight reduction, patients save money on medications for diabetes, hypertension, osteoarthritis, high cholesterol and asthma to name just a few. Patients with obstructive sleep apnea save money on home machinery, and the majority of patients report improvement in psychosocial and economic conditions.



## Our Expert Team:

**Dr. G. Derek Weiss**, Director of Bariatric Surgery and **Dr. John S. Oldham, Jr.** are advanced laparoscopic specialists dedicated exclusively to bariatric patient care. As of August 2010, they have performed more than 5000 minimally-invasive bariatric surgeries and are the only totally minimally-invasive practice in Kentucky. Their practice is the only one in Kentucky that offers patients an extra measure of safety called **BLIS** care. Recognized by BLIS as having the lowest complication rate and best outcomes in Kentucky, Dr. Weiss and Oldham are proud to provide a protection plan not available at any other bariatric surgery practice in the state. Patients who opt for BLIS coverage are covered after surgery, regardless of their insurance or even if they don't have insurance.

### WHY "MINIMALLY INVASIVE?"

*Minimally invasive surgery means a shorter hospital stay, faster recovery, smaller scars, less risk of complications and less pain. Surgeons have a better view of internal anatomy, and outcomes are better for patients across the board. Those are just a few reasons why our surgeons specialize in minimally invasive, laparoscopic surgery.*



## *Support beyond surgery!*

Weight loss surgery isn't a cure, it's a tool. Experts agree that weight loss surgery patients need help to lose weight and keep it off. That's why we provide you with the right tools and strategies to help you at each new phase of your pre-and post-surgery life. We'll help you stay on track and connected with your bariatric team. We'll keep you motivated to achieve and maintain a healthier weight for life. And we do it all with the compassionate care you expect from Central Baptist Hospital.

Our **Nutrition Coach** is a registered dietitian, with a master's degree, licensed and certified in diabetes education as well as adult weight loss management. She'll show you how the food you're currently eating affects your body, and how your post-op diet can be most successful. Our wellness program tailors a fitness plan to your abilities and goals at **HealthwoRx**, our state-of-the-art wellness center in Lexington Green. And our support teams help you emotionally, psychologically and behaviorally as you prepare for and recover from surgery.

# Surgical Options

## LAPAROSCOPIC ADJUSTABLE GASTRIC BANDING:

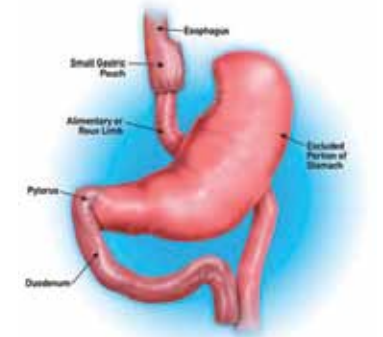
The adjustable gastric band limits the amount you can eat at one time and slows the flow of food out of the stomach. As a result, you feel full sooner and stay full longer. We offer both the LapBand® and REALIZE-C™ adjustable gastric bands. In banding, the stomach and intestines are not cut or divided. Because there is no change in digestion or absorption of nutrients, weight loss after gastric banding is usually slower than the other two options and requires a commitment to proper nutrition and exercise. Most patients meet their goal in 3-5 years. Adjustable gastric banding has been the most common bariatric surgical procedure done worldwide for some time and the most common bariatric surgical procedure in the United States since 2009.



also report a lack of appetite for many months after surgery. Similar to gastric bypass, sleeve patients experience rapid weight loss with reliable improvement in associated obesity-related illnesses such as diabetes, high blood pressure and sleep apnea. Because of the sleeve's decreased short-and long-term risks when compared to bypass, its popularity is likely to surpass gastric bypass in the near future. Hospital stay is usually 1 -2 days, and most patients meet their goal in 18 months.

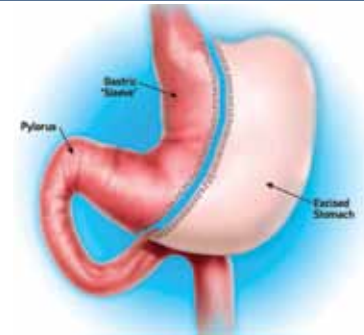
## LAPAROSCOPIC ROUX-EN-Y GASTRIC BYPASS

Gastric bypass surgery restricts the amount of food you can eat and alters the normal digestive process, which ultimately reduces the amount of calories you absorb. Although we have done thousands of these procedures safely via tiny incisions, there can be more serious short- and long-term complications because we are cutting and dividing the stomach and intestines. Specialized vitamins and supplements are required for life. Gastric bypass has been around for more than 40 years and remains a very reliable way to lose weight rapidly and see significant improvement in obesity-related illnesses such as diabetes, high blood pressure and sleep apnea. Hospital stay is usually 2 days, and most patients meet their goals in 18 months. Commitment to following all recommendations and long-term follow-up are critical for success and to avoid long-term complications.



## LAPAROSCOPIC SLEEVE GASTRECTOMY:

Sleeve gastrectomy limits the amount of food you can eat at one time because we permanently reduce the size of your stomach. Through tiny incisions, we remove the outer 85% of your stomach so that it holds only 10% of the volume of your original stomach. The outer stretchy part as well as a large portion of the stomach that produces the hunger hormone ghrelin are removed. As a result, you feel full with less food and stay satisfied longer. Most of our patients





## Bariatric Weight Loss Seminars

When considering weight loss surgery, it's important to have all the information you need. That includes feeling comfortable with your surgeon and the team that will support you long after surgery. That's why Central Baptist Hospital hosts informational seminars twice a month in our Education Center (Building E on the lower level). Our seminars are a great way to get the facts about bariatric surgery. You will learn about the surgical options available at CBH, meet one of our surgeons and members of our team, and you could even meet former patients. There's no pressure to make a commitment, and no better way to get the answers you need. We highly recommend attending at least one seminar. For more information or to register for a seminar by phone, please call 1-800-935-4083.

# CENTRAL BAPTIST HOSPITAL

859-263-2022 or 1-800-935-4083 | [cbhweightloss.com](http://cbhweightloss.com)

# We Offer Only the Best for You

CENTRAL BAPTIST HOSPITAL

Central Baptist Hospital offers Central Kentucky's most comprehensive bariatric surgery program, including the region's most experienced bariatric surgeons. Dr. G. Derek Weiss and Dr. John S. Oldham Jr. with Bluegrass Bariatric Surgical Associates:

- Devote their practice solely to minimally invasive bariatric surgery (no "open," large incisions)
- Are the only bariatric surgeons in Kentucky that offer BLIS (complication protection) and BLIS financing (low rates) and
- Are the region's most experienced adjustable gastric banding surgeons (3,500+ cases), Central Kentucky's leading laparoscopic sleeve gastrectomy surgeons, and have performed more than 1,800 laparoscopic Roux-en-Y gastric bypass procedures.



To learn more, call 859-263-2022 *or* 1-800-935-4083  
*or visit* **[cbhweightloss.com](http://cbhweightloss.com)**.