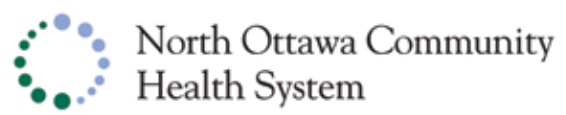


# Want to learn more?

The beginning to your new life is closer than ever. With both surgical and non-surgical weight loss options, the bariatric professionals at NOCHS are here to help. Join us at one our free seminars to learn about medical weight loss programs or robotic and laparoscopic surgical options.

Call 616.847.5489 or visit [nochbariatrics.org](http://nochbariatrics.org) to register.

Not sure what option is best for you? Call us at the number listed above to talk to our office about your options.

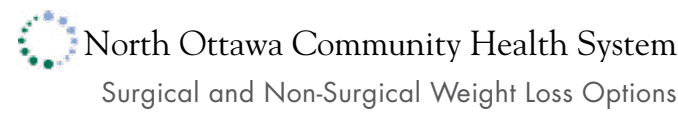


**THE BARIATRIC CLINIC**  
1445 Sheldon Road, Ste. 304  
Grand Haven, MI 49417

616.847.5489 | [nochbariatrics.org](http://nochbariatrics.org)



The first step of your weight loss journey begins here.



Exceptional **quality of life** is what makes our community a desirable destination to visit and, for us, a place we are proud to call "home." NOCHS' mission is to provide health care services, close to home, that not only sustain but continuously improve our already stellar quality of life.

**Weight management** is a battle that can compromise quality of life. For many, it prohibits the ability to enjoy our community's natural resources in an active, healthy way. And for some, it is a serious, life-threatening condition that inhibits even the most basic, daily functions.

That's why we created **The Bariatric Clinic** at North Ottawa Community Hospital, so that we can help our community live a long, healthy life.

NOCHS' bariatric team of clinical and administrative professionals are all part of a seamless weight management program that is **custom-designed for you** right from the beginning.



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# The beginning to your new life is closer than ever.

With both surgical and non-surgical weight loss options, the bariatric professionals at NOCHS are here to help.



## BARIATRIC SURGERY

We teamed up with **nationally renowned** surgeon and NOCHS' Bariatric Service Medical Director, Dr. James Foote, FACS, to bring bariatric services to the Grand Haven area. We are with you every step of the way - from informational orientations, through surgery and well into the future with support designed to sustain your weight loss success.



James Foote, MD, FACS  
NOCHS Bariatric Surgery  
Medical Director

Our surgeries are performed **laparoscopically and robotically**, which are minimally invasive procedures that generally mean less pain and shorter recovery for patients. Bariatric surgery can cure or lessen many conditions associated with obesity such as diabetes, sleep apnea, hypertension, venous stasis, GERD and soft tissue infections.

NOCHS' Bariatric Surgical Team Includes:

- Board-certified Bariatric Internist
- Bariatric Coordinator
- Behavioral Consultants
- Dietitian
- Exercise Physiologist
- Financial Counselors
- Medical/Surgical Clinicians (RNs & Techs)
- Professional Facilitators for Support Groups

*Most insurance companies cover bariatric surgery; please check with your provider for coverage.*

## FINDING THE SURGICAL STRATEGY THAT'S BEST FOR YOU...

### Laparoscopic Adjustable Gastric Banding

This procedure uses an adjustable ring that is placed around the upper portion of the stomach. Adjustable gastric band surgery patients do not lose weight as fast as with other procedures. Typically you can expect to lose a pound a week. Weight loss can continue for three years or more based on diet and exercise.

### Laparoscopic Vertical Sleeve Gastrectomy

Dr. Foote is one of the state's leading surgeons for Laparoscopic Vertical Sleeve Gastrectomy (VSG). VSG is an option for low weight loss patients and is also safe for higher weight individuals. With this procedure, 75% of the stomach is surgically removed, therefore restricting the amount of food an individual can eat. The majority of the weight loss for individuals will happen within 18 months. If further weight loss is needed, one can convert to the Gastric Band, Gastric Bypass or Duodenal Switch.

### Laparoscopic Roux-en-Y Gastric Bypass

This procedure is the most commonly performed weight-loss surgery in the United States. It is minimally invasive by creating a small gastric pouch to restrict food intake, and bypassing a small portion of the small intestines.

### Laparoscopic Duodenal Switch

Duodenal Switch creates the greatest long-term weight loss of any bariatric procedure. The duodenal switch is the VSG combined with a very long limbed bypass. This procedure can be completed in one to two stages. Patients can lose up to 90% of their excess body weight by 18 months.

## MEDICAL WEIGHT LOSS

North Ottawa Community Health System offers Medical Weight Loss services within our Bariatric Clinic. Medical Weight Loss is a non-surgical, medically supervised treatment program that helps patients lose weight safely and maintain their weight loss.



Jennifer D. Sandy, DO  
NOCHS Medical Weight Loss  
Medical Director

We offer two comprehensive, 16-week weight loss programs overseen by our Medical Director and Board-certified Bariatrician, Dr. Jennifer Sandy. We will help you determine which program is best for you based on your current health and weight loss goal at an initial consultation. We offer a high protein food supplement option and also a modified lifestyle option where you can use grocery store food with the program. Each program requires weekly class attendance and support from our team.

NOCHS' Medical Weight Loss Team Includes:

- Behavioral Consultants
- Board-certified Bariatrician & Physician Assistant
- Dietitian
- Exercise Physiologist
- Medical Weight Loss Coordinator

## FINDING THE NON-SURGICAL STRATEGY THAT'S BEST FOR YOU...

### Slim & Trim

The Slim & Trim weight loss option is a 16-week program that includes a 1,200 calorie a day diet designed for you, by you and our dietitian. You will be able to eat three meals a day with snacks using grocery store food. Sample meal plans are provided for you for your grocery shopping convenience. Weekly class attendance is required with this program.

### Very Low Calorie Diet (VLCD)

The VLCD is a 16-week program that focuses on using high-protein program foods, a low calorie diet (800-900 calories a day) and physician supervision along with support from our dietitian, behaviorist and exercise physiologist to help support your weight loss goals. This program also includes a mentor and weekly class attendance is required.