



Wesley A. Dailey, MD

NCH Weight Management Program Offers Weight Loss and a New Start to Healthy Living

The NCH Weight Loss Management Program is successfully helping patients lose weight and is equipping them with nutritional and psychological tools that will help keep the weight off for good. The Weight Loss Management program, part of NCH Bariatrics, uses methods that have been yielding positive, life-changing and life-extending results.

The Program's team is comprised of experts from every medical specialty related to obesity and weight loss. Wesley A. Dailey, MD, NCH board certified General Surgeon, is part of the team that designs a safe, effective individual treatment plan for each patient. Tailored plans may include surgical interventions, internal medicine, endoscopy and on-going behavioral therapy. Personalized fitness advice and nutritional counseling are a key component and the backbone of the program. Dr. Dailey explains that options include supervised medical weight loss using medication, gastric balloon and bariatric surgery including laparoscopic sleeve gastrectomy and Roux-en-Y gastric bypass.

"Of the surgical procedures performed, the sleeve gastrectomy is the most often-performed," says Dr. Dailey. "People often select this surgery due to less risks, and results are close to the same weight loss. The procedure removes 80 percent of the stomach, thereby restricting the amount, and limiting the type of food that you can eat," he adds. "With bariatric surgery, patients can expect to lose 75 to 80 percent of their

excess body weight. We have a patient who had surgery and lost 75 pounds over the past year adhering to the program."

In addition to weight loss, another important benefit is controlling the risks and complications that are inherent in obesity. In some cases, these risks are reversed, or conditions such as diabetes are cured completely, or patients get better control of them. One patient lost almost 90 pounds and no longer needs diabetes medication, which is not uncommon," states Dr. Dailey.

"These benefits can not only extend your life – they can actually improve the quality of your life as well. Weight loss has big benefits," Dr. Dailey adds.

The program also offers a monthly support group. An NCH staff member who has undergone bariatric surgery offers a first-person perspective to group members and answers questions about the pre- and post-surgical process. In partnership with local practitioners, issues like the cosmetic removal of excess skin after significant weight loss are also addressed.

Patients can be referred to the program by their primary care physician, a specialist, or they can simply refer themselves for consideration as a program candidate. There is no better time to make the decision to improve your life, protect your health, and lose weight. Make the call, now.

See a patient testimonial at www.nchmd.org/thisismystory

NCH Weight Loss Management Program Team Includes:

Wesley A. Dailey, MD, NCH General Surgeon
Robert A. Grossman MD, NCH General Surgeon
Robert Sadaty, MD, NCH Internal Medicine
Mazen Albeldawi, MD, NCH Gastroenterologist
Audrey McKernan, RD, CDE, LPN,
 NCH Registered Nutritionist
Esther Mugomba-Bird, MSN, PMHNP-BC,
 NCH Behavioral Health
Krystal Lang, NCH Weight Loss
 Management Program Supervisor



Benefits of NCH Weight Loss Program

- Significant weight loss
- Reduce, control or eliminate risk factors and/or complications of obesity
- Extension and improvement of quality of life
- Improvement in emotional and psychological state and lowered stress levels

Pre-qualifications for weight loss surgery

- BMI greater than 35, with at least one serious complication of obesity (such as Type II Diabetes, Obstructive Sleep Apnea, Hypertension, Hyperlipidemia, Obesity Hypoventilation Syndrome, Asthma, and Gastroesophageal reflux disease (GERD))
- BMI greater than 40, regardless of the presence of complications
- BMI greater than 30 with difficulty managing diabetes
- Ages 18 to 65
(older patients on a case-by-case basis)
- Failed attempts at traditional weight loss
- Obesity-related health complications
- Competence to understand surgical risks
- No psychiatric contraindications
- Compliance with diet and exercise requirements (may need six months of medically-guided weight loss)

For more information, call **Krystal Lang, NCH Weight Loss Management Program supervisor** at **(239) 624-0390** or visit www.nchmd.org/bariatrics