

OPTIFAST® and OPTITRIM® Programs

A serious solution for weight loss, the OPTIFAST® and OPTITRIM® programs are comprehensive, medically monitored weight loss programs that work because they offer a different path—one that's clinically proven to help people lose weight and keep it off long term. The OPTIFAST program is designed for people wanting to lose 50 pounds or more, and the OPTITRIM program is for those who have less than 50 pounds to lose. Our staff provides medically-supervised support to help you identify the stressors, eating triggers and habits that have contributed to weight gain. They will help you build a new, healthy lifestyle that fits your food preferences and routine.

Steps to success

Step one—free introductory workshop

Join us for a free, no obligation informational session to discuss our program in detail. Treatment options, program costs and payment options will be discussed. Registration is required, please call (515) 643-0606 to sign up.

Step two—initial evaluation

This includes a medical examination, diagnostic testing, assessment of your lifestyle and evaluation of your weight loss goals to determine the best weight loss plan for your unique needs.

Step three—active weight loss

This phase typically lasts 12 weeks (less for OPTITRIM) during which you will visit the clinic weekly, attend lifestyle education classes, receive medical monitoring and meet with our health care team for personalized support and care.

Step four—maintaining success

This step includes a six-week transition to self-prepared foods and personalized meal plans by a registered dietitian. Ongoing support is available at free weekly GOALS classes.

Let the experts at MCWR help you gain your life back by losing weight

- Individual dietitian consultation
- **Intuitive Eating Program**—a 12-week weight management course
- **OPTITRIM**—designed for people wanting to lose 50 pounds or less
- **OPTIFAST**—designed for people wanting to lose 50 pounds or more
- Bariatric surgery; including **gastric bypass** and **LAP-BAND®**

Visit www.mercydesmoines.org/weightreduction or call (515) 643-0556 for more information or to attend a FREE information session.

 **Mercy**
CENTER FOR
WEIGHT REDUCTION
A service of Mercy Medical Center—Des Moines

www.mercydesmoines.org/weightreduction



Weight-Loss Programs

 **Mercy**

Excellence.
Every Day in Every Way.™

Gain your life back by losing weight

Mercy Center for Weight Reduction (MCWR) offers the most comprehensive weight-loss programs in central Iowa. MCWR believes that a healthy weight is a healthy lifestyle and it takes support and encouragement to maintain that lifestyle. We offer a complete array of services from diet modification and exercise, to a medically-supervised meal replacement program to bariatric surgery. Let the experts at MCWR help you gain your life back by losing weight. Call us today to see what program would help best meet your weight-loss goals.

Health gains of weight loss

The benefits of losing weight can begin soon after you start a program with the MCWR.

Some benefits include:

- Lower blood pressure
- Lower cholesterol
- Lower risk of heart disease
- Improved blood-sugar levels for patients with type 2 diabetes
- Relief of sleep apnea and acid reflux
- Fewer and less severe asthma attacks
- Relief of pain and disability from osteoarthritis and low back pain

Bariatric surgery

MCWR offers two weight-loss surgeries—gastric bypass and the LAP-BAND® System. MCWR surgeons Dr. Steve Cahalan and Dr. Mark Smolik are highly skilled in minimally-invasive (laparoscopic) gastric bypass and LAP-BAND®. Both surgeries follow a team approach which consists of your surgeon, a dietitian, a behaviorist, exercise therapist, insurance verification nurse and a program nurse. MCWR offers not just the surgery, but provides the proper tools to prepare you for your new life, including diet and exercise instructions and support groups post-surgery. Mercy is an American Society for Metabolic and Bariatric Surgery Center of Excellence.

To be considered for surgery

Weight-loss surgery patients must have a high risk for developing health problems or have a weight-related health problem that could likely improve by losing weight. It is recommended that patients have a Body Mass Index (BMI) of greater than 40 or 35-40 with a co-morbid disease. BMIs in this range typically equate to being around 100 pounds above ideal weight. Before being approved for surgery, MCWR bariatric surgery patients must go through extensive testing, risk assessment and have had unsuccessful weight-loss efforts previously.

The official first step in the MCWR surgery process is to attend a community lecture—an informational session regarding surgery. For community lecture dates and times, please call (515) 643-0556 or (800) 282-1130, or visit www.mercydesmoines.org/weightreduction.

Gastric bypass surgery

Gastric bypass is performed using the revolutionary, minimally-invasive (laparoscopic) technique. First, a small pouch is created by stapling portions of the stomach, which limits the amount of food that can be consumed. Next, a Y-shaped section of the small intestine is attached to the pouch in order to allow food to bypass the lower stomach and a small part of the intestine—reducing the amount of nutrients and calories that can be absorbed from food.

LAP-BAND® surgery

During LAP-BAND® surgery, an inflatable and adjustable gastric band is placed around the upper part of the stomach through small incisions. Like a wristwatch, the band is fastened around the upper stomach to create a new, tiny stomach pouch that limits and controls the amount of food you eat. It also creates a small outlet that slows the emptying process into the stomach and the intestines. As a result, patients experience an earlier sensation of fullness and are satisfied with smaller amounts of food. In turn, this results in weight loss.

Since there is no cutting, stapling or re-routing of the anatomy involved in the LAP-BAND® procedure, it is considered the least traumatic of all bariatric surgeries. The minimally-invasive approach to the surgery also offers the advantages of reduced pain, shortened hospital stay and quicker recovery. The diameter of the band is adjustable for a customized weight-loss rate.