


Welcome to DHMR Clinics Bariatric Program

“A Center of Excellence”



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How Do I Know If I'm A Candidate for Bariatric Surgery ?

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Determine if you meet BMI Criteria

- BMI (body mass index) is a calculation between a person's weight and height.
- Use the BMI calculator found on our webpage to determine your personal BMI

- To qualify for bariatric surgery:

- BMI 35 or greater with 2 co –morbidities
 - *For example: Diabetes, Hypertension*
- BMI 40 or greater

Classification	BMI Category (kg/m ²)	Risk of developing health problems
Underweight	< 18.5	Increased
Normal Weight	18.5 - 24.9	Least
Overweight	25.0 - 29.9	Increased
Obese class I	30.0 - 34.9	High
Obese class II	35.0 - 39.9	Very high
Obese class III	>= 40.0	Extremely high

Research Your Surgical Options

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Surgical Options at DHMR Clinics

- We perform six **laparoscopic/robotic** bariatric procedures:
 - BilioPancreatic Diversion with Duodenal Switch
 - Gastric Bypass (Roux-en-Y)
 - Vertical Sleeve Gastrectomy (VSG)
 - Adjustable Gastric Band
 - Endoscopic Revision Procedure
 - Laparoscopic Revisional Surgery

Utilize Professional Sites to Obtain Your Information

The following websites are resources for your research:

www.obesityaction.org

www.obesity.org

<https://www.nhlbi.nih.gov/health/educational/wecan/healthy-weight-basics/obesity.htm>

www.asmb.org

www.cdc.gov/obesity/index.html

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It is Important to Note:

- Weight loss surgery is merely a “tool” and you must learn how to use your new “tool“
- Surgery is not for everyone
- Surgery has risks
- Surgery provides the best chance for permanent weight loss, improved health and quality of life
- The best procedure is the one that is well chosen, and done with excellence the first time
- Understand the “tools,” the risks, oneself and have realistic expectations

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Our team of experts will develop a treatment plan specific to *your* needs.

You will meet with your surgeon and dietitian to ensure you are getting the best surgery for you. Every patient is different and has different needs - we strive to make sure everyone is getting the best care for them.

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Ready to make an appointment to talk about Bariatric Surgery?

Call the office to make an appointment at 703-595-4566

Please make sure you have your insurance information
with you when you call the office.

If you need a referral to be seen, please make sure that you
get it faxed to our office prior to your appointment at
703-350-4891

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What's Next?

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- We verify your benefits to make sure you have the surgical bariatric benefits needed and that you meet the requirements needed for bariatric surgery.
- Our Surgical Coordinators will contact you if you do not have the benefits and offer self pay pricing prior to your appointment

***Obtain REFERRALS for all visits if your plan requires them.
If you are not sure, contact your insurer via the 800# on the back of
your insurance card.***

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Surgical Process for Bariatric Surgery from start to finish

- Meet your surgeon
 - talk about all types of surgeries and answer any and all questions
- Meet with Surgical Coordinator
 - go over all requirements for surgery and schedule Wellness Appointments
- Wellness Appointments
 - this starts your "clock" with your insurance company
- Endoscopy Procedure
- Monthly Nutrition Classes
 - during this time you will be given orders for required testing prior to scheduling surgery (you want to finish all of these by the time you finish your classes)
- If required, recap with your surgeon
- Nutrition Class Completion Letter
- Schedule surgery
 - this will only happen if you have completed your classes, completed all required testing and have a CPAP machine if you are required to have one
 - If you have any FMLA paperwork, please submit it at this point. There is a \$30 per FMLA form
- 2nd visit with Surgeon and Dietitian
- Surgical clearance with PCP and any other specialists if needed
- Final visit with surgeon and Dietitian just prior to surgery
- Surgery
- 2 week post op

Please note that you will have multiple appointments during your first year post op. They are as follows:

- 2 week post op
- 6 week post op
- 3 month post op
- 6 month post op
- 9 month post op
- 1 year post op

It is very important to go to all of these appointments as your first year is the most crucial for care

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