

Innovis Health

CATHOLIC HEALTH
INITIATIVES

St. Joseph's Area Health Services

THE CENTER FOR WEIGHT MANAGEMENT



*"I couldn't have asked for better care.
They were just as excited for me as I was."*

-- Erin lost 118 lbs., 1 year

*"Now I'm living large, just not
as large as I used to be."*

*-- Kim lost 100 lbs.,
maintained for 7 years*



**ADJUSTABLE
BANDING**

**Gastric
Bypass**

218-237-5757  www.sjahs.org

ANNUAL REPORT '09

The Center for Weight Management



Dr. Sayeed Ikramuddin (from left), Dr. Daniel Smith, and Sandy Jones, PA, ushered in 2009 by bringing another adjustable band option to The Center for Weight Management patients. Dr. Ikramuddin proctored for Dr. Smith, credentialed to perform both LAP-BAND® System and Realize Band™ procedures.

LAP-BAND®, REALIZE™ Band

The Center for Weight Management expands adjustable band offerings

The University of Minnesota Department of Surgery's Dr. Sayeed Ikramuddin recently proctored for Dr. Daniel Smith who is credentialed in two adjustable gastric banding procedures currently available at The Center for Weight Management.

One of Dr. Smith's first LAP-BAND® System patients have already lost 100 pounds in 2008. Most recently, he added the REALIZE™ Band as an additional offering for bariatric patients.

While Dr. Smith maintains gastric bypass is the gold standard for bariatric surgery, weight-loss surgical candidates come to the center in Park Rapids with specific lists of

concerns and desires. Consultations with Dr. Smith or Dr. Robert Wroblewski can help determine what option is best suited to their conditions.

There is also a non-surgical component option available.

Dr. Sayeed Ikramuddin, a mentor to Dr. Smith, is the Director and Associate Professor of the Division of Gastrointestinal Surgery and Co-Director of the Center for Minimally Invasive Surgery. He co-edited the most recent textbook on minimally invasive bariatric surgery, chairs the bariatric task force for SAGES, and co-directs the bariatric postgraduate course for the American College of Surgeons.

Center of Excellence Volume & Demographic Report

Report on Surgery Dates from 11/1/2007-1/15/2009

Length of Stay

Average: 2.68 Minimum: 0 Maximum: 9

BMI

Average: 45 Minimum: 31 Maximum: 69

Age

Average: 48 Minimum: 16 Maximum: 73

Gender

Female: 220 (83%) Male: 44 (17%)

Transferred

None

St. Joseph's Area Health Services/ Dr. Daniel Smith

Laparoscopic

Gastric banding, adjustable 70 26.52%

Gastric bypass (Roux-en-Y) 178 67.42%

Converted to open

Gastric bypass (Roux-en-Y) 4 1.52%

Open

Gastric bypass (Roux-en-Y) 12 5%

Total **264** **100%**



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The Center for Weight Management welcomes second surgeon, Dr. Robert Wroblewski, to multi-disciplinary team

Dr. Robert Wroblewski joined the Center for Weight Management team in August having studied under Daniel Smith following residency and training at the University of North Dakota School of Medicine and Health Science Department of Surgery.



Dr. Robert Wroblewski

University of Minnesota prior to his arrival in Park Rapids.

He is taking on surgical weight-loss cases, including gastric bypass and adjustable gastric banding procedures, and looks to stay apprised on the latest advancement in surgical options for patients.

“The idea is to match the right patient to the right surgery,” Dr. Wroblewski says. “The more options we have, the better.”

St. Joseph’s Area Health Services responded by adding a fourth operating room during a renovation and new building project which opened in December.

(The entire project will be completed in May.)

Dr. Wroblewski graduated from the College of St. Scholastica, Summa Cum Laude, with a BA in biology and attended medical school at the University of Minnesota, Minneapolis.

Additionally, Dr. Wroblewski has added a vein and vascular surgical component to St. Joseph’s and Innovis Health offerings. Options include varicose vein treatments. Advancements in this area allow patients to resume activities the following day. Appointments for vascular services can be made by calling 218-732-2859.



ASMBS Centers of Excellence outcomes

Aggregate Outcome Data of the First 176 Applicants for Full Approval by SRC. *Pories, June, 2006*

St. Joseph’s Area Health Services, Park Rapids. 1/1/2000-1/14/2009

Variable	N	%	N	%
Total Patients	55,567	100	2,066	100
Hospital Mortality	76	0.14	1	0.05
30-day Mortality	165	0.29	3	0.15
90-day Mortality	196	0.35	4	0.19
Readmission	1,956	3.52	58	2.80
Re-operation	887	1.60	25	1.21

The American Society of Bariatric and Metabolic Surgery Center of Excellence Program developed and monitored by the Surgical Review Corporation has reported excellent outcomes. It’s notable that the outcomes at St. Joseph’s Area Health Services are even better than the already extremely good outcomes reported by the Centers of Excellence nationwide.

Our programming & follow-up care set us apart

- Gastric Bypass Surgery
- Adjustable Banding Options
- Non-Surgical Option
- Nutrition Classes
- “Power Up Your Pouch”
- “Y-Weight” Support Group
- Quarterly Newsletters
- Out-State (Region) Support Group
- Outreach to Fargo/Moorhead Training
- Online Support System



- Annual “Weekend in the Pines” Retreat



We’re now a Blue Distinction Center

Blue Cross, Blue Shield (BCBS) of Minnesota and the BCBS Association named The Center for Weight Management a Blue Distinction Center in April.

The distinction is awarded to programs that meet or exceed stringent criteria and has proven to deliver high-quality care in the treatment of obesity. Only high-scoring facilities earn the right to be called a Blue Distinction Center.

Family lauds Park Rapids program in OH magazine

Catch the holiday edition of *OH Magazine* and read about the Neal family weight-loss journeys. The Center for Weight Management helped them to lose a combined total of 744 pounds.



The Neals and extended family

The Fargo area family continues to spread news of their journey while inspiring others.

St. Joseph's Area Health Services

THE CENTER FOR WEIGHT MANAGEMENT

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Center of
Excellence
BARIATRIC SURGERY

Designated as a
Blue
Distinction®
Center for Bariatric Surgery



Note: Designation as Blue Distinction Centers means these facilities' overall experience and aggregate data met objective criteria established in collection with expert clinicians' and leading medical societies' recommendations. Individual outcomes may vary. To find out which services are covered under your policy at any facilities, please call your local Blue Cross and/or Blue Shield Plan.

Address Service Requested



St. Joseph's, Innovis Health build for the future

St. Joseph's Area Health Services and Innovis Health teamed up to bring patients and their families new and renovated facilities for the Park Rapids service region.

A brand new medical office building opened in December while physicians and staff moved into many of the completed project areas including a new and expanded surgical department.

The Center for Weight Management patients will enjoy updated patient rooms and modern, comfortable meeting rooms. The entire construction project is expected to be completed in May.



The bariatric surgical team of Dr. Robert Wroblewski (left) and Dr. Daniel Smith are shown in the brand new operating rooms recently completed at St. Joseph's and the Center for Weight Management.



Team Weight Management gives triathlon a try

Nobody says it's easy. Nobody says there are no pre-race jitters. But everyone who finishes their leg of the annual Northwoods Triathlon in Nevis says it's something they never thought they could do... and they want to do it again.

Weight-loss surgery patients compete with encouragement and motivation from an enthusiastic bariatric coordinator and triathlete herself, Leah Walters, RD, LD, CDE. This year seven athletes competed on teams and two returned for solo ventures. Staff also participate. It's that kind of extra-special support and care that sets The Center for Weight Management apart.