

Nash Surgical Weight Loss Center

The news is everywhere—in the newspapers, on television and in magazines: more and more Americans are severely overweight, putting them at high risk for serious health complications. While roughly one-third (33.8 percent) of the U.S. population is obese, the counties of Eastern North Carolina tell an even more alarming story. According to statistics from the Department of Health and Human Services, the counties of Nash, Edgecombe and Wilson have the highest rate of obesity in the state.

Obesity is much more than an inconvenience—the health consequences can be devastating and even fatal. According to the Centers for Disease Control, some of the diseases that may accompany obesity include:

- ▶ Coronary artery disease
- ▶ Type II diabetes
- ▶ Cancer (endometrial, breast, and colon)
- ▶ Hypertension (high blood pressure)
- ▶ Dyslipidemia (abnormal cholesterol)
- ▶ Peripheral vascular disease
- ▶ Liver and gallbladder disease
- ▶ Sleep apnea and respiratory problems
- ▶ Osteoarthritis
- ▶ Gynecological problems (irregular menstrual cycles, infertility)



Amy lost
103 lbs

While a nutritious diet and regular exercise are the cornerstones of a healthy lifestyle, for many, diet and exercise alone are not enough. For those who may be 100 pounds or more overweight, bariatric (weight loss) surgery may be an option, and the Nash Surgical Weight Loss Center can provide the tools needed to help maintain a healthy weight.

The Nash Surgical Weight Loss Center is a Bariatric Surgery Center of Excellence by the American Society for Metabolic and Bariatric Surgery (ASMBS).

The ASMBS is the largest society for this specialty in the world and represents the highest industry standards for care and treatment.



If you want to know how weight loss surgery can transform your life, look no further than Amy Miller, who has lost 103 pounds:

“All my life I have struggled with weight issues... I made up my mind to go to the Nash Surgical Weight Loss Center, where a friend of mine found help. I feel so much better. I recently flew on a plane and sat in MY seat only and crossed my legs the whole time. It was the most amazing feeling! I am able to walk great distances and not get winded or hurt.”

—Amy Miller

Designated as a
Blue Distinction
Center for Bariatric Surgery

BlueCross BlueShield of North Carolina
An Independent Licensee of the Blue Cross and Blue Shield Association

What is bariatric surgery?

There are many types of weight loss surgery, known collectively as bariatric surgery, in the United States. The gastric bypass, sleeve gastrectomy and adjustable gastric banding are the three types most widely recognized by insurance companies.



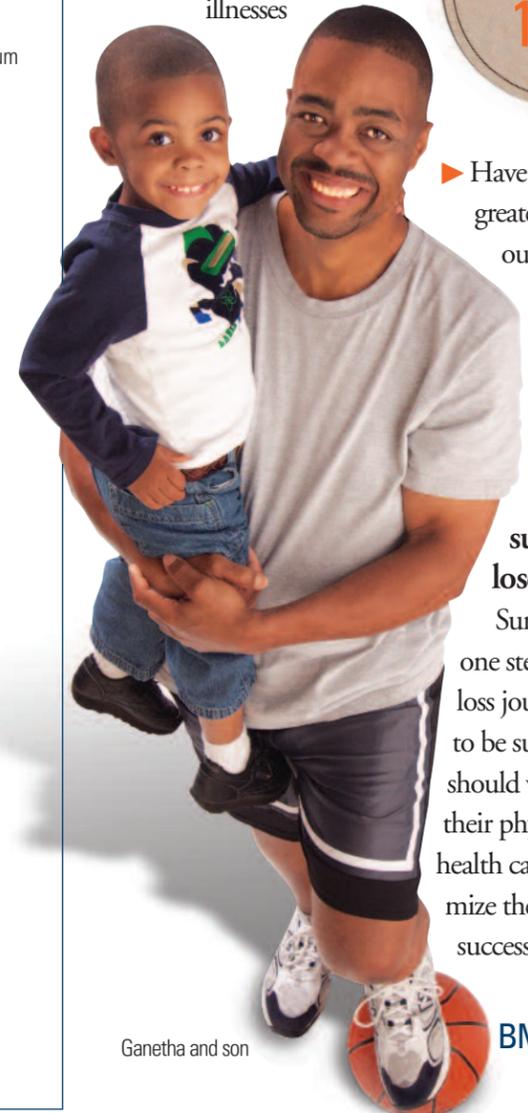
Who may be considered a candidate for weight-loss surgery?

Not everyone qualifies for bariatric (weight loss) surgery. Candidates must meet the criteria outlined by their specific insurance company, as well as individual criteria outlined by the Nash Surgical Weight Loss Center.

However, to qualify for bariatric surgery, candidates must generally:

- ▶ Have a BMI (body mass index) of 35-39 and one or more significant co-morbid illnesses

Ganetha lost
181 lbs



- ▶ Have a BMI of 40 or greater, with or without co-morbidities

- ▶ Be between the ages of 18 and 65.

Will bariatric surgery help me lose weight?

Surgery is only one step in the weight loss journey. In order to be successful, patients should work closely with their physician and their health care team to optimize their weight loss success.

$$BMI = \frac{\text{weight (kg)}}{\text{height (m)}^2}$$

Ganetha and son

Why choose the Nash Surgical Weight Loss Center?

The Nash Surgical Weight Loss Center is located in the state-of-the-art Mayo Surgery Pavilion on the Nash Health Care medical campus in Rocky Mount. Here are a few compelling reasons to choose the Nash Surgical Weight Loss Center:

▶ Nash Surgical Weight Loss Support Group

This group offers support for those who have had bariatric surgery as well as those who are considering it. Family and friends may also participate. For more information, visit www.nhcs.org and click on Upcoming Events in the guest toolbox.

▶ Education and one-on-one consultation

We want our patients to fully understand the requirements and responsibilities—as well as the benefits—of undergoing weight loss surgery.

▶ The highest degree of patient satisfaction

We are dedicated to providing superior quality health care and education to our patients through every stage of their weight loss journey. Our team of doctors, physician assistant, nurses and support staff works together to provide support, education and follow-up care.

▶ A team approach

Our dedicated team has ongoing communication with each patient's primary care provider to foster continuity of care.



Natalie

You'll find more testimonials and information on our website at www.nashsurgicalweightloss.com



Nash Surgical Weight Loss Center

A service of Nash Health Care *It's all about how we treat you.*
www.nashsurgicalweightloss.com 252-962-6503 1-888-627-6274