

We Can Help

The Mercy Center for Weight Reduction is here for you. If your situation is not right for weight loss surgery, OPTIFAST or OPTITRIM Program, we have other options available for you. Our center offers the following:

- **LEARN** – a specialized 12-week weight management class
- **Individual nutrition counseling** – supportive one-on-one assistance with any nutritional need and health consequences associated with obesity
- **Healthy Strides** exercise class for Center for Weight Reduction patients
- **Wave Walkers** aquatic exercise class structured to meet the needs of persons of size. Call the Wellness Center at 247-3066 for more information.

FOR MORE INFORMATION, CALL
(515) 643-0556



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WWW.MERCYDESMOINES.ORG



Weight Loss Programs



The Mercy Center for Weight Reduction offers comprehensive programs for individuals wanting to lose weight and become healthier.

Reshape Your Life

At the Mercy Center for Weight Reduction we believe that a healthy weight is a healthy lifestyle and it takes support and encouragement to maintain that lifestyle. Once you decide to take the step to a healthier you, our multidisciplinary program is with you every step of the way. Even if you are not a candidate for surgery, our center has something to help you become a weight-loss success. Don't wait; join the hundreds of patients who have been helped by our programs and expertise by contacting the center today.

Weight Loss Experts

The Mercy Center for Weight Reduction is designated as a bariatric center of excellence by Wellmark Blue Cross Blue Shield of Iowa.

Mercy Medical Center meets the criteria established by the Blue Cross and Blue Shield Association for participation in the Blue Centers for Bariatric Surgery.

What is Obesity?

Obesity is a chronic disease state that affects some 100 million of the U.S. population. In its most extreme "clinically severe" or "morbid" form, obesity affects an estimated 13 million persons, or approximately 4.7% of the U.S. population. In Iowa alone, more than 100,000 people are considered obese.

Obesity is measured by the body mass index (BMI) Formula. This formula is derived by multiplying your weight in pounds by 703 and then dividing it twice by your height in inches. A BMI of 40 or more indicates morbid obesity.

Health Consequences Associated with Obesity

- Diabetes
- High Blood Pressure
- Gallbladder Disease
- Elevated Cholesterol
- Urinary Incontinence
- Acid Reflux
- Deep Vein Thrombosis
- Pulmonary Embolism
- Sleep Apnea
- Coronary Artery Disease
- Heart Failure
- Loss of Fertility
- Menstrual Irregularity
- Breast, Cervical and Ovarian Cancer
- Arthritis
- Back Pain
- Degenerative Joint Disease
- Overall Decreased Life Expectancy
- Depression

Weight Loss Surgery

The surgeons at the Mercy Center for Weight Reduction perform the Roux-en-Y gastric bypass procedure and the Lap-Band System®.

Patients of the Mercy Center for Weight Reduction must go through extensive testing and risk assessment before being approved for surgery. These qualifications are necessary to determine if surgery is the best option for you.

Roux-en-Y

This is the most common gastric bypass procedure using the revolutionary, minimally-invasive (laparoscopic) process that offers the best long term results for clinically obese individuals. First, a small pouch is created by stapling portions of the stomach. 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 food absorption.

Lap-Band System®

Lap-Band is an inflatable and adjustable gastric band designed to induce weight loss. The band is placed laparoscopically around the upper part of the stomach. The new small pouch and narrowed outlet limit stomach capacity and increase the feeling of fullness.

Total Program Commitment

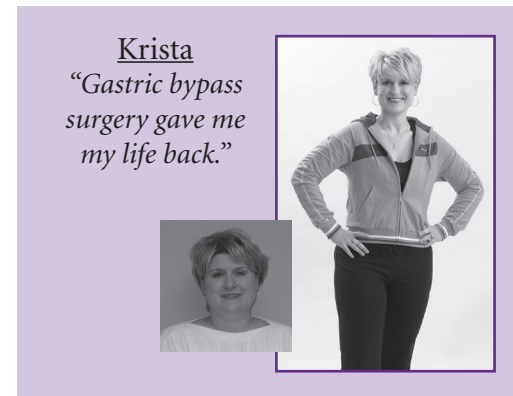
The Mercy Center for Weight Reduction understands that in order to create a truly supportive experience for the weight loss surgery patient, there must be total program commitment. This means not just offering the surgery, but providing the patient with the proper tools to prepare for their new life, including diet and exercise instruction. Following surgery, support groups made up of patients are available to assist new patients in transitioning to their new body image by providing a safe and caring atmosphere.

To Be Considered For Surgery

The patient 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 the patient have a Body Mass Index (BMI) of >40 or 35-40 with co-morbid disease. In addition, the patient must be at least 100 pounds above ideal weight with documentation provided by a health care professional to substantiate unsuccessful weight loss efforts.

OPTIFAST® Program OPTITRIM® Program

The Mercy Center for Weight Reduction offers the OPTIFAST and OPTITRIM programs. The OPTIFAST program is designed for wanting to lose 50 pounds or more, and the OPTITRIM program is for those who have less than 50 pounds to lose. The 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 workshop to discuss our program in detail. Treatment options, program costs and payment options will be discussed. Registration is required. Call 643-0606 to sign up.

Step Two – Initial Evaluation

The evaluation 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 of the program 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

A gradual six-week transition to self-prepared foods and personalized meal plans by a registered dietitian. Ongoing support is available by attending weekly GOALS classes, in the clinic, and online at www.OPTIFAST.com.