

Comprehensive Care and Obesity Management

“Bariatric surgery has been shown to be the most effective and durable treatment for morbid obesity.”

US National Library of Medicine, 2010

Kettering Weight Loss Solutions offers a comprehensive program incorporating surgical, behavioral, and nutritional options as well as support groups to achieve safe and effective weight loss.

Our bariatric team of board certified general surgeons at Grandview and Sycamore medical centers care for patients dealing with obesity.

A study published in the Journal of the American Medical Association in 2004 of 22,000 bariatric surgery patients showed:

- Type II diabetes was eliminated or improved in 86% of patients
- High blood pressure resolved or improved in 78.5% of patients
- Obstructive sleep apnea or sleep disordered breathing eliminated in 83.6% of patients
- High cholesterol levels or hyperlipidemia decreased in more than 78% of patients

Our Bariatric Surgeons



James Augusta, DO



Carey Brown, MD



David Bruce, DO, FACOS



Stephen Fleischer, DO,
FACOS/FASMBS



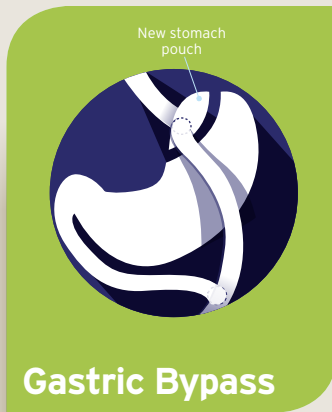
Grandview Medical Center
and Sycamore Medical Center

For more information or to make
a referral, call (937) 433-5957.



Gastric Sleeve

Surgical risk: Low to Moderate
Hospital stay: Two-day average
Results: 50-70% of excess weight loss
Benefits:
 • No intestinal rerouting
 • No foreign devices in the body
 • Faster and more total weight loss than gastric banding
Nutritional:
 • Multivitamins • Iron • Calcium • B12 • Vitamin D & B-complex



Gastric Bypass

Surgical risk: Moderate
Hospital stay: Two to three-day average
Results: 60-80% of excess weight loss
Benefits:
 • Most common and studied procedure
 • 76.8% remission of type II diabetes
Nutritional:
 • Multivitamins • Iron • Calcium • B12 • Vitamin D & B-complex



BPD-DS

Surgical risk: High
Hospital stay: Three-day average
Results: 70-90% of excess weight loss
Benefits:
 • Improvement of diabetes
 • Improvement in blood pressure by 90% or greater
Nutritional:
 • Multivitamins • Iron • Calcium • B12 • B-Complex • Vitamin A & D

Nutrition Options

In addition to surgical options, medical nutrition therapy is also available.

Medical nutrition therapy is a therapeutic approach to treating obesity with the use of a tailored diet and counseling services devised and monitored by a registered dietitian.

Physician referral is required. Medical nutrition therapy offers:

- Individual assessment with a licensed and registered dietitian
- Individual monthly counseling and follow-up with a licensed and registered dietitian (up to six months)
- Tools and personalized tips for meal planning, calorie regulation, and behavior modification

Support Services

- Individual counseling by a psychologist, dietitian, or exercise physiologist is available after surgery as appropriate
- Free monthly surgeon seminars and support group meetings are open to anyone considering bariatric surgery or as a follow-up after surgery

Dayton Bariatric Center

7740 Washington Village Dr.
 Suite 110
 Dayton, OH 45459

Kettering Bariatrics

4000 Miamisburg-Centerville Rd.
 Suite 210
 Miamisburg, OH 45342

Kettering Diabetes and Nutrition Center

1989 Miamisburg-Centerville Rd.
 Suite 201
 Centerville, OH 45459

For more information or to make a referral, call (937) 433-5957.

