



To be considered as a candidate for surgery, you must meet several requirements, which may include:

- Some insurance companies require one hundred pounds or more over ideal body weight for your height.
- Documented efforts at weight-loss through a medically safe, well-balanced diet.
- Absence of other medical conditions that would make surgery unsafe.
- Presence of obesity-related diseases or problems.
- BMI greater than 40 without co-morbid conditions.
- BMI less than 40 with one co-morbid condition.
- A willingness to lose weight and make changes in your eating habits and physical activity.
- Must stop frequent eating and drinking of high-calorie foods and beverages.
- Increased physical activity and exercise as weight loss occurs.
- A commitment to yourself and your surgeon to keep regularly scheduled appointments.

Learn more about Trinity's surgical weight loss solutions by attending one of its monthly seminars. Please call **(309) 779-2500** to make a reservation. Seating is limited.

For more information, contact
the Trinity Bariatric Center:



TRINITY

IOWA HEALTH SYSTEM

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Trinity Regional Health System does not exclude, deny benefits to or otherwise discriminate against any person on the grounds of age, race, color, national origin, religion or on the basis of disability or sources of payment for care.

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Take control
of your hunger.

Take control of your life.

Trinity Bariatric Center



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Weight loss surgery can be a wonderful solution in the right situation.

Finding the right place for surgery is a pretty important matter. That's why the smart choice is the Trinity Bariatric Center. Trinity has been providing surgical weight loss solutions for over three decades. Our board-certified surgeons offer minimally invasive and traditional surgical approaches to weight loss.

Bariatric Surgery as an Established Option

Bariatric surgery was developed in the 1960's. Technology and surgical practice have both improved and expanded upon the original procedure. Today, we're able to choose from procedure options based on patient need. Selecting the right option depends on the patient's condition, dietary habits and willingness to alter eating behavior.

Roux-en-Y Gastric Bypass

A small pouch is formed by sectioning the stomach into two parts. The small intestine is then cut and attached to the new pouch. The other end is reconnected at a point further down the small intestine, resulting in a "Y" configuration.

The small pouch fills quickly, inhibiting food intake. The lower stomach continues to play a secondary role while normal digestion continues in the lower intestine.

The procedure may be performed using minimally invasive laparoscopic techniques for some patients.

Laparoscopic Gastric Band

An adjustable silicone band with an inflatable inner surface is inserted, usually through a small, laparoscopic opening, like a belt around the upper part of the stomach. During surgery, it is connected to an access port below the skin by thin tubing. This allows the surgeon to adjust the inflatable surface by adding or removing saline to meet specific patient needs.

Laparoscopic Sleeve Gastrectomy

In this procedure, the surgeon creates a small sleeve-shaped stomach, about the size of a banana. The excess stomach is removed, limiting the amount of food that can be eaten at one time without altering the normal absorption of nutrients.

Trinity's Expert Team

The staff of the Trinity Bariatric Center is one of the region's most experienced. They've received extensive specialized training that allows them to help patients make the right choices and succeed. Pre-screening assessment, education, nutritional counseling and post-surgical support are all important parts of our comprehensive program. More than 3,000 patients have benefited from Trinity's surgical weight loss services and programs.

Bariatric Surgeons

Every member of our surgical team is board-certified, with significant experience in both general and bariatric surgery. They've performed both traditional and laparoscopic procedures at Trinity as independent practitioners who treat patients referred by the Trinity Bariatric Center.

Patients will be assisted by Trinity Bariatric Program Administrator Raele Moore, RN, CBN. She graduated from Scott Community College with her Associate Degree in Nursing and is currently attending St. Ambrose University to

complete her Bachelor's Degree in Nursing. Raele is a member of the American Society of Metabolic and Bariatric Surgery. Previously, she has worked as a registered nurse providing direct patient care for general surgical patient, bariatric patients and has provided home care and hospice nursing.



She has dedicated her career to weight loss surgery because of the negative affect obesity has on society and the impact the disease has had on her own family. She is a compassionate and dedicated nurse who wants to help people regain their lives.

Health Problems Associated with Morbid Obesity

- Sleep apnea/disorders
- Diabetes
- High blood pressure
- Heart disease
- Osteoarthritis (joint disorder)
- High cholesterol and high triglyceride levels
- GERD or reflux disease

