

Bariatric Surgery Center

“Today I Take Back My Life.”

Highland Hospital's Bariatric Surgery Center is the regional leader in bariatric surgery. We are recognized for providing high-quality, comprehensive bariatric surgical care even with the most challenging and complex patients. We take a multidisciplinary approach and partner with patients for the best long-term outcomes.

Our bariatric surgical team specializes in minimally-invasive surgery that results in decreased scarring, reduced pain, fewer complications and faster recovery. Surgical procedures include:

- Roux-en-Y Gastric Bypass
- Duodenal Switch Procedure
- Gastric Sleeve Surgery

Our surgeons work closely with our patients to select the best option

Health Benefits of Bariatric Surgery

Bariatric surgery is known to improve, and many times may resolve, these obesity-related conditions:

- Asthma
- Cardiovascular disease
- Depression
- GERD (gastrointestinal reflux)
- High blood pressure
- High cholesterol
- Joint pain
- Metabolic syndrome
- Migraines
- Osteoarthritis
- Polycystic ovarian disease
- Sleep apnea
- Type 2 diabetes
- Urinary stress incontinence



Our Comprehensive Program Includes:

- Pre-surgical education
- Step-by-step nutrition and lifestyle counseling
- Surgical and post-surgical support
- Partners to help with psychological and physical fitness
- Specially-equipped facilities for patient comfort



HIGHLAND HOSPITAL

Am I a Candidate for Surgery?

You may qualify if:

- You have a BMI of 40+
- You have a BMI of 35+ with comorbidities, such as
 - Degenerative joint disease
 - Diabetes
 - Heart disease
 - High blood pressure
 - Sleep apnea

Additional criteria:

- Documented prior attempts at weight loss
- No uncontrolled disorder or disease that may cause weight gain
- No medical conditions that make the risk of surgery greater than the health benefits
- No untreated psychiatric or eating disorders
- No substance abuse within 1 year of starting the program
- No smoking – must quit prior to surgery
- Between the ages of 18 and 65; 65+ considered on an individual basis

Next Steps...

- Calculate your BMI (online tool)
- Attend a free informational seminar; online or in-person
- Determine if surgery is covered by your insurance
- Complete the bariatric surgery questionnaire (online)
- Request your primary care physician (PCP) to complete referral form and submit to the Bariatric Surgery Center
- Schedule your first medical and nutrition appointments – (585) 341-0366
- Let your journey begin



“ *This changed my life!
I feel fantastic and would do
it all again,
never had second thoughts.
Best decision I ever made!* ”

- Lori

Get Started Today.

(585) 341-0366

MyWeightLossJourney.urmc.edu



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