

Love

Live



Laugh



The Center for Weight Management

of Park Rapids, MN



Lose!



The Center for Weight Management is a service of St. Joseph's Area Health Services



The Center for Weight Management



ASMBS Centers of Excellence outcomes

	N	SJAHS, Park Rapids
	%	%
Total patients	55,567	1,731
Hospital Mortality	0.14	0.06
30-day Mortality	0.29	0.17
90-day Mortality	0.35	0.23
Readmission	3.52	2.94
Re-operation	1.60	1.15

St. Joseph's Area Health Services' national honors, 2007

HealthStream Research

- 1st Place - Overall Inpatient Satisfaction
- 1st Place - Overall Employee Satisfaction

Catholic Health Initiatives

- Named a Top Ten Hospital
- 1st Place - Inpatient Satisfaction
- 1st Place - OB Patient Satisfaction
- 3rd Place - Imaging



Winning team approach sets us apart

Dr. Daniel Smith and the surgical weight-loss team at The Center for Weight Management strive for excellence in providing patient care and services that you expect when choosing an ASMBS Bariatric Center of Excellence.

Dr. Smith's success rates (which exceed national standards) are backed by a multi-disciplinary team established to take patients from the initial consultation, screenings, and assessments through treatment and follow-up programming.

In addition, The Center for Weight Management offers a range of services

from Roux-en Y gastric bypass surgery to a 15-week, comprehensive non-surgical option. The LAP-BAND® System procedure became an additional option for patients in November.

The Center for Weight Management, a service of St. Joseph's Area Health Services, backs up its claim to have a winning team approach to care citing their recent honors for being named first in the nation for Overall Inpatient Satisfaction by HealthStream Research and within the Catholic Health Initiatives organization.



Joint Commission
Gold Seal of Approval

St. Joseph's Area Health Services
600 Pleasant Ave.
Park Rapids, MN 56470
Phone: (218)732-3311

www.sjahs.org



"I met Dr. Dan Smith two years ago when my wife had Roux-en Y surgery. I feel he is truly an honest and caring man; one who takes pride in his work and strives to stay on the top of his game."

-- Brian F. of Breckenridge, MN

The Center for Weight Management expands offerings to include LAP-BAND® procedures

Dr. Dan Smith and The Center for Weight Management now offers the LAP-BAND® System procedure as an option for patients.

The LAP-BAND® System uses an adjustable gastric band placed around the upper part of the stomach which is then filled with saline. This creates a new, smaller stomach pouch that holds only a small amount of food.

Once in place, an access port fixed beneath the skin of the abdomen allows LAP-BAND® certified physicians such as Dr. Smith to change the stoma size by adding or subtracting saline. The diameter of the band can be modified to meet individual needs.

The procedure is reversible with the stomach and other anatomy generally being restored to their original forms and functions. As with any gastric bypass surgery, the LAP-BAND® is to be used as a tool to help patients achieve their weight-loss goals.

Comparisons between LAP-BAND® and RNYGBP

The Roux-en Y procedure is considered the gold standard in the bariatric community while LAP-BAND® offers promising new (reversible) technology.

The LAP-BAND® surgery is less complicated with a mortality average of one per 1,000 while the Roux-en Y carries a slightly higher risk of 1.7 per 1,000 (SJAHS).

Outcomes for Roux-en Y patients yield a faster weight loss with 70 to 80 percent achieving Excess Weight Loss (EWL) at two years. LAP-BAND® patients show a slow, steady weight loss with 50 percent EWL at two to five years.



Weighing the options; Roux-en Y versus the LAP-BAND®

Patient BMI, age, and co-morbidity status dictate recommendations

The LAP-BAND® System is best-suited for the younger patient with a Body Mass Index (BMI) of less than 50 and who doesn't exhibit serious weight-related conditions, especially Type 2 diabetes.

Roux-en Y gastric bypass surgery is best-suited for patients with a BMI greater than 50 and/or patients with serious weight-related conditions such as Type 2 diabetes.



Similarly, the Roux-en Y procedure aids with faster resolution of co-morbid conditions (especially Type 2 diabetes). These patients also maintain a more vigorous vitamin/mineral supplementation routine.

Revision is unusual for any Roux-en Y patient while 5 percent of LAP-BAND®

patients eventually revise to the Roux-en Y due to inadequate weight loss.

Band adjustments require more frequent follow-up appointments. Roux-en Y patients are seen less frequently in terms of follow-up care with annual appointments recommended thereafter.

Reversal of co-morbidities

	Diabetes Resolved	Hyperlipidemia Improved	Hypertension Resolved	OSA Resolved
Adjustable Banding	47.9%	58.9%	43.2%	95%
Roux-en Y	83.7%	96.3%	67.5%	94.8%

Metanalysis: Buchwald, 2004



"Having worked in a hospital setting I was very impressed with the quality of care and attention to detail. There is a structured aftercare program and participation is encouraged... The care when brought back to my room was as good as care I have had in metropolitan hospitals. There was a friendliness which sometimes is lost in larger markets."

-- Gary R. of Richville, MN

The Center for Weight Management



*The New
England Journal
of Medicine
report conclusive*

Obese adults live longer after bariatric surgery

Findings from *The New England Journal of Medicine (NEJM)* (Aug. 23, 2007) indicate a conclusive link between stomach surgery and extended lives of severely obese patients; dramatically reducing deaths from heart disease, cancer, and diabetes.

The findings were based on two studies conducted independently of one another in Sweden and Utah in which physicians followed the progress of 20,000 obese patients. Those who chose surgical methods for weight loss were 40 percent more likely to be alive later than those who tried conventional weight-loss methods.

Article conclusion?

“Bariatric surgery for severe obesity is associated with long-term weight loss and decreased overall mortality.”

In an article that appeared in the *Boston Globe* (the same day as the NEJM article was released) it was projected that the findings of these studies may cause a shift in eligibility for weight-loss surgeries.

A majority of Dr. Dan Smith's patients see health condition reversals and quality of life improvements

The most recent health condition survey conducted by The Center for Weight Management in Park Rapids shows that 87.5 percent of patients overwhelmingly improved their exercise stamina levels.

For the patients who responded, 71 percent said their blood pressure improved, and 67 percent said they experienced less fatigue and their back, knees, and hips were less problematic.

Other health related conditions which showed improvement were:

Edema	58%
Sleep apnea	58%
Diabetes	37.5%
Urinary Incontinence	37.5%
Stomach problems	33%
Asthma, lung or respiratory issues	29%
Heart problems	17%
Migraine headaches	12.5 %

The latest 18-month Quality of Life survey conducted through The Center for Weight Management reveals a dramatically improved ability or willingness of gastric bypass patients to exercise (79 percent).

Sixty-seven percent said their ability or willingness to work improved. Another 58 percent indicated they were more apt to get out and socialize.



While 37.5 percent of patients said their depression had improved, 17 percent indicated it stayed the same and the remainder reported a worsening of the condition. (A person's mental health may or may not be weight related.) Relationships with spouses or significant others demonstrated an improvement of 33 percent, with 12.5 percent indicating it stayed the same. The remainder said their relationships worsened or had become an issue or were non-applicable.



“(Dr. Dan Smith) was amazing. He told me step by step what was going to happen before surgery. The staff was amazing. They went above and beyond my expectations. I would rate my overall experience as far as before/after care and my hospital stay a perfect 10!”

-- Jeanne K., of West Fargo, ND

Gastric bypass patients lose to become triathlon winners

Others finished before them, but the six women (two teams) who entered the Northwoods Triathlon in Nevis in August were winners in every regard.

These six challenged themselves to a race all but one would never have considered a possibility a year earlier. All have undergone gastric bypass surgery and collectively lost more than 500 pounds.

Leah Walters, The Center for Weight Management Coordinator, wiped away tears when the teams charged through the finish line. Each woman finished their leg of the race, and while many went into the race with a personal goal of simply surviving, as it turns out none finished last.

Linda Hanson (110 pounds lost) worked several years as a triathlon volunteer. She longed to give it a try. "My heart was there, it was just that my body wasn't," she said.

"I am so thankful because I have my life back. This has been such an amazing journey," she adds. "Mentally, I'm healthier. Physically, I'm definitely healthier, and I know I'm going to live a whole lot longer. This is the best decision I've ever made in my whole entire life. I have absolutely no regrets, and would do it again (have the surgery) in a heartbeat." Her eyes are on this coming year's triathlon as a solo competitor.

It took effort for Connie Nygaard to climb a set of stairs prior to shedding 120 pounds of



excess body weight. "I was not a happy camper," she says. Following a quarter of a mile swim her smile was priceless as she waded out of the water. She holds every intention of sticking to an exercise routine. (Let's just say she's become committed.)

Abby Rolffs also emerged with a new sense of pride. Her team was a scene from *All in the Family*. Rolffs, Gurno (a cousin) and Lisa Schneider of Willmar (a sister) are all related. Weight loss and better health are a new family tradition.

Having met their goals with a triathlon team effort under their shrinking belts, they are encouraged by similar challenges. As with all of these women-turned-triathletes, their stories of transformation are still unfolding.

Note: For an unedited version of this story, see St. Joseph's Area Health Services' website at: www.sjahs.org.



The Center for Weight Management helps change the lives of

individuals

Lost 208 pounds



and families



Lost more than 500 pounds



We provide support above and beyond...

- Nutrition classes
- Quarterly "Back on Track" program
- Y-Weight Support Group (meets twice monthly)
- Out-state support group leader training
- Quarterly newsletters
- Online support system
- ASMBS "Walk from Obesity" annual event and celebration

"The staff is so great; every one of them! Some have also had this procedure done, and they are more than willing to share their experiences with you. The aftercare is great. They are always happy to take your phone calls, are so encouraging and excited for the patient. I feel like they truly love to see my success and are proud of me!"

-- Jennifer R., Laporte, MN

The Center for Weight Management

A Service of St. Joseph's Area Health Services
600 Pleasant Ave. Park Rapids, MN 56470
Phone: (218) 732-3311 Fax: (218) 732-1368
www.sjahs.org



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Weekend in the Pines, 2008

Set Sept. 27 aside on your calendars,
second annual event to combine
forces with Walk From Obesity

Mark your calendars for the weekend of Sept. 27 because The Center for Weight Management will host its second annual "Weekend in the Pines" event this fall.

Plans are currently being made for the event which will also feature the Walk From Obesity.

Highlights will include motivational speakers, professionals with the latest in bariatric recommendations, a cooks corner, healthcare screenings, support from fellow surgical



weight-loss patients, and a breath of fresh air amidst some of the finest natural backdrops in the state; the kind that only the Park Rapids region can provide.

The annual Walk From Obesity is part of a nationwide walk and fundraising event designed to reduce disability, death, and discrimination of people who are obese.

Please watch for future newsletters as the details on this motivational, unique and fun weekend take shape.



Additional surgeon to arrive in August

A new surgeon, Dr. Robert Wroblewski, will be joining the team at The Center for Weight Management, St. Joseph's Area Health Services, Innovis Health in Park Rapids. He is expected to arrive in August.



*Dr. Robert
Wroblewski*

Dr. Wroblewski is coming from the University of North Dakota (UND), Grand Forks, where he completed his residency training. Among his mentors was Dr. Dan Smith, clinical faculty and associate professor with the UND School of Medicine and Health Science Department of Surgery.