

patient referral

To arrange for a confidential evaluation and learn if Bariatric Surgery is right for you, call Northeast Bariatric Center at 570.501.NEBC.

you
have
a lot to
gain
by
losing

*A Surgical Alternative
to Weight Loss*



A service of Greater Hazleton Health Alliance
700 East Broad Street | Hazleton, PA 18201

Most insurances accepted.



shared patients' stories

Michael D. Bono, M.D.

"I feel like Jane and Dr. Bono saved my life. I was almost out of hope when, by miracle I believe, they came into my life. I haven't had my surgery yet but I know with the support of people like Jane and the Doctor, I am on my way to a new and healthy life." – Donna

"I was on forty units of insulin a day... one week after surgery, I was able to throw my needles away."
– Elizabeth

"I was a size 22, bought a size 18 today, and they were too big!" – Mindy

"I no longer have to hide behind the podium in embarrassment to teach." – Tara

"Since the day I came home from the hospital I monitored my sugars and never took insulin again. I finally weigh less than my husband!! People always told me I was attractive when I was heavy, now they say WOW!!" – Vicki

"I needed to sleep with a breathing machine because I stopped breathing in the night. Three months later I can breath on my own without it." – Tina

"I can finally shop at the GAP!!!" – Jen

Dr. Bono is a graduate of George Washington University and the Hahnemann University School of Medicine. He is board-certified in general surgery and is Chief of Surgery at Hazleton General Hospital. He is a member of the American Society for Bariatric Surgeons and the American College of Surgeons.

Congratulations! By reading this guide to bariatric surgery you have taken the first step to conquering your battle with obesity and regaining your life. The Northeast Bariatric Center was established to address not only your physical weight-loss needs but also the emotional and lifestyle changes you will experience.

The unified and comprehensive approach offered by the Northeast Bariatric Center is a unique benefit of our program. We recognize that your journey to a smaller, healthier you is a lifetime goal that is more than just a surgical procedure.

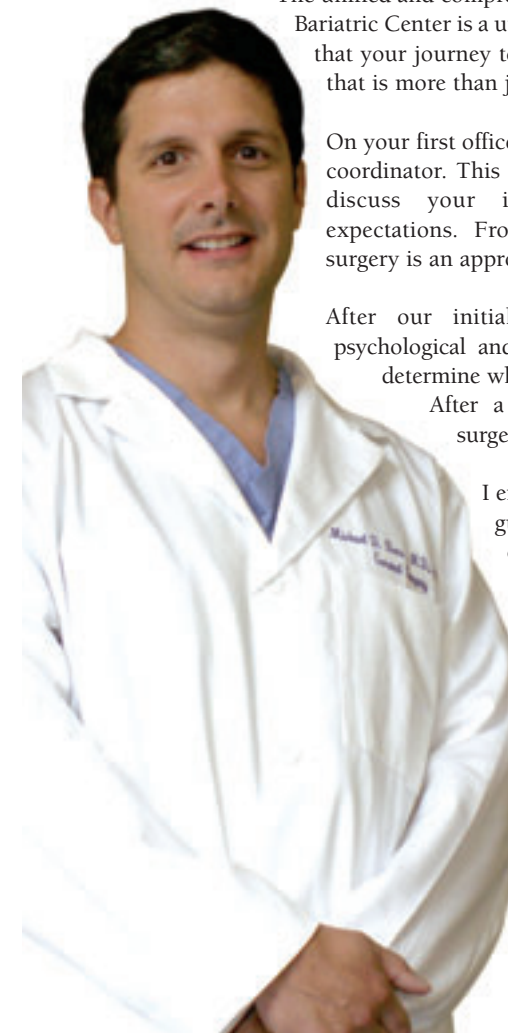
On your first office visit you will meet with me and my nurse coordinator. This introduction gives you the opportunity to discuss your individual situation and weight-loss expectations. From there we can determine if bariatric surgery is an appropriate weight-loss solution for you.

After our initial meeting, a comprehensive physical, psychological and dietary evaluation will be conducted to determine whether you are a good candidate for surgery. After a successful preoperative evaluation, your surgery is scheduled and your new life can begin.

I encourage you to carefully read through this guide about obesity and bariatric surgery. It contains valuable information regarding a dramatic lifestyle change. If you feel that bariatric surgery is a weight-loss option you would like to explore, call me to schedule a consultation.



Michael D. Bono, M.D.



Daughter and Mother

Misty L. Bartenope - Lost 170 lbs. Lynn Kirpa - Lost 140 lbs.

what is obesity?

To most people, the term "obesity" means to be very overweight. Health professionals define "overweight" as an excess amount of body weight that includes muscle, bone, fat, and water. "Obesity" specifically refers to an excess amount of body fat. Some people, such as bodybuilders or other athletes with a lot of muscle, can be overweight without being obese.

In scientific terms, obesity occurs when a person consumes more calories than he or she burns. What causes this imbalance between calories in and calories out may differ from one person to another. Genetic, environmental, psychological, and other factors may all play a part.

genetic factors

Obesity tends to run in families, suggesting a genetic cause. Yet families also share diet and lifestyle habits that may contribute to obesity. Separating these from genetic factors is often difficult. Even so, science shows that heredity is linked to obesity. In one study, adults who were adopted as children were found to have weights closer to their biological parents than to their adoptive parents. In this case, the person's genetic makeup had more influence on the development of obesity than the environment in the adoptive family home.

environmental factors

Genes alone, however, do not destine people to a lifetime of obesity. Environment also strongly influences obesity. This includes lifestyle behaviors such as what a person eats and his or her level of physical activity. Americans tend to eat high-fat foods, and put taste and convenience ahead of nutrition. Also, most Americans do not get enough physical activity.

Although you cannot change your genetic makeup, you can change your eating habits and levels of activity. Try these techniques that have helped some people lose weight and keep it off:

- Learn how to choose more nutritious meals that are lower in fat.
- Learn to recognize and control environmental cues (like inviting smells) that make you want to eat when you're not hungry.
- Become more physically active.
- Keep records of your food intake and physical activity.

psychological factors

Psychological factors may also influence eating habits. Many people eat in response to negative emotions such as boredom, sadness, or anger. Most overweight people have no more psychological problems than people of average weight. Still, up to 10 percent of people who are mildly obese and try to lose weight on their own or through commercial weight loss programs have binge eating disorder. This disorder is even more common in people who are severely obese.

During a binge eating episode, people eat large amounts of food and feel that they cannot control how much they are eating. Those with the most severe binge eating problems are also likely to have symptoms of depression and low self-esteem. These people may have more difficulty losing weight and keeping it off than people without binge eating problems.

If you are upset by binge eating behavior and think you might have a binge eating disorder, seek help from a health professional such as a psychiatrist, psychologist, or clinical social worker.

other causes of obesity

Some illnesses can lead to obesity or a tendency to gain weight. These include hypothyroidism, Cushing's syndrome, depression, and certain neurological problems that can lead to overeating. Also, drugs such as steroids and some antidepressants may cause weight gain. A doctor can tell whether there are underlying medical conditions that are causing weight gain or making weight loss difficult.

how can it be treated?

Surgery is currently the most effective treatment for morbid obesity resulting in significant weight loss and accompanying health improvements. The benefits of surgery are typically viewed to outweigh the risks. The overall mortality rate is 0.5 percent. An appropriate nutrition and exercise plan is an important part of post-surgical weight loss and maintenance.

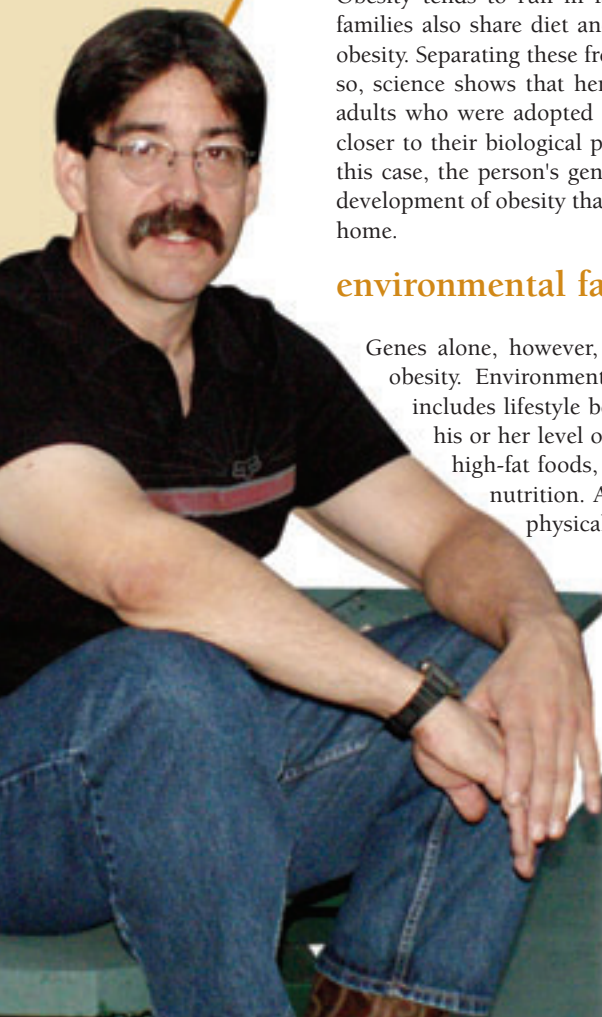
After surgery, mortality rate is reduced and improvements seen to numerous health risks of obesity or symptoms of those risks. Overall, quality of life, self-image, mobility and stamina are reported to be better.

Generally, surgery for weight loss is reserved for people who are approximately 100 lbs. over their ideal weight.

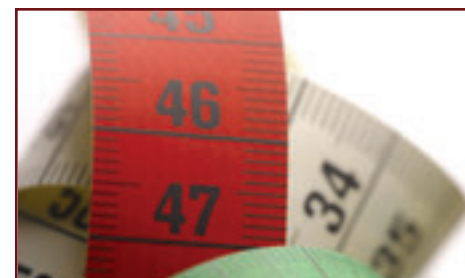
Body Mass Index (BMI) is a formula addressing your height and weight to determine eligibility. A BMI greater than 40 or greater than 35 with serious weight-related problems may qualify you for weight-loss surgery.

If you wonder whether weight-loss surgery may be an option for you, just call the Northeast Bariatric Center for a confidential interview and evaluation.

Finally, evaluate your commitment to making lifestyle changes. If you do have surgery, its success still depends on a lifelong commitment to specific guidelines for diet and exercise.



Keith Henritzy - Lost 230 lbs.



our approach

The most important benefit you will experience is significant weight loss, most of which occurs during the first year. Significant weight loss can make medical problems such as diabetes, hypertension, and coronary artery disease easier to treat or might eliminate a problem altogether.

preparation and success

People considered for surgery must be carefully evaluated. Studies are performed to determine your psychological, pulmonary, gastrointestinal and cardiovascular health. Nutritional counseling and post-operative support groups are also components of the success of your recovery program.

laparoscopic benefits

A laparoscopic (minimally invasive) surgical procedure is used in an effort to bypass a portion of the stomach. By using this method there are many benefits:

- Reduced pain after the procedure, faster healing
- Reduced length of hospital stay
- Reduced internal scarring
- Reduced chance of herniation
- Quicker return to normal, everyday activities

specialized services

We recognize that every patient has unique needs and requirements. Our goal is to accommodate you and your family with a customized, personal care approach.

- Our team consists of a Bariatric Registered Nurse coordinator, Dietitian, Psychologist, Surgeon and hospital staff specifically educated in the care and sensitivity of the obese.
- Customized equipment for care of the obese.
- Monthly support group meetings and lifetime follow-up to reach and maintain personal weight loss goals.
- Personalized in-depth education with patients and families.
- Accommodating staff that works closely with your local physician for safe and easy pre- and post-operative phases of care.

after surgery

Most patients recover from surgery with no complications. Your hospital stay is usually 2-3 days. Once at home you will need to follow specific eating guidelines. Regular follow-up visits are scheduled after surgery to check your overall physical and mental health.

facts you should know

- Obesity has reached epidemic proportion in the United States.
- Obesity is our country's second leading preventable health problem... second only to smoking.
- One who is obese has a 150% chance of dying prematurely.
- Pennsylvania has one of the highest rates of overweight people in the country at approximately 24% of our population. Five percent (or 600,000) of our residents suffer from morbid obesity (BMI >40 or 100 pounds over their ideal weight).
- Traditional weight loss attempts fail 98% of the time for the morbidly obese population.

dramatic results

- Patients generally will lose 60-80% of their excess weight within 18 months of surgery (Gastric Bypass procedure).
- Long-term studies have shown patients will keep off 50% of the weight even at 15 years post operatively.
- Weight loss surgery has been shown to cure or drastically reduce diabetes, reflux disease, hypertension, sleep apnea, elevated cholesterol to name a few.
- Greater than 97% of the surgeries are complication free; mortality rate is extremely low at 0.5%.
- A loss of 5% of your excess body weight can resolve 85% of your medical problems.

congratulations!

Since their surgery, these 6 people have lost over 905 pounds... *and counting!*

Vicki Easterling, Pocono Pines
Lost 155 lbs.

Misty L. Bartenope, Hazleton
Lost 170 lbs.

Tina Potzner, West Hazleton
Lost 120 lbs.

Jeanne M. Thallmayer, Moscow
Lost 90 lbs.

Lynn Kirpa, Sugarloaf
Lost 140 lbs.

Keith Henritzky, Walnutport
Lost 230 lbs.



Tina Potzner - Lost 120 lbs.