## Bariatric Surgery Safe, effective weight loss solutions





# Live healthier. Live better.

Your life shouldn't be defined by what your body will and won't let you do. This is a daily struggle for people with obesity. At Garnet Health Medical Center, we believe you deserve a better quality of life.

We offer three minimally invasive weight loss procedures — Gastric Bypass, Gastric Banding and Sleeve Gastrectomy — that can help you live a healthier and more active life. Your stay will be complemented by private, spacious and beautifully decorated bariatric rooms with knowledgeable and skilled staff assisting patients pre- and post-surgery. You won't have to travel far from home to receive quality care.

#### Learn more at a free seminar

If you've been considering weight loss surgery, we recommend attending one of our free weight loss surgery seminars to help you decide which option is right for you. These seminars provide an opportunity for you to learn more about each procedure, including what you can expect in the days, weeks and months after surgery. Experts will also be available to answer your questions.

#### **Know your options**

Garnet Health Medical Center offers three safe, minimally invasive surgical weight loss options — Gastric Bypass, Gastric Banding and Sleeve Gastrectomy. These weight loss procedures also help reduce the risk of diabetes and heart disease.

#### **Gastric Bypass**

This procedure restructures the digestive system. The surgeon creates a small pouch in the upper part of the stomach by stapling it together. The surgeon then attaches part of the small intestine to the new pouch, effectively "bypassing" the section of the stomach that has been sealed off. You eat less, which causes your body to absorb fewer calories and lose weight.

### **Gastric Banding**

During this procedure, the surgeon places an inflatable and adjustable band around the upper part of the stomach, partitioning it into two parts. The band creates a small opening that allows limited food to pass through each section, resulting in controlled food intake. This means you will feel full more quickly, while eating less and absorbing fewer calories.

#### Sleeve Gastrectomy

This procedure removes approximately 75% of the stomach, causing you to eat less and lose weight. Following the surgery, what remains of the stomach is a narrow tube or sleeve that connects to the intestines. There are no nutritional deficiencies as a result of a Sleeve Gastrectomy because the procedure does not affect the absorption of food and the intestines are not affected by the surgery.

#### FOR MORE INFORMATION

To learn more about weight loss options, to find a bariatric surgeon or for information on upcoming weight loss seminars and support groups, call the Garnet Health Medical Center Health Connection at 1 (844) 694-2763 or visit **garnethealth.org** today.



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707 East Main Street Middletown, New York 10940 (845) 333-2123

garnethealth.org

June 2022