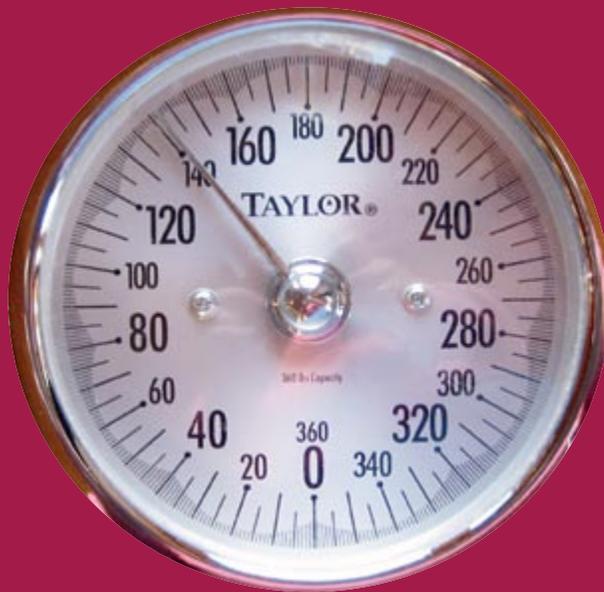


B A R I A T R I C S

The Center for Weight Management

Park Rapids, MN

NAMED AN ASBS CENTER OF EXCELLENCE FOR BARIATRIC SURGERY



2006 Annual Report



www.sjahs.org

The Center for Weight Management

A service of St. Joseph's Area Health Services of Park Rapids, MN

218-237-5575 • www.sjahs.org

Our Goal

The Center for Weight Management of Park Rapids remains committed to help improve the quality of lives of all our patients.

We want to give them the tools needed to maintain weight loss for life.

Dr. Daniel Smith



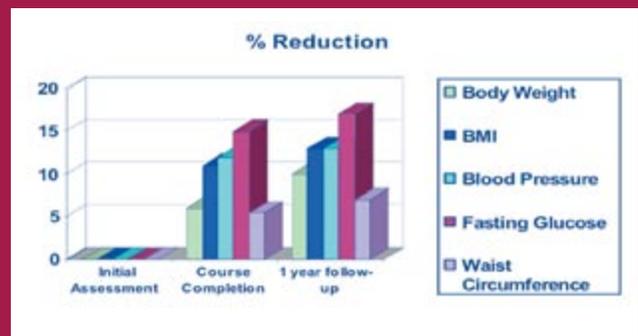
Dr. Daniel Smith

Dr. Daniel Smith, surgeon, and his surgical weight-loss team strive for excellence in maintaining a success rate that measures well above the national average. His specialty is the gold standard Roux-en Y procedure performed laparoscopically. This minimally invasive surgery gives patients the tool to lose a substantial amount of weight and gives them the best chance of keeping it off.

Roux-en Y Gastric Bypass



Non-surgical option outcome success data



The Center for Weight Management of Park Rapids has a non-surgical option for clients as an alternative. The 15-week, supervised program includes support through small-group therapy, an exercise physiologist, psychologist and nutritionists. The plan incorporates LEARN (Lifestyles, Education, Attitude, Relationships, and Nutrition).

2006

Walk From Obesity celebrates successes

Those attending lost a combined weight of more than 2,600 pounds



Leah Walters, Bariatrics Coordinator, introduces guest and inspirational speaker, Bo McCoy.



"Before" clothes were shed during the Success Walk and Reunion.



Sandy Jones, PA, was on hand for the event.



Info booths focus on education.



A gathering participates in the day's activities.

ASBS Center of Excellence Criteria

In order to be named a Center of Excellence by the American Society for Bariatric Surgery, the following criteria must be met:

- Hospital must perform at least 125 bariatric surgeries per year collectively, and the surgeon must have performed at least 125 himself and perform at least 50 per year.
- The Center must report long-term patient outcomes and have an on-site inspection to verify all data.
- The Center must have a dedicated multi-disciplinary bariatric team that includes surgeons, nurses, medical consultants, nutritionists, psychologists and exercise physiologists.

A success story...

Shawn
after
150-lb.
loss



Before

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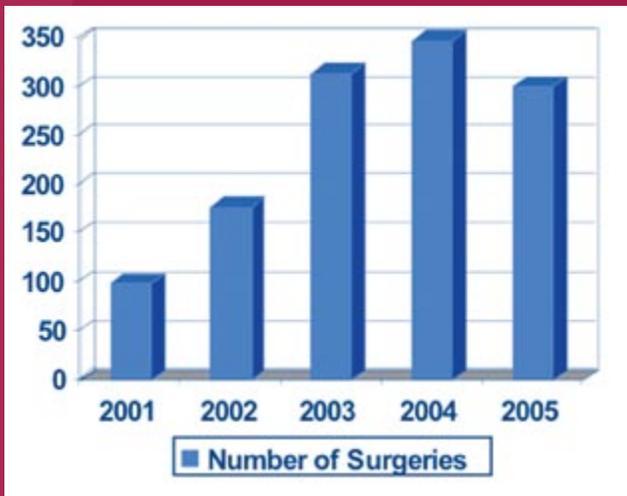
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Surgical candidates

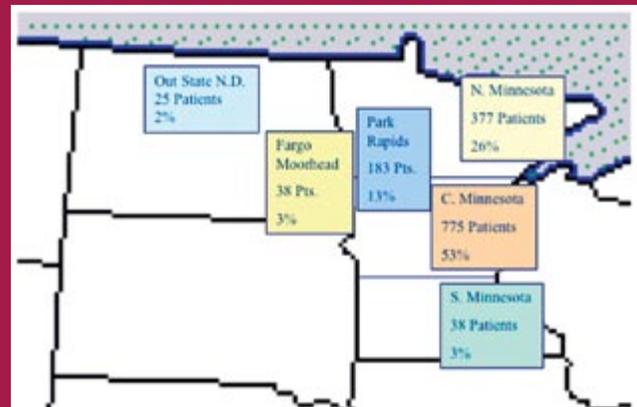
Anyone with a Body Mass Index (BMI) of more than 40 is a likely candidate for weight loss surgery. A patient with a BMI of less than 40 with co-morbidities such as high blood pressure, diabetes, high cholesterol, heart disease, arthritis, and sleep apnea is also a good candidate.

We offer efficient timelines, shorter waiting periods and follow-up care to promote your success. Patients will undergo an initial evaluation before surgery is scheduled.

The Center for Weight Management Experience

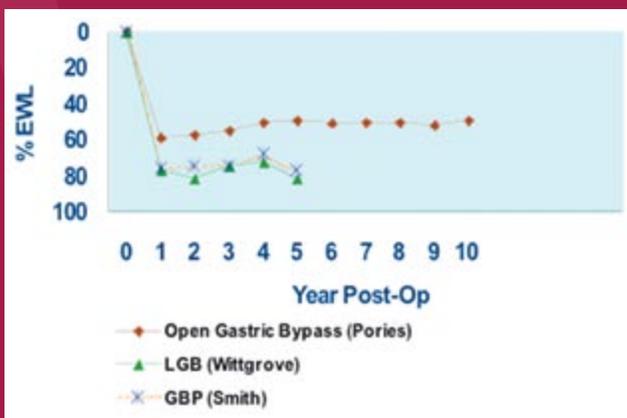


Our Bariatric Surgery Patients by Region

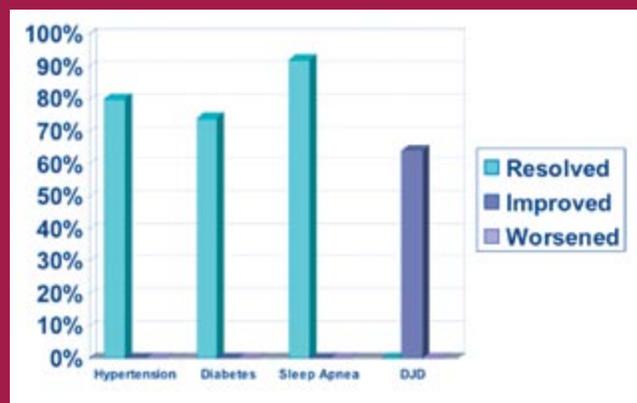


Sustained Weight Loss Success

% Excess Weight Loss as a Function of Time



Resolution of Co-Morbid Conditions



Complication Rates

Meta Analysis	Open*	Lap*	SJAHS
Leak Rate	1.64 %	1.96 %	0.52 %
PE Rate	0.75 %	0.41 %	0.20 %
30-day mortality	0.85 %	0.24 %	0.13 %

Pories et al. *Ann Surg* 1998 May;227(5):637-43;discussion 643-4

Wittgrove et al *Obes Surg* 2000 Jun;10(3):233-9

St. Joseph's Area Health Services Monthly Outcome Study
YTD Data 1/15/05

The Center for Weight Management

A service of St. Joseph's Area Health Services

600 Pleasant Avenue
Phone: (218) 732-3311

Park Rapids, MN 56470
Fax: (218) 732-1368

*We believe
in a comprehensive
team approach
to weight loss surgery*



We approach patient care as a team, from the initial consultation, screenings, and assessments through surgery and follow-up programming. Dr. Dan Smith and Sandy Jones, PA, (back center and back right) along with our multi-disciplinary team care enough to bring you quality services.

If you would like to learn more about the surgical weight loss program or to refer a patient to The Center for Weight Management, please call us at 218-237-5757 or 1-800-566-3311 or e-mail us through our website www.sjahs.org



Center of
Excellence
BARIATRIC SURGERY

Patient's Commitment

- Adhere to diet
- Exercise daily
- Commit to lifelong follow-up
- Attend at least two support group meetings pre-op and participate regularly post-op
- Purchase and ingest vitamins and mineral supplements for the rest of life
- Avoid tobacco products and alcohol for the rest of life
- Avoid carbonation for rest of life

Another success...

Brinn
after
150-lb.
loss



Before



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Weight loss surgery author coming to “Weekend in the Pines” event this spring

If you've already had weight-loss surgery at The Center for Weight Management in Park Rapids, chances are you're very familiar with Barbara Thompson's book, *Weight Loss Surgery: Finding the Thin Person Hiding Inside You*.

Her story is recommended reading by Dr. Daniel Smith, surgeon, for anyone considering weight loss surgery at St. Joseph's Area Health Services.

The Center for Weight Management has secured an appearance by Thompson who will be coming to Park Rapids for “A Weekend in the Pines” event this spring in April. Watch your mailbox for more details and a registration form.

Thompson's book serves as more of an insider's ref-

erence guide because of her detailed research and candid accounts of her own experience which led to a weight loss of 125 pounds.

Today she travels to share her experience and continues to serve as an inspiration to others through her website and internet newsletter found at www.wlscenter.com.

The site is a resource for finding Centers of Excellence named by the American Society for Bariatric Surgery such as The Center for Weight Management, offers daily motivation pointers for anyone struggling with the weight loss process, and provides links for more information for anyone looking into surgical weight loss options.



*Barbara
Thompson*