



# **MOVING FORWARD**

**2010 ANNUAL REPORT**

 **ValleyHealth**

**Winchester Medical Center**

**BARIATRIC PROGRAM**

*Medical & Surgical Weight Loss*



# **MEDICAL DIRECTOR REPORT**

Troy Glembot, MD MBA CPE FACS FASMBS

I am excited to present the third annual report for the Bariatric Program at Winchester Medical Center. Our continued success is due to the dedicated people whose efforts are directed to fulfill our mission; to improve the health of severely obese people by providing comprehensive treatment through medical, surgical, dietary, and educational intervention. I am grateful to be part of a team of health care professionals who work every day to ensure that our patients receive the best care possible. We are privileged to serve our patients and we take your trust in us very seriously.

The year 2010 was notable for multiple changes and improvements. We implemented several initiatives to improve patient access to all of the services offered by our program. A quick visit option was developed for people who want to use an FDA approved weight loss medication that curbs hunger. This supervised weight loss option is tailored for the busy person who wants to achieve a healthier weight, but struggles to control their appetite. Access into the program is easy and there are no program fees or group meetings. If additional resources are desired such as consultation with a dietitian, behavioral health specialist, or enrollment into any of the Valley Health Wellness facilities that can easily be arranged at our office.

We continue to offer a comprehensive medical weight loss option for those patients who want access to the full spectrum of health care professionals working together in a coordinated fashion. Together, we strive to provide the support, guidance, and education many people need and want on their weight loss journey.

We are also happy to provide the newest surgical procedure to help people lose weight. Training for this procedure began in 2010, and the first procedures were done at WMC in January 2011. The laparoscopic sleeve gastrectomy is a procedure that involves removing about 90% of the stomach. It was endorsed by the American Society for Metabolic and Bariatric Surgery in late 2009 as an acceptable type of weight loss surgery. We continue to offer the laparoscopic adjustable gastric band procedures as well as the laparoscopic gastric bypass. We are able to perform over 98% of our bariatric surgical procedures laparoscopically, which means smaller incisions, a shorter hospitalization, less pain, fewer complications, and faster return to your normal routine.

I hope you find the information contained in this booklet helpful.



## ***STAFF***

Dr. Angela Harden-Mack joined our program in 2010. She is board certified in Internal Medicine and trained at Wayne State University Medical School in Michigan. Dr. Harden-Mack completed her residency training in Internal Medicine & Pediatrics at the Detroit Medical Center. She will focus her efforts on providing nonsurgical weight loss options for patients struggling with their weight. She will also oversee all patients who have an insurance mandated diet before having weight loss surgery.

## ***EDUCATION***

In 2010, we had our fourth annual symposium that was attended by over 120 health care professionals. The theme for the 2010 symposium was “Using Evidence Based Outcomes to Change Lives”. As the only program in the entire region that offers comprehensive educational programs on the topic of obesity, bariatric surgery, and diabetes, attendees from three states and the District of Columbia came to hear experts in the fields of exercise, diabetes, and bariatric surgery.

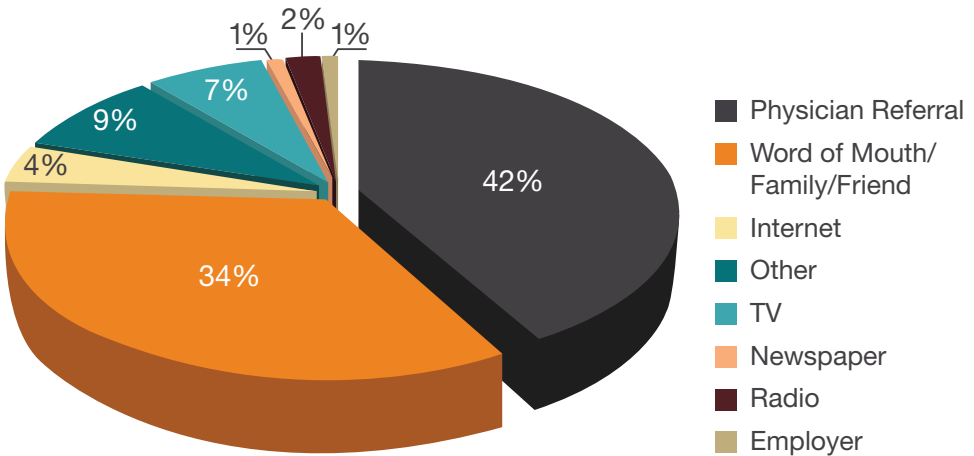
## ***NATIONAL RECOGNITION***

Providing outstanding care is something that takes time, effort, and dedication. It does not happen without great people doing great work. Since March 2009, our program has continued to maintain national recognition as a Surgical Review Corporation Bariatric Surgery Center of Excellence®. In July of 2010 we received a second national award; The Blues Distinction in Bariatric Surgery®. These awards demonstrate our dedicated commitment to excellence in delivering safe, high quality bariatric surgical care.

# ***TRUSTED BY OUR REFERRING PROVIDERS AND PATIENTS***

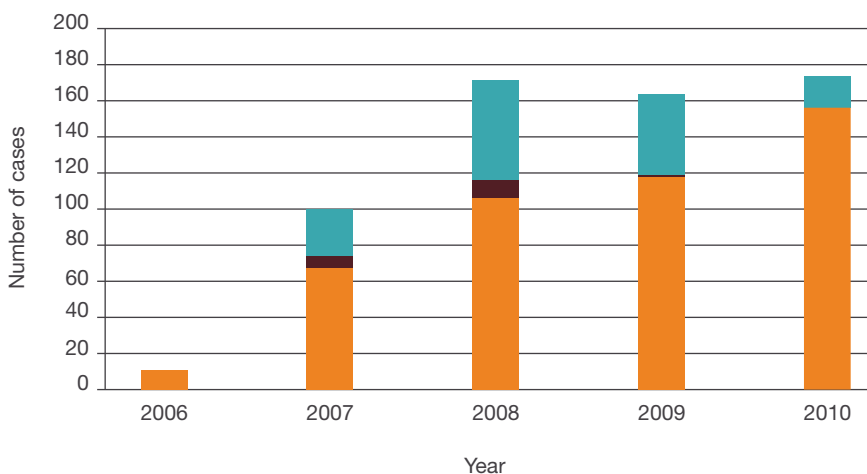
The Bariatric Program has accomplished many recognitions and awards. But the most important recognition we have is the trust and confidence we have earned from our referring providers and patients. Overall, 42% of patients learned about our practice from their healthcare provider, and another 34% of patients hear about us from patients who have been through our program.

## How did you hear about us?



# EXPERIENCE

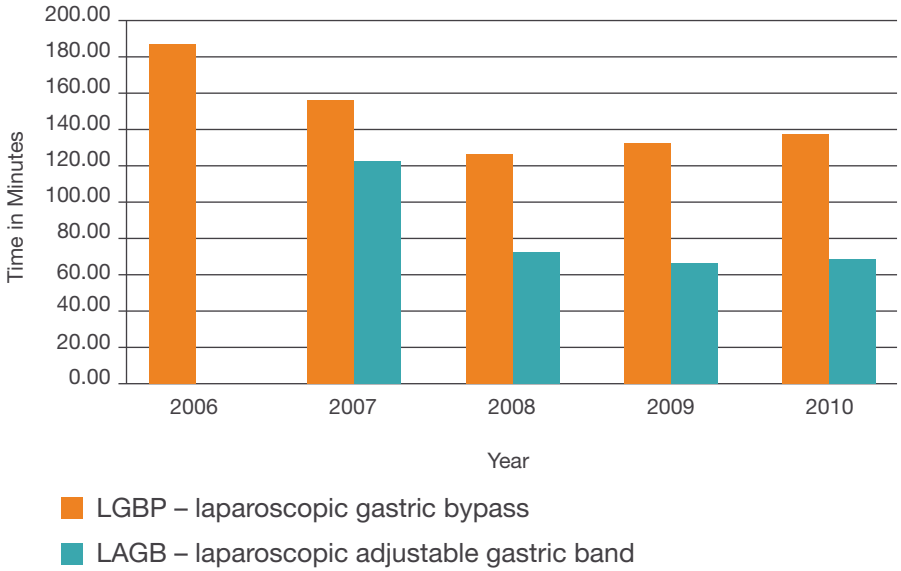
The surgeons at the Bariatric Program have extensive experience in bariatric surgery. Drs. Wiedower and Glembot have performed over 1,000 weight loss procedures at Winchester Medical Center. Since 2006, we have performed 478 laparoscopic gastric bypass procedures and 143 laparoscopic adjustable gastric bands.



- LAGB – laparoscopic adjustable gastric band
- OGBP – open gastric bypass
- LGBP – laparoscopic gastric bypass

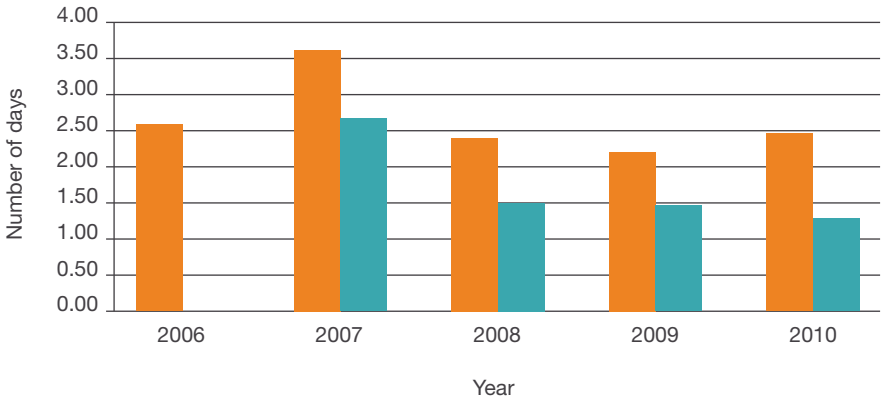
# AVERAGE PROCEDURE TIME

In 2010, the average time for the laparoscopic gastric bypass was 136 minutes, while the laparoscopic adjustable gastric band was 66 minutes.



# AVERAGE LENGTH OF STAY

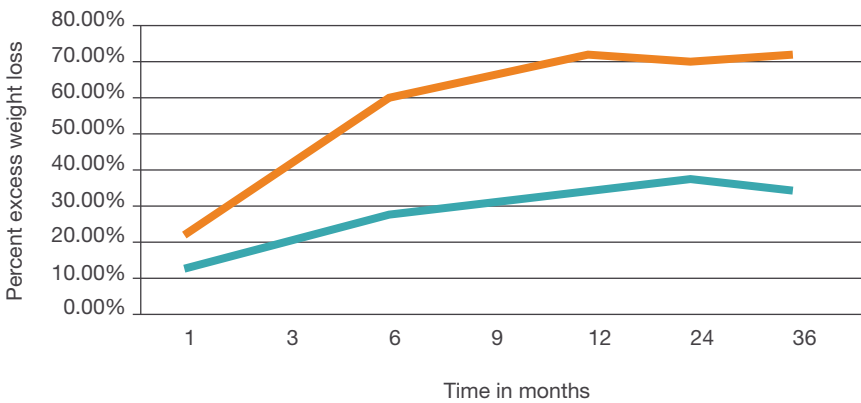
In 2010, the average length of stay after bariatric surgery was 2.45 days following a laparoscopic gastric bypass and 1.33 days after a laparoscopic adjustable gastric band.



- LGBP – laparoscopic gastric bypass
- LAGB – laparoscopic adjustable gastric band

# PERCENT EXCESS WEIGHT LOSS

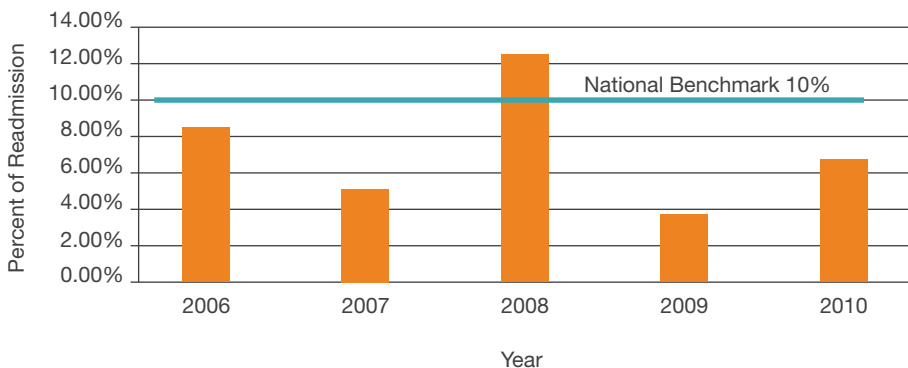
On average, people who have a laparoscopic gastric bypass lost over 70% of their excess weight 3 years after surgery. For a person who is one hundred pounds overweight, that means they would lose about 70 pounds.



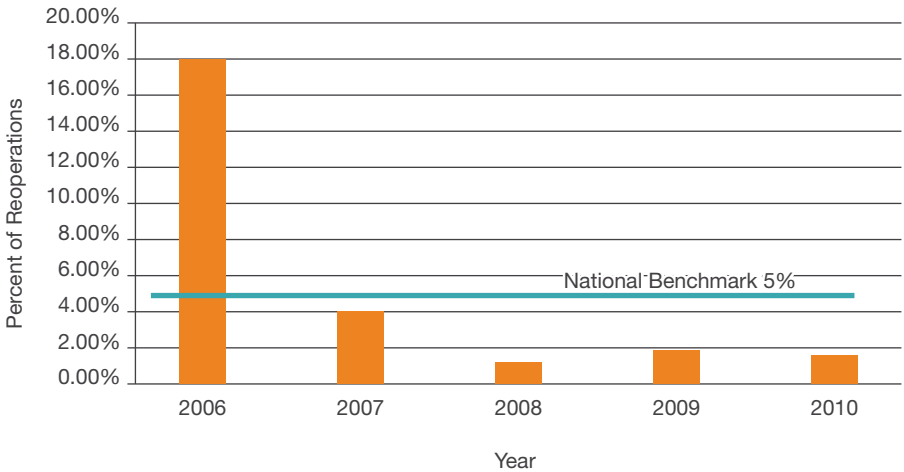
- LGBP – laparoscopic gastric bypass
- LAGB – laparoscopic adjustable gastric band

# ***RATE OF READMISSION WITHIN 30 DAYS AFTER SURGERY***

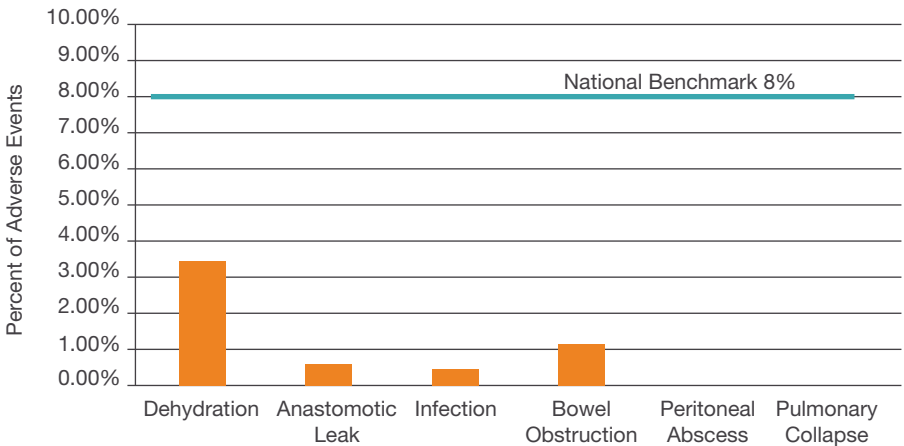
We participate in a national database for bariatric surgical programs called BOLD®. This database collects information related to patient demographics, initial weight, age, post operative outcomes, and complication rates. Our data and results are compared to this national database. By participating in this data collection system, we are contributing vital information to advance the safety of bariatric surgery and compare our own practice results with other programs throughout the nation. Through the use of patient centered evidence based protocols and pathways, the Bariatric Program at WMC has continued to meet or exceed national benchmarks in providing safe weight loss surgical care.



# ***RATE OF REOPERATIONS WITHIN 30 DAYS AFTER SURGERY***

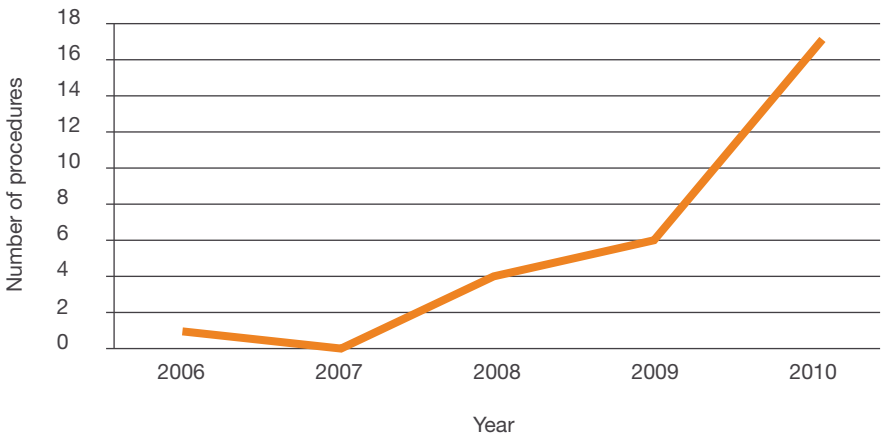


# ***ADVERSE EVENTS 2010 WITHIN 30 DAYS AFTER SURGERY***



# ***REVISIONAL PROCEDURES***

People who have had bariatric surgery in the past occasionally need additional specialized surgical procedures to either correct a complication or improve their weight loss. These procedures are referred to as revisional bariatric surgery. Patients who need revisional bariatric surgery require highly specialized care and need to be evaluated on an individual basis.



# ***INFORMATION***

For additional information on the Bariatric Program at Winchester Medical Center please visit our website at **[www.valleyhealthlink.com/bariatrics](http://www.valleyhealthlink.com/bariatrics)**, email the program at [wmcbariatric@valleyhealthlink.com](mailto:wmcbariatric@valleyhealthlink.com), or call (540) 536-0010.

You can also follow us on Facebook® at:  
[www.facebook.com/WMCBariatricProgram](http://www.facebook.com/WMCBariatricProgram)



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