

5 EXCELLENT REASONS

TO CHOOSE INOVA FAIR OAKS HOSPITAL FOR WEIGHT-LOSS SURGERY

The latest INNOVATIONS

STATE-OF-THE-ART WITHOUT GOING OUT-OF-THE-STATE

Inova Fair Oaks Hospital offers a range of surgical options for treating obesity, including mini-incision gastric bypass, laparoscopic gastric bypass and laparoscopic gastric banding. These minimally invasive procedures decrease pain and scarring, help speed recovery and reduce complications.

An exercise in EXCELLENCE

NATIONALLY RECOGNIZED BARIATRIC PROGRAM



The American Society for Metabolic and Bariatric Surgery (ASMBS) Center of Excellence designation recognizes surgical programs with a demonstrated track record for high-quality bariatric surgery. Appropriate furniture and hospital equipment, as well as a highly educated and well-trained staff, are just a few of the many requirements to become an ASMBS Center of Excellence.

The most EXPERIENCE

TOP-NOTCH PERFORMANCE, SEASONED SPECIALISTS

Inova Fair Oaks Hospital has the most experience in the region, having performed over 5,000 bariatric surgeries. We're recognized as a Bariatric Surgery Center of Excellence. Compared to other hospitals that regularly perform these procedures, Inova Fair Oaks Hospital is among the best.



More than just SURGERY

WE WANT **YOU** TO MAKE THE BEST CHOICE FOR **YOU**

Our commitment is to offer you the best preparation, to ensure your success. We offer free information sessions where you can meet with one of our surgeons to learn about surgical weight-loss procedures. We have registered dietitians providing nutritional counseling and education, professional fitness coaches and a staff of highly qualified nurses to provide education, counseling, scheduling assistance and excellent care.

You'll get the VIP TREATMENT

WE GO OUT OF OUR WAY TO MAKE YOU FEEL AT HOME

Inova Fair Oaks Hospital prides itself on its excellent service. That's why every patient we serve is a VIP — a Very Important Patient. We make your visit as comfortable as possible, with amenities that include valet parking; room service at your request; wireless Internet throughout the hospital; on-demand movies; and the Get Well Network, where patients and their families have immediate access to their healthcare team. This VIP treatment extends to every facet of the healthcare services we provide — and our high patient-satisfaction scores prove it! So get ready for individualized, compassionate care. Get ready to be treated like our VIP!

WANT TO LEARN MORE?

If you are overweight and/or suffer from weight-related diseases, please call **703-391-3783** to register for a free information seminar or visit www.inova.org/weightloss.

Inova Health System is a not-for-profit healthcare system based in Northern Virginia that consists of hospitals and other health services, including emergency- and urgent-care centers, home care, nursing homes, mental health and blood donor services, and wellness classes. Governed by a voluntary board of community members, Inova's mission is to improve the health of the diverse community it serves through excellence in patient care, education and research. Inova provides a healthy environment for its patients, families, visitors, staff and physicians by prohibiting tobacco use on its campuses.

www.inova.org



3600 Joseph Siewick Drive, Fairfax, VA 22033



Inova
Fair Oaks Hospital

Weight-Loss Surgery



Think of yourself as becoming the person you want to be.



Center of Excellence
BARIATRIC SURGERY

WEIGHT NO MORE



ANN LOST 100 LBS

What is morbid obesity?

IT'S NOT AS SIMPLE AS WATCHING WHAT YOU EAT.

Morbid (severe) obesity is a disease that affects 3 million to 6 million people in the United States. It cannot always be cured by medical therapy or a restricted diet. In morbidly obese people, lost weight is regained approximately 90 percent of the time despite dieting, exercising and taking medications. For people who fit into this category, the National Institutes of Health (NIH) recognizes surgery as the only therapy with long-lasting effects. Surgical treatment does not remove fat; instead, it provides the method needed to change eating habits and modify lifestyle by reducing caloric intake and food absorption.

When losers are winners

WEIGHT LOSS CAN IMPROVE YOUR OVERALL HEALTH AND LIFESTYLE.

Why is weight loss important? Lowering your overall body weight can decrease the chances of or help resolve:

- Diabetes
- High blood pressure
- Sleep apnea
- Gastroesophageal reflux disease (GERD)
- Stress incontinence
- Hypertension

A weighty decision

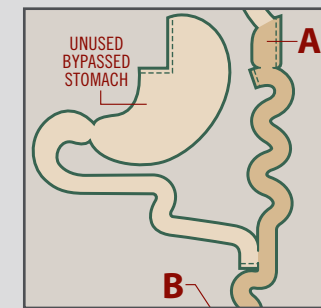
WEIGHT-LOSS SURGERY REQUIRES CAREFUL EVALUATION.

When contemplating weight-loss surgery, you should learn about the latest procedures and meet with experienced surgeons. Together, you can decide the best weight-loss option for your lifestyle and overall health. Strong support will be crucial after surgery, to ensure sustained success and ongoing health.

Bypassing the problem

GASTRIC BYPASS IS THE MOST POPULAR BARIATRIC OPTION.

The initial surgery involves stapling and partitioning the stomach into a small pouch, and connecting the small pouch to a limb of the small intestine. Inova Fair Oaks Hospital specializes in mini-incision and laparoscopic gastric-bypass surgery.

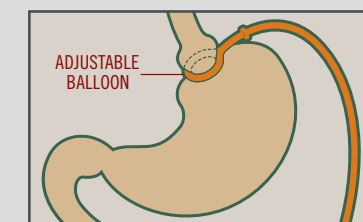


In a Roux-en-Y bypass, the stomach is resized to a small pouch (A). The smaller pouch empties directly into the small intestine (B), giving the procedure its distinctive "Y" shape.

Banding together

GASTRIC BANDING SURGERY IS FAST AND ADJUSTABLE.

In this procedure, a band is placed around the uppermost part of the stomach, separating the stomach into one small and one large portion. This procedure requires close follow-up and periodic fillings to manage the size of the stomach pouch.

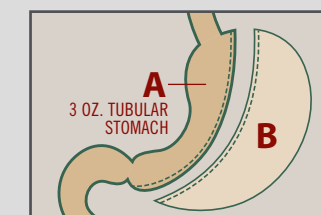


THE VICTORY LAP: ADJUSTABLE GASTRIC BANDING SURGERY DEMYSTIFIED

The band is connected by tubing to an access port. The surgeon can change the stoma (opening into stomach) size by adding or subtracting saline to the band.

Divide and conquer

The sleeve gastrectomy generates weight loss by restricting the amount of food (and therefore calories) that can be eaten by removing the majority of the stomach without bypassing the intestines. It has also shown to decrease the levels of ghrelin, also known as the "hunger hormone."



The sleeve gastrectomy involves removing more than 80 percent of the stomach (B) and leaving behind a smaller stomach, or "sleeve" (A).



RITA LOST 170 LBS

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