

St. Joseph's Area Health Services Center for Weight Management
& Essentia Health Park Rapids

2010 ANNUAL REPORT



Center of
Excellence
BARIATRIC SURGERY

*Helping weight-loss patients
transform their lives.*

Sleeve gastrectomies added
to surgical options!

GASTRIC BYPASS ● SLEEVE GASTRECTOMY ● ADJUSTABLE BANDING ● NON-SURGICAL SOLUTIONS



Sleeve gastrectomies: another weight-loss option for patients

Gastric bypass patient inspired to counsel others

Eydie Garcelon of Park Rapids adopted a new credo following her gastric bypass surgery at the Center for Weight Management.

“Nothing tastes as good as being healthy feels,” she says. “And I feel fabulous!”

At a maximum weight of 323 pounds, she took two kinds of insulin 4 times daily for her type 2 diabetes and four other medications to attempt to control her co-morbidities. Her diabetes couldn't be controlled.

She experienced constant knee pain and “my triglycerides were alive and well,” she says, meaning she also suffered from high cholesterol.

Her gastric bypass and support from the Center's multi-disciplinary team gave Garcelon the tools she needed to become healthy again. She has lost 168 pounds since her surgery and is off all medications. Her last blood sugar reading was 87.

Today she celebrates life with 3-mile walks, attends support group meetings, and inspires others as a bariatric volunteer at the Center. She has a healthy relationship with food, and is currently pursuing a new career in the field of nutrition.

Eydie Garcelon lost 168 lbs & is off all medications.



Dr. Daniel Smith and Dr. Robert Wroblewski offer sleeve gastrectomies as part of their surgical weight-loss treatment options at the Center for Weight Management in Park Rapids, MN.



Dr. Daniel Smith



Dr. Robert Wroblewski

The gastric bypass procedure is considered the gold standard for weight-loss surgery, but according to Dr. Smith, studies indicate promising results on behalf of sleeve gastrectomies as an effective treatment for obesity.

During a laparoscopic sleeve gastrectomy, a large portion of a patient's stomach is removed, leaving a newly created pouch about the size of a ring finger or a cheese stick.

The procedure works to restrict food intake, decrease the hormone ghrelin, and increase gastric emptying and small bowel transit time from 298 minutes to 199 minutes.

Proposed indications for a sleeve gastrectomy include:

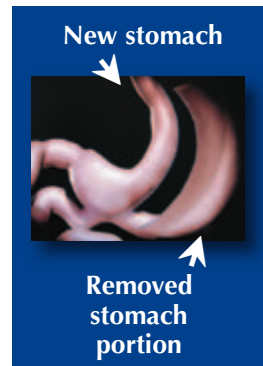
- ▶ Would prefer not to use small bowel (previous bowel surgeries or inflammatory bowel disease)
- ▶ Pre-transplant weight loss
- ▶ Hepatic cirrhosis
- ▶ Revisional procedure for failed LAGB
- ▶ Primary weight-loss procedure

Advantages of sleeve versus adjustable banding is that there is no foreign body introduced (no erosion, infection or slippage) and no adjustments need to be made. In addition, ghrelin cells are removed with the sleeve gastrectomy.

Other advantages of the sleeve are:

- ▶ No dumping syndrome

- ▶ No intestinal bypass or risk of intestinal obstruction
- ▶ No anemia, vitamin deficiencies, protein malnutrition, osteoporosis
- ▶ High BMI not a contraindication
- ▶ Better tolerance to a “regular” diet.

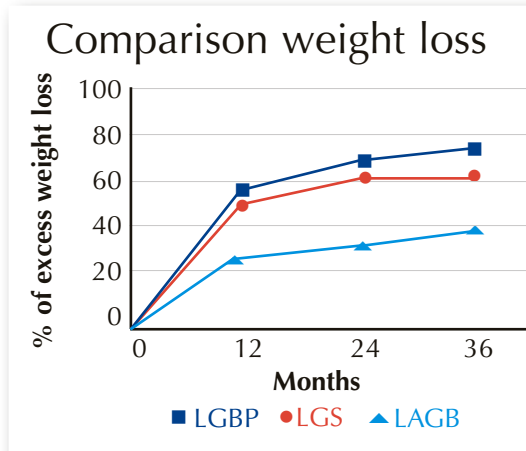


Potential downsides to sleeve gastrectomies include gastric division in which a leak can occur, it's non-reversible, and long-term results are unknown.

Contraindications are:

- ▶ Severe esophageal dysmotility, achalasia
- ▶ Severe GERD
- ▶ Large hiatal hernia
- ▶ Recalcitrant peptic ulcer disease
- ▶ Gastric Crohn's disease

“Weight loss and reversal of co-morbidities make this and other weight-loss surgeries life-saving procedures,” Dr. Smith and Dr. Wroblewski agree.



St. Joseph's Area Health Services / Essentia Health Park Rapids

600 Pleasant Ave. / 705 Pleasant Ave.

Park Rapids, MN 56470

218-237-5757 or 1-800-566-3311

www.weightmanagementmn.com





Center of Excellence
BARIATRIC SURGERY

ASMBS Centers of Excellence outcomes

Aggregate Outcome Data of the First 176 Applicants for Full Approval by SRC.
Pories; June, 2006

St. Joseph's Area Health Services, Park Rapids 1/00 - 10/10

Variable	#	%	#	%
Total Patients	55,567	100	2,644	100
Hospital Mortality	76	0.14	1	0.04
30-day Mortality	165	0.29	4	0.15
90-day Mortality	196	0.35	5	0.19
Readmission	1,956	3.52	69	2.61
Re-operation	887	1.60	31	1.17

The American Society of Bariatric and Metabolic Surgery Center of Excellence Program, developed and monitored by the Surgical Review Corporation, reports excellent outcomes. Outcomes at St. Joseph's Area Health Services are even better than the already extremely good outcomes reported by Centers of Excellence nationwide.

Open & Laparoscopic GBP Complication Rates

Meta Analysis

Variable	Open*	Lap*	SJAHS Park Rapids
Leak rate	1.64%	1.96%	0.48%
PE Rate	0.75%	0.41%	0.20%
30-day mortality	0.85%	0.24%	0.15%

*SURGERY CLINICS OF NORTH AMERICA, AUGUST 2005

Reversal of co-morbidities

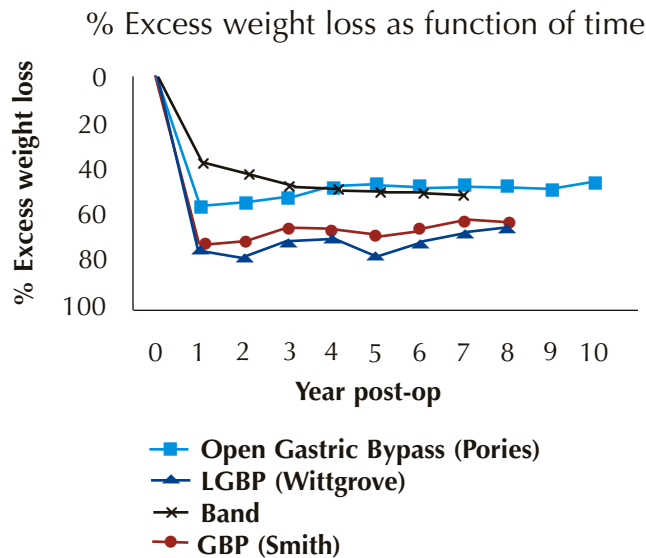
	Type 2 DM	Hyper-lipidemia	Hyper-tension
Gastric bypass	84%	96%	68%
Sleeve gastrectomy	70%	80%	55%
Adjustable Banding	48%	59%	43%

Support groups

We have support groups located in the following regional service areas:

- Alexandria
- Bemidji
- Brainerd
- Deer River
- Fargo, ND (4)
- Fergus Falls
- Grand Rapids
- Hibbing
- Little Falls
- Moorhead
- Park Rapids
- Staples
- Virginia

Sustained weight-loss success



Convenience

► For patient convenience, members of the Center's surgical and bariatric team travel to Essentia Health's Moorhead Clinic the second and third Tuesday of the month to see Dr. Smith's patients for follow-up exams.

Once patients have completed their initial follow-up care, they return to the care of their primary care provider. Please call 218-237-5757 for more information.

► Patients of Dr. Robert Wroblewski may be seen post-operatively at Essentia Health Fargo.

Please call 218-732-2915 for more information.

Referrals

Referrals can be made to Leah Walters, the Center for Weight Management's Bariatric Coordinator at 218-237-5705 or 218-255-3050 (c) or leahwalters@catholichealth.net.

- Dr. Daniel Smith, Surgeon
- Dr. Robert Wroblewski, Surgeon
- Sandy Jones, PA-C
- Betty Larsen, PA-C
- Brenda Norby, PA-C, Family Nurse Practitioner

- Leah Walters, RD, LD, CDE, Bariatric Coordinator
- Amy Erickson, Exercise Physiologist
- Arlys Hess, MSW, LGSW, Lifestyle Counselor
- Joel Kirchner, PsyD, Psychology

- Tia Kocka, BSN, RN, CDE, Bariatric Nurse Specialist/Diabetes Educator
- Karie Lindow, RN, Bariatric Nurse Specialist
- Missy Lindow, PTA, Lifestyle Counselor

St. Joseph's Area Health Services CENTER FOR WEIGHT MANAGEMENT

600 Pleasant Avenue
Phone: 218-237-5757
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Park Rapids, MN 56470
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Essentia Health

705 Pleasant Avenue, Park Rapids, MN 56470



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Note: Designation as Blue Distinction Centers means these facilities' overall experience and aggregate data met objective criteria established in collection with expert clinicians' and leading medical societies' recommendations. Individual outcomes may vary. To find out which services are covered under your policy at any facilities, please call your local Blue Cross and/or Blue Shield Plan.

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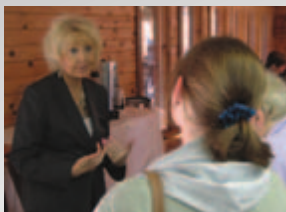
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Center for Weight Management in Park Rapids supports programming

MOVE!

The Center for Weight Management started a motivational exercise program in 2010 called, MOVE! Under the guidance of medical supervision, it's an individually tailored program geared to change the way one thinks about exercise.



Weekend in the Pines

Surgical weight-loss mentor, author and motivational speaker, Barbara Thompson, appeared at our Weekend in the Pines retreat for surgical and non-surgical patients in October. The 2011 retreat will be held Oct. 7 & 8.

Walk From Obesity raises \$1,200

Supporters of the Center for Weight Management worked to raise \$1,200 on behalf of obesity research, prevention, treatment, and education. The event supports work of the American Society for Metabolic and Bariatric Surgery Foundation and Obesity Action Coalition.



Take Note

▶ A new support group for weight-loss patients started Jan. 20. The **"Y Weight? Graduate Course"** is specifically designed for weight-loss surgery patients who are at least one year post surgery. The group meets at 5:30 p.m. every third Thursday of the month in St. Joseph's and Essentia Health's Lower Level B&C conference rooms. Please call Arlys Hess at 218-237-5588 for more information.

▶ The **Y Weight? Support Group** meets at 4:30 p.m. every second and fourth Thursday of the month in Lower Level B&C conference rooms. Here's what's coming next.

Feb. 10: "Mindful Eating" discussion.

Feb. 24: "Where Did I Go?" with Susan Finn, St. Joseph's Chaplin.

March 10: Open discussion / recipe exchange/ planning a cookbook.

March 24: "Ask the Professional" with Betty Larsen, PA-C. Bring your question for Betty on a 3x5 note card.

▶ A healthy weight-loss **day of education** is being planned in Fargo. Check The Center for Weight Management's website as plans for this April event unfold.

The Center's website is: weightmanagementmn.com