



Surgical Weight Management Program

Positive surgical outcome data

Completed surgeries—820

Average length of stay in the hospital --

3 days (bypass patients) and 1 day (lap band patients)

<p>Blood Pressure Reduction</p> <p>74% of patients with hypertension have had their medications discontinued. Average systolic reduction: -15.3% Average diastolic reduction: -11.7%</p>	<p>Exercise</p> <p>Pre-Program: 72% of patients have gone from being completely sedentary on average to exercising 2-4 times per week for a duration of 25-45 minutes.</p>
<p>Weight Loss</p> <p>Average weight loss for patients: 2-3 years post surgery: 109 lbs. 1 year post surgery: 114 lbs. 8 months post surgery: 97lbs. 4 months post surgery: 68 lbs.</p>	<p>Cardiovascular Conditioning</p> <p>78% improvement documented on clinic exercise MET level calculation.</p>
<p>Lipid Profile Modification</p> <p>Total cholesterol reduction noted after significant weight loss has been on average: -11.7%.</p>	<p>Depression Index</p> <p>Improved by 88.5% one-year post surgery.</p>
<p>Diabetes</p> <p>91% of the diabetics have had their insulin or their oral glyceic medications discontinued. A1c dropped at 12 months post surgery: -13.7%</p>	<p>Quality of Life Index</p> <p>Improved by 84% one-year post surgery.</p>
<p>Sleep Apnea</p> <p>93% of patients with sleep apnea have had their C-PAP discontinued one year after surgery after retesting.</p>	<p>Smoking</p> <p>28% of smokers are smoke free one-year post surgery.</p>