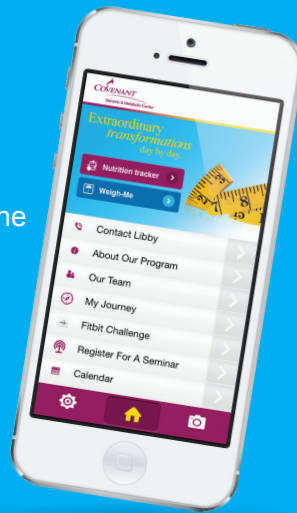


- ✓ Track weight loss
- ✓ Event calendar
- ✓ Nutrition tracking
- ✓ Create a photo timeline of your success
- ✓ Learn about weight loss surgery
- ✓ And much more



Free Download

Search major app stores for **Covenant Bariatric & Metabolic Center** or scan the QR code above.



Extraordinary care for every generation.

**Covenant Bariatric & Metabolic Center**  
 1447 North Harrison  
 Saginaw, Michigan 48602  
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 covenantbariatrics.com



METABOLIC AND BARIATRIC SURGERY  
 ACCREDITATION AND QUALITY IMPROVEMENT PROGRAM  
 ACCREDITED CENTER

Bariatric Surgery Centers accredited under ACS BSCN program standards are part of the Metabolic Bariatric Surgery Accreditation Quality Improvement Program (MBSAQIP) administered by the American College of Surgeons.

# Covenant Bariatric & Metabolic Center

Extraordinary transformations day by day.



# Covenant Bariatric & Metabolic Center

We recommend you come to one of our seminars to discuss what is best for your situation, as there are several factors to consider when thinking about having bariatric surgery. The seminar will provide information regarding the pathway to achieving your weight loss goal.

## Pathway to Surgery

1. Attend our free informational seminar
2. Provide insurance information for us to obtain authorization, if necessary
3. Schedule an appointment with the surgeon
4. Meet with the dietitian to formulate weight loss goals and a personalized weight loss plan
5. Receive medical and psychological testing information
6. Necessary pre-operative testing and lab work is performed
7. Surgery is scheduled
8. Attend a pre-operative education session one week prior to your scheduled surgery
9. Surgery
10. On-going support to help obtain weight loss goals
11. Attend post-operative visits at two weeks, six weeks, three months, six months, 12 months and then annually for at least five years



## FREE Informational Seminars

Morning and evening information seminars are held monthly and presented by board certified surgeons. For more information or to register for a seminar, call **989.583.4683** or visit [www.covenantbariatrics.com](http://www.covenantbariatrics.com) and register today!



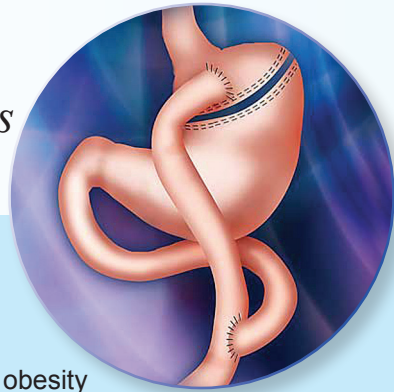
Extraordinary care for every generation.

# Bariatric Surgery *procedures*

Extraordinary  
*transformations* day by day.

The Covenant Bariatric & Metabolic Center offers several options for surgical weight loss and our multidisciplinary team will work with you to determine which option is best for you.

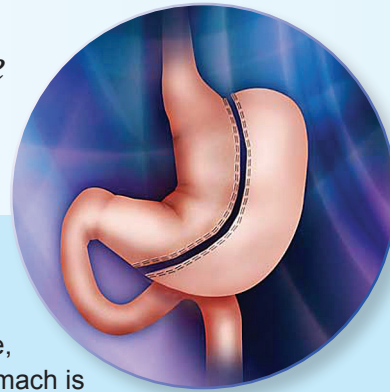
## *Laparoscopic Roux-en-Y Gastric Bypass*



Roux-en-Y gastric bypass is one of the frequently performed procedures for morbid obesity in the U.S. The gastric bypass procedure works by using both a restrictive and a malabsorptive component. It restricts food intake and the amount of calories and nutrients the body absorbs. In addition to creating a smaller stomach pouch, the surgery changes the body's normal digestive process. As a result, food bypasses a large part of the stomach and most of the small intestine.

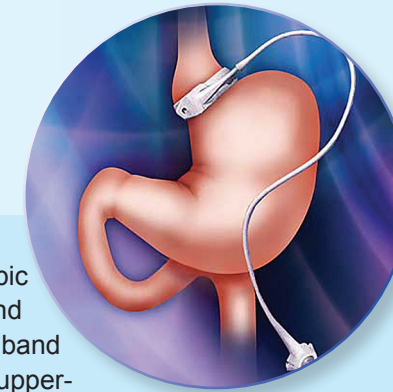
On average, patients who chose gastric bypass surgery can lose approximately 70% of their extra body weight following surgery. Many health problems (back pain, sleep apnea, high blood pressure, type 2 diabetes, and depression) improve or are resolved following surgery.

## *Laparoscopic Vertical Sleeve Gastrectomy*



A thin vertical sleeve of stomach is created using a stapling device, and the rest of the stomach is removed. The procedure involves permanently removing about 75% of the stomach. This procedure limits the amount of food you can eat and helps you feel full sooner. It allows for normal digestion and absorption. Food consumed passes through the digestive tract in the usual order, allowing it to be fully absorbed in the body. Published studies have shown that patients experience a 40 to 70% estimated weight loss at 18 months.

## *Laparoscopic Adjustable Gastric Banding*



During the laparoscopic adjustable gastric band procedure, a silicone band is placed around the upper-most part of the stomach, dividing it into two parts: a small upper pouch and a lower stomach. The upper pouch can hold only about 4 ounces (1/2 cup) of food. As a result, you eat less food at one time, feel full sooner, and feel satisfied longer. The goal is to lose weight gradually, at a healthy rate of 1 to 2 pounds per week.

No part of your stomach is stapled or removed during surgery, and your intestines are not rerouted, so you can continue to absorb nutrients from food.

The band has to be adjusted and close follow up and adjustments are necessary for optimal success. The degree of band tightness affects how much food you can eat during a meal and the length of time it takes for food to empty from the upper pouch. When the band is adjusted to the proper tightness, you'll feel full sooner and stay full longer.

Weight loss with the adjustable gastric band is typically slower than with the other surgical procedures. At three years, the average excess weight loss is around 50%.

## *Nutrition for life*

After surgery, you will need to follow a special diet. You must follow a low-fat, low-sugar, and high-protein diet for life. Working with your surgeon and dietitian, you will advance from a liquid diet to a soft diet about six weeks after surgery. One of the keys to successful weight loss is keeping portion sizes small and drinking plenty of fluids. A dietitian will be available to answer your questions and help you make good food choices.

## *Exercise for life*

The decision to have bariatric surgery affects the rest of your life, including the way you incorporate exercise into your daily routine. Our expert staff at Physical Medicine and Rehabilitation provides each patient with a customized program. We want you to have the best results possible by providing realistic ways to help you achieve your goals. Services include a walking program and cardiovascular training.

## *Support for life*

Making the commitment to undergo bariatric surgery is an important, personal decision. But, you don't need to face life after surgery on your own. Monthly support groups meet to discuss expectations and experiences related to bariatric surgery. Topics may include: nutrition, exercise programs, educating friends and family and social issues. Discuss with the staff your desire to attend support group meetings to learn when and where they meet.

**"I am taking control of my life – not just for me – for my children, for my entire family."**

– Marcus



Marcus Before



Marcus After