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 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

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
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