

Y Weight?

Support for Surgical & Medical Weight-loss Solutions

A CHI
St. Joseph's
Health
Weight
Management
Center
Newsletter

Summer 2016



Inside

***New
Support
Group in
Detroit
Lakes p. 2***

***Revisional
Weight Loss
Procedure p. 3***

***Vitamin
Reminder p. 4***

**218.237.5757
1.800.566.3311**



“Thanks to Dr. Smith and his crew, I’m alive again!”

—Paul Henderson, post-surgical weight loss patient and support group facilitator

New Support Group in Detroit Lakes

Today’s technology provides many options for interacting with others. Facebook, Twitter, SnapChat, Instagram, Tumbler, Vine, Pinterest, and on-line groups are all about “conversation” with others. Face-to-face conversation is the most meaningful connection.

Support groups provide a great opportunity for those meaningful conversations and connections. It is a chance to connect with others who understand what you’re going through; to talk to those who may be experiencing the same ups and downs as you are. It is a time to learn a new relationship with food and to develop new eating and exercise behaviors. Groups provide emotional support and a chance to develop

new friendships as well. If you’re looking for encouragement on your weight loss journey, find others on the path and spend time in face-to-face, meaningful conversation! FYI, a new support group opportunity is now available for those of you living in Detroit Lakes and the surrounding area.

The group meets the third Monday of every month at Essentia Health Detroit Lakes in the St. Benedict Conference Room at 6:00 pm and is facilitated by Paul Henderson, a post-surgical weight loss patient from the Park Rapids area.

Paul is 53-years-old and struggled with weight problems all his life. In 2012, he was almost home-bound,

weighing 558 lbs. On May 10th, 2013, he had gastric bypass surgery at CHI St. Joseph’s Health in Park Rapids. He states, “It was a life-changing and life-saving event for me. Now, three years later, I am wearing a 2X (down from a tight-fit 6X), have no high blood pressure, have no high blood sugars, and weigh in at 269 lbs. Thanks to Dr. Smith and his crew, I’m alive again!”

Additional support is provided by the team at the Weight Management Center in Park Rapids. Please call Arlys Hess at **218.616.3377** if you have any questions, or e-mail her at ArlysHess@CatholicHealth.net. Come join this group today!

Commitment to Quality Care



The American College of Surgeons (ACS) and the American Society for Metabolic and Bariatric Surgery (ASMBS) combined their respective national bariatric surgery accreditation programs into a single unified program to achieve one national accreditation standard for bariatric surgery centers, the Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program (MBSAQIP).

In 2015, CHI St. Joseph’s Health Weight Management Center achieved accreditation following a rigorous review process during which it demonstrated that it continues to maintain certain physical resources, human resources, and standards of practice. This elite designation is awarded only to bariatric surgical centers with records of experience and quality programming dedicated to advancing safe, high-quality care for bariatric surgical patients. The Weight Management Center’s accreditation will continue through 2017.



In addition, CHI St. Joseph’s Health is a designated Blue Distinction®+ Center for Bariatric Surgery by Blue Cross Blue Shield of Minnesota. This designation was achieved by providing the highest of patient-focused, coordinated care.



Revisional Weight Loss Procedures

Dr. Daniel Smith has 28 years of experience with revisional weight loss procedures. Although weight loss surgery is usually quite effective, at times, patients can struggle to maintain weight loss or lose adequate amounts of weight necessary to resolve weight-related health conditions. In such instances, a revisional weight loss procedure may be considered.

When patients are being evaluated for a revision in our program, a consultation with the Weight Management Center team is scheduled. An upper endoscopy and/or upper gastrointestinal (GI) contrast studies are often completed as they are complimentary in the evaluation of anatomy and cause of weight gain after bariatric surgery. During the consultation appointment, all tests are

reviewed as well as the operative report from the initial weight loss procedure. Dr. Smith then assesses the risks and potential benefits of a revisional surgery for the patient. If surgery is indicated and the potential risks are understood, our program can provide years of experience in revisional weight loss surgery to help you achieve your goal.

Not everyone who regains weight or fails to lose as much weight as they would have liked is a candidate for revisional weight loss surgery. Because morbid obesity is a multi-factorial disease, a multi-disciplined approach is used to treat patients that have regained or failed to lose weight.

Follow-Up Care

Because your **health** is important to us!



According to the American Society for Metabolic and Bariatric Surgery, studies show that patients are more likely to engage in better lifestyle habits when they know that there is accountability. For this reason, our Weight Management Center and Bariatric Surgery Department recommend long-term follow up visits. Recent research indicates that gastric bands that are not maintained can lead to poor outcomes, including complications that may require re-operations.

If you are experiencing any pain, digestive issues, or struggling with weight maintenance, please call Essentia Health Park Rapids Clinic at 218.732.2915 to schedule an appointment with our bariatric team. We continue to offer new weight management resources with additional medical, behavioral, and surgical options. Your health is important to us!

Experience better health.



Weight Management Center

600 Pleasant Ave.
Park Rapids, MN 56470

Non-Profit Org.
U.S. Postage
PAID
Park Rapids, MN
Permit No. 52

Address Service Requested

Vitamin Reminder

Please bring all of your vitamins and supplements to your follow-up appointments so we can review what you are taking. This is very helpful because we make vitamin recommendations based on your lab work. Remember, taking your vitamins daily is a commitment for the rest of your life!



Outreach Near You

Y Weight? Support Group

Y Weight? support meetings are held at 5:00 pm on the 2nd Thursday of the month in the CHI St. Joseph's Health Lower Level Conference Rooms B & C. We have support group leader training if you would like to start a support group in your community. Please call Arlys at **218.616.3377** for more information.

Detroit Lakes Support Group

If you're looking for encouragement on your weight loss journey, we have a support group for you. The group meets the third Monday of every month at Essentia Health Detroit Lakes in the St. Benedict Conference Room at 6:00 pm. Please call Arlys at **218.616.3377** for more information.



CHI St. Joseph's Health Weight Management Center
Essentia Health

Y Weight? is published by CHI St. Joseph's Health.
If you have comments or suggestions, please contact:
Arlys Hess | ArlysHess@CatholicHealth.net
600 Pleasant Avenue | Park Rapids, MN 56470 | 218.237.5757 or 1.800.566.3311 | www.CHISJH.org

