



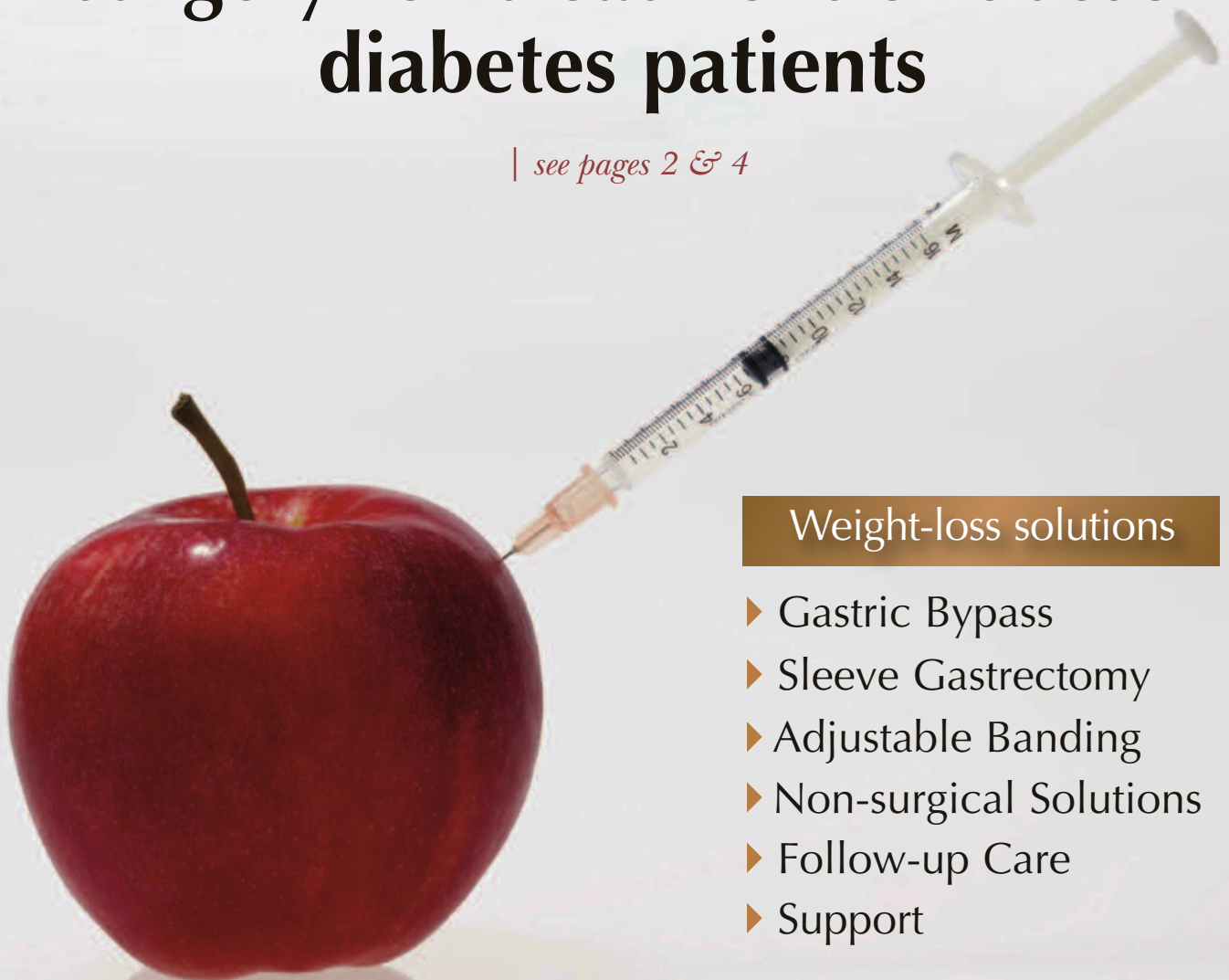
Center of
Excellence
BARIATRIC SURGERY

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

2011 Annual Report

International Diabetes Federation taskforce backs weight-loss surgery for treatment of obese diabetes patients

| *see pages 2 & 4*



Weight-loss solutions

- ▶ Gastric Bypass
- ▶ Sleeve Gastrectomy
- ▶ Adjustable Banding
- ▶ Non-surgical Solutions
- ▶ Follow-up Care
- ▶ Support

Weight-loss surgery a 'powerful tool' in treatment of type 2 diabetes for obese patients

Weight-loss surgery, in combination with behavioral modifications, can be a "powerful tool" in the treatment of type 2 diabetes for obese patients.

The International Diabetes Federation (IDF) Taskforce on Epidemiology and Prevention said as much in a position statement released in 2011.

The taskforce...

▶ substantiates evidence backing bariatric surgery as a cost-effective treatment for type 2 diabetes in obese patients,

▶ states it should be considered earlier in the treatment of these patients,

▶ and adds that prejudices in regard to severe obesity (even those that exist within the healthcare and insurance systems) "should not act as a barrier" to patients receiving "clinically-effective treatment options."

St. Joseph's Center for Weight Management and Essentia Health surgeons, Dr. Daniel Smith and Dr. Robert Wroblewski, have worked to educate primary care physicians and patients about surgical weight-loss treatment options and the significant effectiveness surgery has in normalizing blood glucose levels in a relatively short time.

This is in addition to a scope of other health benefits including a reduction or reversal in other life-threatening chronic conditions such as high blood pressure, high cholesterol, sleep apnea and more.

"Gastric bypass (the gold standard of weight-loss surgery) creates

hormonal changes immediately after surgery," says Dr. Smith, "such that type 2 diabetes is immediately

improved, even before there has been any weight loss. Almost every week we discharge a diabetic patient after gastric bypass surgery who no longer needs oral medications or insulin to manage their diabetes, even though they are only about three days out from surgery and haven't lost any weight yet."

Studies looking at RNY gastric bypass surgeries show the five-year death rate decreasing "three- to nine-fold" compared to patients not having surgery, he notes.

In his presentations, Dr. Smith



Dr. Daniel Smith Dr. Robert Wroblewski



"There is now extensive evidence on the optimal management of diabetes, offering the opportunity of improving the immediate and long-term quality of life of those with type 2 diabetes. Unfortunately, such optimal management is not reaching many, perhaps the majority, of the people who could benefit."

~International Diabetes Federation, Global Guideline for type 2 diabetes

sites medical studies that show weight-loss surgeries save lives, improve quality of life for patients and are cost-effective.

The IDF would like to see priority strategies put in place to ensure accessibility to weight-loss surgery for obese patients with type 2 diabetes who are most likely to benefit.

"Obesity is a complex, chronic disorder with serious adverse consequences for health which requires a comprehensive approach to both prevention and treatment," IDF task force experts state.

"People affected by severe obesity often struggle not only with the health and physical consequences of their chronic condition, but discrimination at work, socially and within the healthcare system."

[more on page 4▶](#)

CATHOLIC HEALTH INITIATIVESSM

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



Essentia Health



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

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%

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%	0.13%

*SURGERY CLINICS OF NORTH AMERICA, AUGUST 2005



ASMBS Centers of Excellence outcomes

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

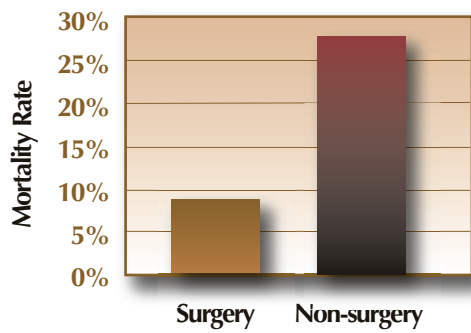
St. Joseph's Center for Weight Management, Park Rapids
Jan. 2000 - Dec. 2011

Variable	#	%
Total Patients	55,567	100
Hospital Mortality	76	0.14
30-day Mortality	165	0.29
90-day Mortality	196	0.35
Readmission	1,956	3.52
Re-operation	887	1.60

#	%
3,020	100
1	0.03
4	0.13
5	0.17
76	2.52
36	1.19

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

Effect of Gastric Bypass on Mortality in Diabetic Patients at five years

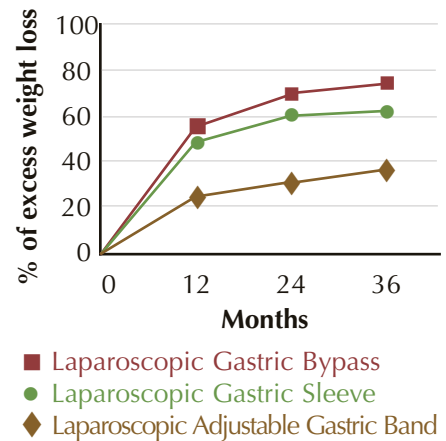


(MacDonald et al. 2003)

Convenience

► For patient convenience, members of the Center's bariatric team travel to Essentia Health's South University Clinic in Fargo on the first and third Tuesday of every month to see post-surgical patients for follow-up exams and for their annual visit. Once patients have completed their initial follow-up care, they return to the care of their primary care provider for routine medical services. Please call 218-237-5757 for more information.

Comparison weight loss



Referrals

Referrals can be made to Leah Walters, the Center for Weight Management's Bariatric Manager, at 218-237-5705 or leahwalters@catholichealth.net.

- Dr. Daniel Smith, Surgeon
- Dr. Robert Wroblewski, Surgeon
- Brenda Norby, PA-C, Family Nurse Practitioner
- Leah Walters, RD, LD, CDE, Bariatric Manager

- Angelique Clark, Certified Strength & Conditioning Specialist, Athletic Trainer, Addiction Counselor
- 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
- Jennifer Skoog, RD, LD, CDE

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

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www.weightmanagementmn.com

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Center of
Excellence
BARIATRIC SURGERY

Designated as a
Blue
Distinction®
Center for Bariatric Surgery



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.

Address Service Requested

The International Diabetes Federation suggests 285 million people have diabetes globally. They predict 438 million by 2030 and consider it one of the greatest public health threats of the 21st century.

Support groups

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

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



Weight-loss surgery and diabetes

continued from page 2

Because St. Joseph's Center for Weight Management is an American Society for Metabolic and Bariatric Surgery (ASMBS) "Center of Excellence," it is among only those facilities that demonstrate unparalleled commitment to consistently deliver safe, effective, evidence-based care.

From January 2000-December 2011, St. Joseph's Center for Weight Management reports a 90-day mortality rate of 0.17 percent. Equally impressive is the ASMBS Centers of Excellence nationwide reported an aggregate outcome for June, 2006 (Pories), of 0.35 percent.

Program services

- ▶ Support Group Leader Training
- ▶ Support Groups
- ▶ Graduate Support Group
- ▶ Newsletters
- ▶ Online Support Systems
- ▶ Nutrition Classes
- ▶ Multi-disciplinary Team Approach
- ▶ "POWER" Programs
- ▶ MOVE! Exercise Classes
- ▶ Annual Retreat
- ▶ Walk From Obesity