

# Metabolic and Bariatric Surgery Program Goals

The comprehensive bariatric surgery program at Penn Highlands Healthcare will guide candidates through their weight loss journey toward a healthier lifestyle and improvement in their quality of life.

Program goals include:

- Help patients who have failed medical weight loss programs reach their weight and health goals.
- Improve mobility and activity.
- Decrease pain caused by excess weight gain.
- Decrease or eliminate medical needs for diabetes, hypertension, obstructive sleep apnea, osteoarthritis, coronary artery disease, congestive heart failure, etc.

## ULTIMATE GOAL

Improve quality of life for individuals in our community suffering from the disease of obesity and related conditions. The program strives to promote awareness and prevention of obesity in our schools, community groups and healthcare system.



Bariatric Care at  
Penn Highlands Healthcare

**Penn Highlands Bariatric  
and General Surgery**

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# METABOLIC AND BARIATRIC SURGERY PROGRAM

*Understanding obesity and  
potential treatment options.*





Treating.  
Transforming.  
Advancing.

### AM I A CANDIDATE?

BMI alone does not completely measure your need for the medical weight management and bariatric surgery program.

Contact your primary care physician for a referral for a bariatric surgery consultation.

View the PHH Bariatric Surgery program guide at [phhealthcare.org/bariatrics](http://phhealthcare.org/bariatrics). Once you have reviewed the site and are considering the program, contact our office for a consultation.

## UNDERSTANDING OBESITY

Facts:

- Obesity is defined as a Body Mass Index (BMI) >30.
- Obesity is a disease.
- Obesity is treatable and manageable.
- Obesity is a health concern in the U.S. — nearly 40% of Americans are classified as obese.

Myths:

- Obesity is not treatable.
- Obesity is your “fault.”
- Obesity is only about over-eating.

There are many factors that contribute to obesity. **You are not alone!**

## BARIATRIC SURGERY - THE WHY

Every patient who approaches a bariatric or medical weight loss program has an individual reason “why:”

- Improve quality of life and those severe effects on health.
- Reduce or treat associated conditions such as diabetes, high blood pressure, high cholesterol, fatty liver disease, sleep apnea, etc.
- Preventing health conditions for those in a “pre-disease” condition.
- Need personalized and supportive approach to their weight loss journey.
- Feelings of guilt for multiple failed attempts at past weight loss programs.

## WHAT CAN YOU DO?

Take the steps to understanding obesity and your personal weight loss journey. Many patients that have tried multiple weight loss programs feel defeated due to inability to maintain weight loss.

### This is not your fault!

Discuss with your primary care provider and our team the specifics of obesity and the treatment options.

Obesity is a complex metabolic disorder and your body may have reached a new set point. It can be extremely difficult to escape this set point without an individualized plan of care that is specific for you!

## ABOUT PENN HIGHLANDS BARIATRIC SURGEONS:

- Completed an accredited residency in general surgery.
- Attained certification by the American Board of Surgery.
- Completed fellowship training in advanced laparoscopic surgery and bariatric surgery.
- Maintains membership in the American Society of Metabolic and Bariatric Surgery.
- Performed at least 100 (or more) bariatric surgery procedures.