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Atlantic Bariatric Center



Weight loss surgical services:

Now is the time to start living.

All of us know the statistics: Obesity is growing at an increasing rate in the United States, reducing the lifespan and quality of life of many people.

Most of us also know that obesity is associated with an increased risk of many diseases, including:

- Type 2 diabetes
- Cardiovascular conditions, including hypertension and coronary heart disease
- Sleep apnea
- Osteoarthritis

Unfortunately, losing weight can be very difficult to accomplish. Even more challenging for those who are severely overweight, adopting a healthy diet and undertaking rigorous exercise may not be sufficient to meet weight loss goals.



*There are millions of reasons
to look forward to life. Are you
ready to put them in motion?*

Atlantic Bariatric Center is the Answer

Here's the good news: Combining advanced surgical techniques with medical evaluation and counseling, the specialists at **Atlantic Bariatric Center** can help you achieve newfound freedom, energy, and long-term success in your weight loss. And we offer all of this right here in our community.

Start living your reasons ...

Help and Healing for Obesity

Severe or morbid obesity is used to describe a person whose Body Mass Index (the ratio of weight to height) is more than 35. Typically, a BMI of 40 equates to being at least 80 pounds overweight for a female, or 100 pounds overweight for a male.

The National Institutes for Health has determined that weight loss surgery is often the only effective avenue for long-term weight loss for such patients.

We offer comprehensive care for our patients before, during and after weight loss surgery. This means carefully evaluating one's health history and physical condition to ensure that surgery is the most appropriate course of action.

Lifelong Benefits

Because patients work closely with our highly trained surgeons, physicians, nurses and dietitians on all facets of their health, we help them achieve weight loss and lifestyle goals that last far beyond surgery.

Minimally Invasive Procedures

Our approach to weight loss surgery is to minimize discomfort during and after any surgical procedure. That means utilizing minimally invasive techniques which result in:

- Smaller incisions
- Less post-operative pain
- Reduced time spent in the hospital
- Reduced risk of infection and complications
- Cosmetic benefits

Even better, our patients show an outstanding rate of success in their weight loss over the long-term.

Gastric Banding Surgery

Initially approved by the Food & Drug Administration in 2001, highly effective gastric banding surgery has become a popular procedure, with more than 650,000 adjustable gastric bands distributed since that time.



Not only is gastric banding a proven safe procedure, it is less invasive than traditional gastric bypass surgery, resulting in a lower risk of complications. Also, it has fewer side effects related to cramping or other digestive issues.

How it works ...

The procedure places an inflatable band around the top part of the stomach to create a small gastric pouch. The band has a soft, balloon-like lining on the inside that can be filled with saline water to narrow the stomach opening, thereby limiting the amount of food that can pass through over time.

Atlantic Bariatric Center is the only hospital-based weight loss surgery program in our region.

The desire to overeat is reduced significantly because the band limits food consumption; people have the sensation of feeling full faster. The band is adjustable, allowing for times like pregnancy when the need to eat more increases. The degree to which the stomach opening is restricted can be adjusted easily – usually during a routine doctor's visit.

Sleeve Gastrectomy

Sleeve gastrectomy is a surgical procedure in which the stomach is permanently reduced to about 25% of its original size. Like gastric banding, the majority of sleeve gastrectomy procedures are minimally invasive – meaning less pain, smaller scars, a shorter hospital stay and a faster recovery. Studies show that patients lose an average of 55% of their excess weight with this procedure, along with improvements in conditions associated with obesity such as type 2 diabetes and high cholesterol.

Our mission is as simple as it is life-affirming: to help our patients gain many future years living healthier, more energetic and fulfilling lives.

A Time to Live ... A Time to Thrive

If you or someone you love might benefit from bariatric surgery or other weight loss procedures, now is the time to take the next step. Talk with your doctor to discuss your situation. View the online informational webinar at atlanticgeneral.org/bariatrics. Or, contact us at 410-641-3960 for more information.

A Team of Specialists ... With You Every Step of the Way

Our program includes a team of professionals who are experts in medicine, nursing, nutrition and surgery:



ALAE ZARIF, M.D. joined Atlantic General Hospital's medical staff in 2006 and has headed Atlantic Bariatric Center since then. He has been in practice since 1996 when he completed his residency at Waterbury Hospital in Connecticut, a Yale-affiliated surgical training program. As a recognized bariatric specialist and surgeon,

he has performed hundreds of advanced laparoscopic patient procedures. Dr. Zarif is certified by the American Board of Surgery.



Angela Simmons, CRNP works in close collaboration with Dr. Zarif in pre- and post-surgery care for bariatric patients. She has worked in nursing for nearly a decade, having received her B.S. and M.S. degrees in nursing from Salisbury University. A Family Nurse

Practitioner, she gained her national accreditation through the American Academy of Nurse Practitioners.



Amy Gehrig, RD, LDN is a licensed, registered dietitian who has been in practice since 2000. She provides expertise, training, patient education and group counseling in the food and nutrition fields. She holds a B.S. degree in nutrition, performed her internship at the

University of Maryland, and began her career as a clinical dietitian at Johns Hopkins Hospital. She is a member of the American Dietetic Association.



Shelly Geis is coordinator of care at Atlantic Bariatric Services. She became involved in bariatric care after having gastric banding surgery, and wished to help others become just as successful with their weight and diet control. She assists with bariatric patient education and

support group meetings, and is the author of *The Plus Side*, a weblog focusing on bariatric services and weight control.



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