

## NSMC Surgical Weight Management Data

As of September 2008 NSMC has completed more than 700 bariatric surgeries. The average length of stay in the hospital was 3.0 days, with a one day stay for lap band patients.

### Blood Pressure Reduction:

**74%** of patients with hypertension have had their medications **discontinued**.  
Average systolic reduction: **-13.8%**  
Average diastolic reduction: **-12.9%**

### Exercise:

Pre-Program: **62%** of patients have gone from being completely sedentary to **exercising 2-4 times per week for a duration of 25-45 minutes (on average)**.

### Weight Loss:

Average weight loss for patients:  
**2-3 years post surgery: 113 lbs.**  
1 year post surgery: **114 lbs.**  
8 months post surgery: **97lbs.**  
4 months post surgery: **69 lbs.**

### Cardiovascular Conditioning:

**82% improvement** documented on clinic exercise MET level calculation.

### Lipid Profile Modification:

**Total cholesterol reduction** noted after significant weight loss has been on average **-12.4%**

### Depression Index:

**Improved by 88.5%** one-year post surgery.

### Diabetes:

**91%** of the diabetics have had their insulin or their oral glycemc medications **discontinued**.  
A1c dropped at 12 months post surgery: **-14.8 %**

### Smoking:

**42%** of smokers are **smoke free** one-year post surgery.

### Sleep Apnea:

**93%** of patients with sleep apnea have had their C-PAP **discontinued** one year after surgery after retesting.

### Quality of Life Index:

**Improved by 68%** one-year post surgery.